

# one heart community

## 2022 SERVICE PROJECT

*Every year Girl Scouts from all over participate in service activities. Here at Girl Scouts Heart of The South, we wanted to give you the opportunity this year to engage in a service project that comes from your heart.\**

These last two years have been filled with many unexpected challenges and bumps in the road. This February, GSHS encourages you to show gratitude, be compassionate, and show love to everyone in your community by engaging in our One Heart One Community Service Project.

Valentine's Day is coming soon! Get together with your troop to decorate hearts using your creativity - and your love. Once you are done, go out in the community with your troop - and your hearts - and find someone to share them with or find somewhere to leave them for others to find. *Make this Valentine's Day one that people in your world will never forget.*

### **MATERIALS NEEDED:**

- Foam Hearts\*\* (*you can find these on Amazon, local craft stores, or dollar stores in your area*)
- Markers
- Crayons
- Stickers
- Scissors
- Glue
- Pencil
- One Heart One Community (OHOC) Coloring Sheets
- OHOC Brainstorming Worksheet
- OHOC Positive Affirmations pages

### **GETTING STARTED:**

- Prepare materials before you meet with your troop.
- Give your troop options to be creative and make the hearts unique to them.
- Before getting started, encourage girls to share about what makes them feel unique, loved, and supported. This can be an open discussion or quiet reflection. For bigger groups you can split off and make this a small group discussion.
- If you need guidance or would like to add more brainstorming you can use the One Heart One Community Brainstorming Worksheet to guide your discussion.
- See more group discussion ideas on page 2.

*\*Participating GSHS registered member girls will receive a free patch for completing this project. In order to qualify for the free patch, send a picture of you (or your troop) engaging in the project to [news@girlscoutshs.org](mailto:news@girlscoutshs.org) along with your troop number and brief details of what you did to complete the project by February 28, 2022. You will be notified when the free patches will be available for pickup at your local Trefoil Trunk location.*

## **GETTING STARTED, CONT.:**

- Give girls an opportunity to understand the purpose of the program. Here is a great way to open with your troop in discussion:

*Do you know one thing everyone in this world has? A heart. Some hearts are small and some are big. Small or big, we can never grow our hearts too big. Spreading kindness and compassion is what makes our hearts bigger. Have you or a friend ever done something nice for someone you didn't know? Have you ever made something for someone? Have you ever complimented a friend or encouraged them to try something new?*

## **BUILD YOUR HEARTS:**

- Start by handing each girl a One Heart One Community Coloring Sheet.
- As they complete the coloring sheets, discuss why community service is important.
- Troops can also print multiples of the coloring sheets of their choice and pass them out to friends at school. Help spread the word about the importance of community service and how getting involved in Girl Scouts can give girls the opportunity to serve and make their world a better place!
- After girls finish with the coloring sheets, let them start building their foam hearts!
- Encourage them to make their heart unique. Add sparkle, stickers, and color to the heart. Be creative and make this fun for your troop!
- As they are working, encourage girls to think about what is unique about them and what parts of their heart they love the most. You can have the girls share with the troop or the person sitting next to them. Once the hearts are decorated, add a heart from the One Heart One Community Positive Affirmations pages to the back so they know who it is from.

## **IDEAS FOR DECORATING YOUR HEARTS:**

- Write a kind message that would make someone smile and brighten their day. Think about what makes you smile and write it down.
- Cut and glue one of the hearts from the One Heart One Community

Positive Affirmations pages to the back of your heart. You can color the heart in with markers or crayons. Pick the one that makes you smile the most and think about how much it will mean to someone else.

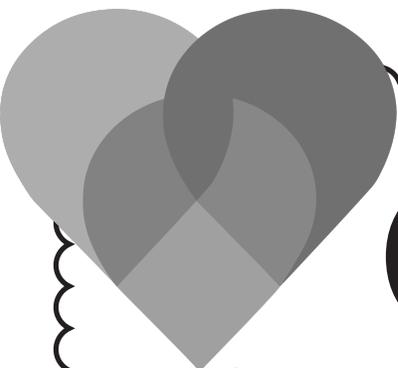
### **SHARE THE LOVE IN YOUR HEART:**

- Help us spread love to the community and make everyone feel loved! Go with an adult or with your troop to give your heart to someone in the community. You can also hide your heart somewhere in the community for someone who may need a little love to find.
- Some examples of places you can leave a heart are in a shopping cart, under a tree, a swing set, somewhere in your school, etc.
- Snap a picture of your troop hiding the hearts and send it to us at [news@girlscoutshs.org](mailto:news@girlscoutshs.org) so you can receive a free patch!\*

### **CONTINUE TO “SPREAD THE LOVE” BY:**

- Being nice to your teachers and others in your community
- Handing out One Heart One Community Coloring Sheets in your school to show how Girl Scouts love helping and bringing love to the community!
- Showing love to your friends and family
- Giving a friend words of encouragement when they feel sad.

