I am. I can. I will.

Optional requirements for each patch are included in this PDF. Patches can be found at CoralPatches.com
I am. I can. I will.

What are you? You are many things. You are smart, you are caring, and you are a Girl Scout. You are many more things than that too. Can you list a few here?

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Help brainstorm some of your favorite characteristics. Once you are finished, help your fellow scouts finish theirs. Remind them that they are kind, they helpful, and how they are good friends to you. Once you are finished, compare your lists. Do you have many that are the same?

There is only one you. There will never be another girl like you, and that is what makes you special. You are individual and you are unique, that you should always be proud of that. Check out the design page and color it as well as you can. When you are finished, you will have a “quilt” of beautiful pictures.

Coral Patches
For the I am. project, print one pattern for each girl. (If Juliette, print one for each member of your family.) Each girl colors their patterned page completely and then cuts them out along the edge to make a square. When you line up all the patterns, you’ll form an endless pattern of beauty and colors signifying everyone’s unique style.
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Did you know that you can do anything you put your mind to? You can learn a new skill, you can do well in school, you can stand up to a bully, you can make a difference in someone’s life, and you can make the world a better place. What do you want to do? Think of something that you can achieve. It might take work, it might take time, but it will be worth it. What can you do?

Now take a few moments to figure out how. We know you can. You just need a plan. This will be different for everyone and that is okay. Maybe your plan takes a little longer than your friend’s plan. Maybe you have an individual plan or maybe your troop has a plan together. All that matters is that you have a goal, and you have a plan, and you know you CAN do it. Looking for ideas? Check out the following page for suggestions on activities.

Coral Patches
I can.

This is a list of optional ideas for the I Can. project to help if you are stuck thinking of ideas.

I can stop bullying and I will stand up to him/her when he/she tries to tell me what to do.

I can help the local nursing home by visiting them and delivering handmade pictures to hang on their walls.

I can learn how to tie new knots and earn a badge for my new skill.

I can get a good grade on my math test by studying really hard and practicing each night.

I can make the park a better place by organizing a clean up day with my troop/family/friends.

I can show my teacher how much I care about him/her by asking how I can help around the classroom.

Coral Patches
I am. I can. I will.

A goal without a plan is just a dream. Let’s make your goals a reality. You know what you can do, now is the time to take the first steps. What is your goal?

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List a detailed plan of how you’ll get there. Let’s start with some questions.
How long will your plan take? __________
Will you need supplies? ______________
Will this cost money? If so, how much? ______
Where will you do this? ________________
Who will you involve to help you? __________

______________________________
______________________________

Now that you have a plan, let’s get to action. Talk to your Girl Scout leader, friends, parents, and ask for help when you need it. Many goals will be a take-action project. Be sure to involve adults and set up a how/when/where plan to finish. Remember, you WILL do it.

Coral Patches
I will.

Name: __________________________
Goal: __________________________

Draw a picture of you completing your plan.