

# Council Own Patch Program

## LIFE SKILLS LEADER CHALLENGE

During this challenge you'll get the chance to write, paint, learn, create, dance, cook, and more! Complete a number of tasks based on your Girl Scout level and you'll officially become a Life Skills Leader. Good luck, Girl Scouts!

**Daisy - 15**  
**Brownie - 20**  
**Junior - 25**  
**Cadette - 30**  
**Senior - 35**  
**Ambassador - 40**



- 1. Paint a picture on canvas
- 2. Write a short story
- 3. Paint on something other than canvas or paper
- 4. Use clay to create something you can use
- 5. Make an abstract painting
- 6. Research a new art technique and try it
- 7. Write a poem
- 8. Draw a picture on something other than paper
- 9. Play an instrument
- 10. Make up your own dance routine and perform it
- 11. Create a piece of art using recyclable objects
- 12. Learn a new recipe and make it
- 13. Create a family (or troop) portrait
- 14. Draw your mood
- 15. Read a non-fiction book about something you like
- 16. Draw a picture of your favorite animal
- 17. Build something using household objects
- 18. Use beads and other objects to make jewelry
- 19. Paint some rocks and put them on your porch
- 20. Try making origami
- 21. Learn how to make a bath bomb or other cosmetic item

- 22. Make a necklace or bracelet with beads
- 23. Try taking pictures using different lighting
- 24. Make your own picture book
- 25. Try sewing something with a machine or by hand
- 26. Make an edible campfire
- 27. Take a walk with a friend or family member
- 28. Create or find a simple routine with a few exercises
- 29. Learn how to meditate and try it
- 30. Research some easy, healthy recipes and try them out
- 31. Go to the beach and clean up trash
- 32. Write a thank you letter to your favorite teacher
- 33. Try doing a beginner's yoga routine
- 34. Take your pet on a walk
- 35. Take some time to learn about mental health
- 36. Teach a younger Girl Scout something new
- 37. Make a gift for someone you care about
- 38. Volunteer at an animal shelter
- 39. Make a list of your values and beliefs
- 40. Do something nice for someone
- 41. Plant something
- 42. Pick up trash at a local park
- 43. Write a thank you letter to your troop leader and co-leader
- 44. Volunteer for a charitable organization
- 45. Donate clothes to a women's shelter
- 46. Make a gratitude jar and share it with your family
- 47. Do some breathing exercises
- 48. Keep a sleep journal for a week (or use an app)
- 49. Do something nice for yourself

- 50. Find 5 different shapes while taking a walk
- 51. Organize something in your room
- 52. Do an extra credit assignment for school
- 53. Research how government works
- 54. Make an indoor garden of your favorite fruits
- 55. Plan an activity for your troop
- 56. Find out what different street signs mean
- 57. Learn about basic car maintenance
- 58. Read a book
- 59. Write in a journal for 30 minutes
- 60. Create a resume with skills you've learned in Girl Scouts
- 61. Pick a new skill and practice it every day for a week
- 62. Find out how you can get involved in your community
- 63. Wash and fold your laundry
- 64. Create a savings account or start a piggy bank
- 65. Clean out your backpack
- 66. Create a chore chart for your family
- 67. Volunteer for something at your school
- 68. Learn about civic engagement
- 69. Research the history of Girl Scouts
- 70. Make a weekly to-do list and stick to it
- 71. Find a way to make a daily chore easier
- 72. Open a bank account for yourself

Contact the Council Shop to order your patches at [customer-care@citrus-gs.org](mailto:customer-care@citrus-gs.org). Patches are \$3.00 each. For questions about this challenge please contact [customer-care@citrus-gs.org](mailto:customer-care@citrus-gs.org).