\*\*If you cannot find foam hearts, you can use any kind of paper or cardboard. Check your local craft stores, amazon, or dollar stores in your area! If you would rather give your hearts to someone in the community you can check out this service project GSUSA is doing cards for older adults this Valentine's Day <https://www.girlscouts.org/en/activity-zone/national-service-projects.html>



# **one** heart community *brainstorming worksheet*



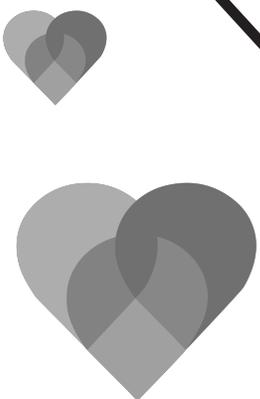
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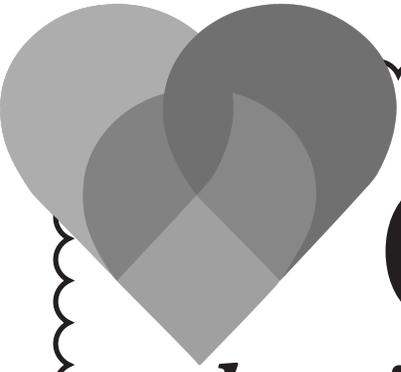
The following two pages of this PDF comprise the One Heart One Community Brainstorming Worksheet.

Prior to your meeting, print off enough sheets (front and back) for each girl in the troop.

Have the girls fill in the blanks with their answers as you discuss the topics in your meeting.

Encourage them to take their completed worksheets home and discuss their answers with their parents.





# **one** heart community *brainstorming worksheet*

*Have you ever made something  
for someone you did not know?*

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*What makes you feel  
special or loved?*

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*How do you feel when  
someone does something nice?*

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*Where are some places in your community  
where you could hide a heart  
for someone to find?*

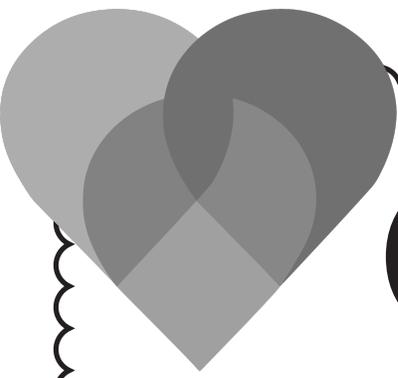
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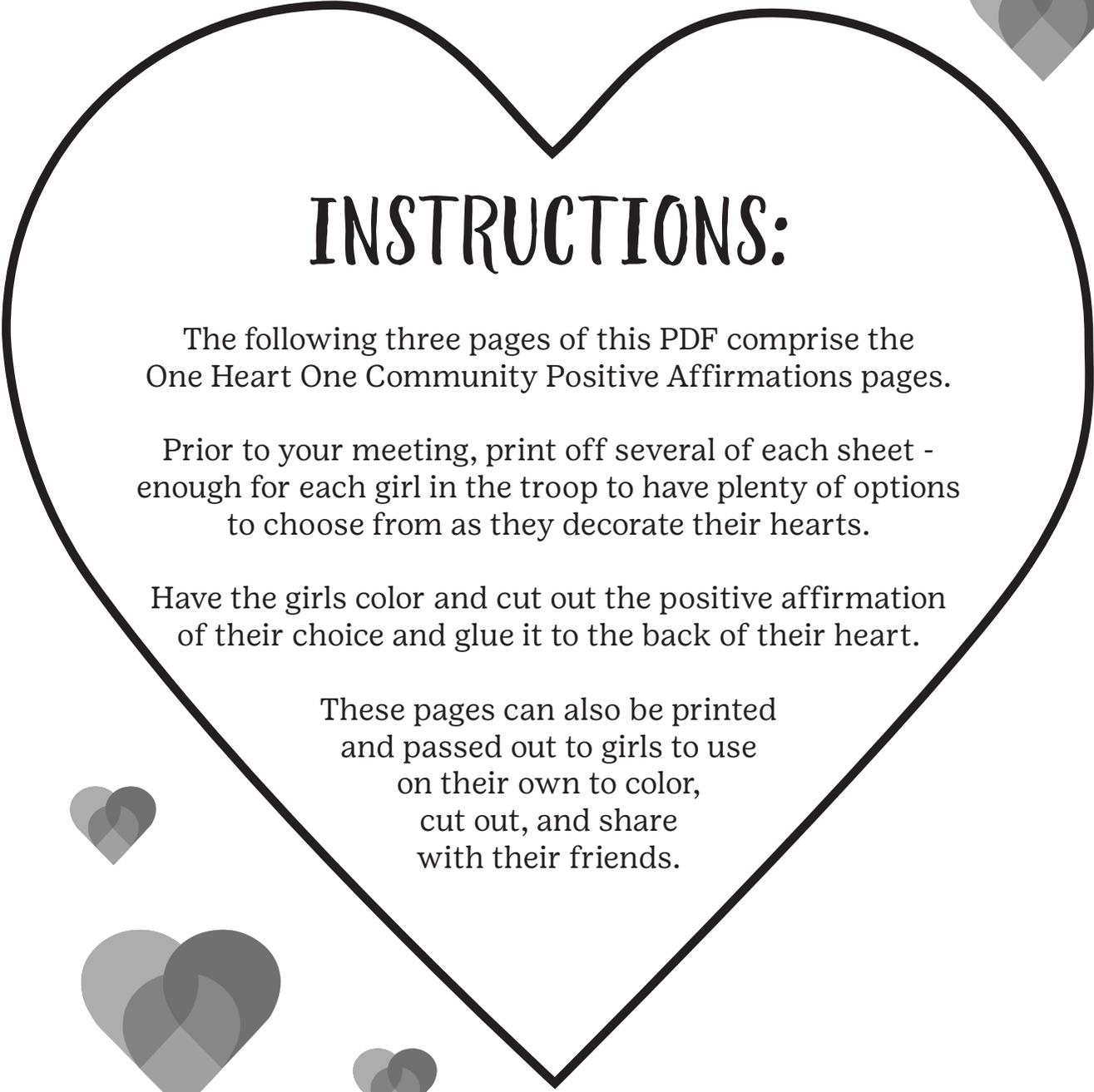
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# one heart community *positive affirmations*



