

There are so many ways to stay connected, help out and lift spirits while staying apart. With adult permission and supervision try to check off 10 of the boxes (or as many as you can) to earn a "We're All In This Together" patch. To order a patch email jhanley@girlscoutshh.org Patches are \$1.25 each.



<p>Wash your hands for 20 seconds or more to your favorite song - use a timer! Or, sing Happy Birthday twice!</p>	<p>Send a "thank you" note by email or video message to your teachers or other school staff.</p>	<p>Keep learning! Visit https://www.brainpop.com learn something new - coding, movie making and more!</p>	<p>Read a book to a younger sibling or help a friend with homework by email, video call or text.</p>
<p>Draw a rainbow or make a poster with a positive message and put it in your window. Take a picture of it and send to a friend.</p>	<p>Spread some cheer - make a video call to a family member, friend or neighbor.</p>	<p>Chalk your walk...leave a positive message in chalk on your driveway or doorstep.</p>	<p>Make a card or drawing to thank a delivery driver, mail carrier or supermarket worker - or all three!</p>
<p>Leave a teddy bear or other stuffed toy in your window for neighborhood kids to see.</p>	<p>Visit girlscoutshh.org Complete a GS activity for your grade level.</p>	<p>Find ways to stay healthy - try an online yoga class or dance class with a family member, or make your own family fitness plan.</p>	<p>Leave a post it note with a nice message for a family member on the mirror or refrigerator.</p>
<p>Paint rocks with a happy design or positive message on them and leave them around your neighborhood.</p>	<p>Pick your own activity to help out or stay connected to others - write it down on the back of this sheet.</p>	<p>Help clean "high touch" point areas in your home - door knobs, kitchen handles, light switches, can you think of others?</p>	<p>While visitation is not allowed at hospitals and nursing homes, make a card for a patient and mail it to a nursing home or hospital near you.</p>