

# Project Get Out Patch

Through the Project Get Out patch, girls focus on physical and emotional health. By completing this patch, girls learn the skills they need to keep their bodies healthy, their minds engaged and focused on healthy living. The patch encourages girls to get outside of their comfort zone and try something new.

## **Discover**

- Define a sport or activity that you have never done, but always wanted to try. Examples—yoga, pottery, landscaping, sewing, poetry, singing, guitar, karate or kayaking.
- Research about that activity. What equipment is needed? What are the rules? Who in your community does that activity? Is there a certain season? What skills are needed?
- What are the physical, mental, emotional and social benefits of this activity? Is this an activity that could be pursued throughout life? Why or why not?
- Talk to an adult and ask them the following questions:
  - What are your favorite activities?
  - Do they help you stay physically healthy? Mentally healthy?
  - What are your favorite healthy snacks/meals?
- Share a healthy snack or meal with a friend or family member.

## **Connect**

- Find someone who has done the activity you selected above. Talk to that person and find out more about the activity.
- Search for videos of people participating in the activity online or read books/magazines about the activity.
- Color/draw a picture, make a collage or take photos of people participating in your chosen activity.

## **Take Action**

- Try the activity. Take a class, visit a music store, volunteer for a day with a professional/person in the business.
- Share the experience with a friend or family member. Tell them about the experience. What did you like/dislike? What did you learn? Will you continue to learn more about the activity?
- Capture a picture of you doing the activity and bring it to the shop when you come to buy the patch.



If you are working on this as a troop/group, you can all select the same activity or you can choose different activities. Once all of these steps are complete, you can visit any GSCP2P Shop to purchase the Project Get Out patch.