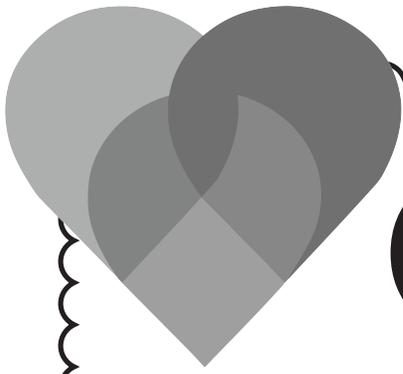
## INSTRUCTIONS:

The following three pages of this PDF comprise the One Heart One Community Positive Affirmations pages.

Prior to your meeting, print off several of each sheet - enough for each girl in the troop to have plenty of options to choose from as they decorate their hearts.

Have the girls color and cut out the positive affirmation of their choice and glue it to the back of their heart.

These pages can also be printed and passed out to girls to use on their own to color, cut out, and share with their friends.



# **one** heart community *positive affirmations*

*Tell yourself that you  
can do anything!*

with love, from  
**girl scouts**   
heart of the south

*Be BRAVE!*

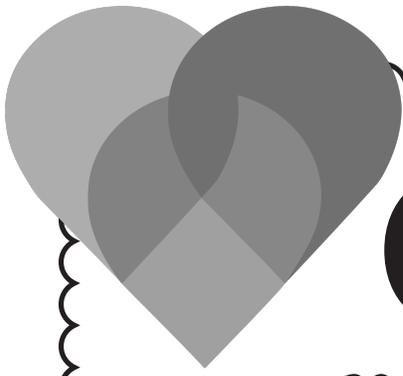
with love, from  
**girl scouts**   
heart of the south

*You are LOVED!*

with love, from  
**girl scouts**   
heart of the south

*You are an  
AMAZING person!*

with love, from  
**girl scouts**   
heart of the south



# **one** heart community *positive affirmations*

*You can conquer  
ANY challenge!*

with love, from  
**girl scouts**   
heart of the south

*You are  
super-smart!*

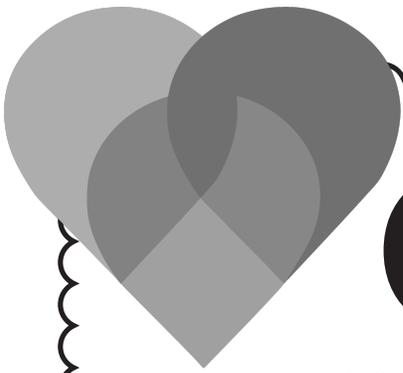
with love, from  
**girl scouts**   
heart of the south

