

Council Patches

Adopt-a-Grandparent

D B J C S A

This award program is designed to bring girls together with older friends or family members. The activities can be done with one older adult friend per group or with one friend for each girl. The friend you choose should be at least 65 years of age and can be someone's actual grandparent or an older friend from the neighborhood, a local nursing home resident or an elderly housing facility. It is recommended that girls have contact with their grandparent(s) at least four times throughout the year.

D B

Complete at least one activity from each section.

J C S A

Complete at least two activities from each section.

Discover:

1. Find out in what country or state in the USA your grandparent's parents were born. How many girls in the troop share the same heritage? Ask your grandparent to share the story of his or her name.
2. Ask your grandparent to describe his or her daily life as a child. How do the experiences compare to your daily life? Ask your grandparent about celebrating holidays as a child. Tell your grandparent how you celebrate your favorite holiday.
3. Ask your grandparent to share how science and technology have changed in his/her lifetime. If possible, with your grandparent, complete a science experiment.
4. Ask your grandparent what she/he does for a hobby or for recreation. Have the members of the troop share their hobbies or recreational activities with your grandparent.

Connect:

1. Sing several Girl Scout songs to your grandparent.
2. Invite your grandparent to an investiture or rededication ceremony for your troop.
3. Learn how Girl Scouting began in the United States of America and share this knowledge with your grandparent.
4. With your grandparent, make a time capsule and give it to him/her to be opened in a year. Make sure your grandparent contributes to the capsule.
5. Learn the basics of good nutrition and the food pyramid. Find out what (if any) dietary restrictions your grandparent may have and cook or bake something nutritious for him/her.

Take Action:

1. With your grandparent, complete an activity from a Girl Scout award that promotes global awareness.
2. With your grandparent, complete an activity from a Girl Scout award that promotes environmental awareness.
3. With your grandparent, complete an activity from a Girl Scout award that promotes health, nutrition or fitness.
4. Make a window planter or terrarium and give it as a gift to your grandparent.
5. Go on a hike and collect natural and unnatural materials to make a collage. Give it to your grandparent. Discuss with them the materials you used.
6. Make a card and wrapping paper and use it to wrap a small gift for your grandparent.
7. Make up a short performance (musical, play, skit) and invite your grandparent to the show.