*You are beautiful -  
inside & out!*

with love, from  
**girl scouts**   
heart of the south

*You can  
SUCCEED!*

with love, from  
**girl scouts**   
heart of the south



# **one** heart community *positive affirmations*

*You are  
KIND!*

with love, from  
**girlscouts**   
heart of the south

*You make the  
world brighter!*

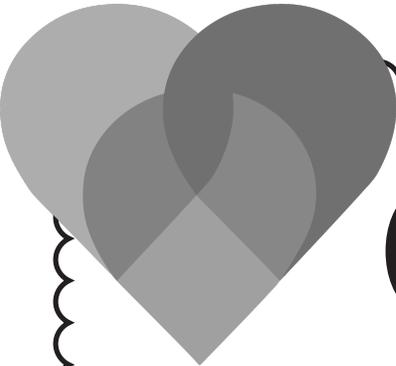
with love, from  
**girlscouts**   
heart of the south

*You are wonderful  
just the way you are!*

with love, from  
**girlscouts**   
heart of the south

*You are unique  
and you are worthy!*

with love, from  
**girlscouts**   
heart of the south



# **one** heart community *coloring pages*



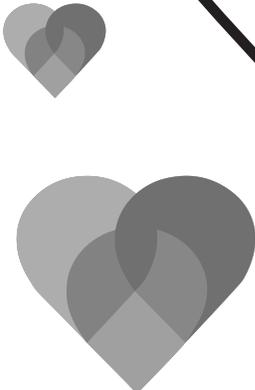
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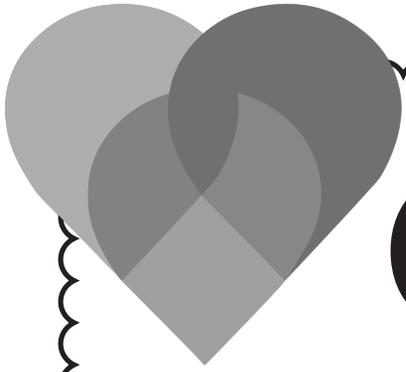
The following four pages of this PDF comprise the One Heart One Community Coloring Pages.

Prior to your meeting, print off enough pages for each girl in the troop to color one during the meeting and for each girl to have several to take home with her.

Have the girls color their pages and discuss at the designated time during the meeting.

Encourage them to pass their remaining coloring sheets out at school to friends outside the troop to spread the word about community service, friendship and Girl Scouts.



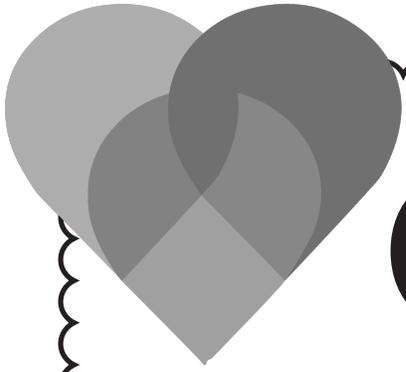


girl scouts  
heart of the south

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Be a friend first! Learn more about fun and friendship with Girl Scouts!  
Visit us online at [www.girlscoutshs.org/join](http://www.girlscoutshs.org/join).

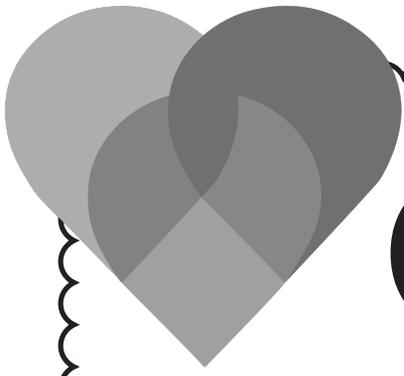


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Your community needs your help! Learn more about serving others in Girl Scouts!  
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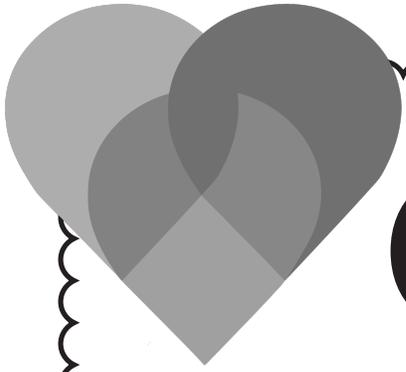


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# one heart community



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