

girl scouts 
heart of new jersey



Be a Better Sister: **Diversity**

A companion to the Be a Better Sister Patch Program

Developed in sisterhood with

girl scouts 
of california's
central coast



Be a Better Sister: Diversity

Complete the [Be a Better Sister patch program](#) before exploring the Diversity, Equity, and Inclusion companion sets. To earn the Diversity patch, Girl Scouts of all ages must complete one activity in each step. This patch should be worn on the back of your vest or sash alongside your Be a Better Sister patch.

Diversity is another way of saying “variety.” It means that there are individual differences within a group, and could be referring to anything. “There is a diversity of trees in this area.” “The types of badges to earn are really diverse.” “The library has such diversity in their books.”

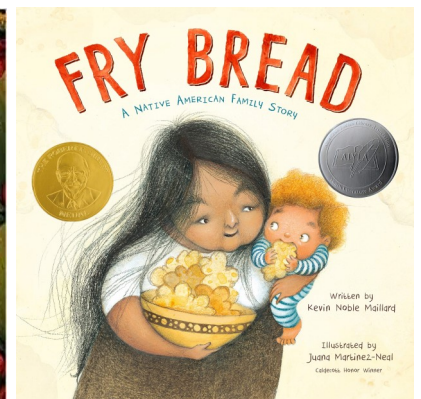
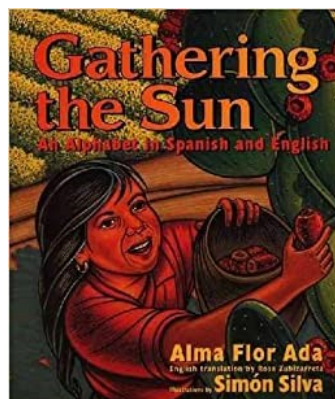
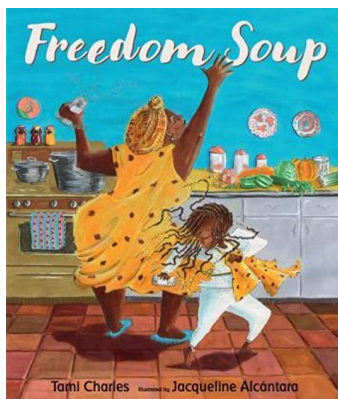
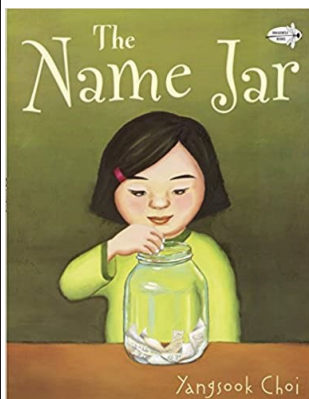
When we’re talking about being a better sister, “diversity” is referring to groups of people. There are a lot of ways that people can be different from each other: race, ethnicity, age, language, ability, religion, and so on. As Girl Scouts, we always want to look for opportunities to celebrate diversity within our sisterhood; let’s get started by **discovering, connecting, and taking action!**



Discover

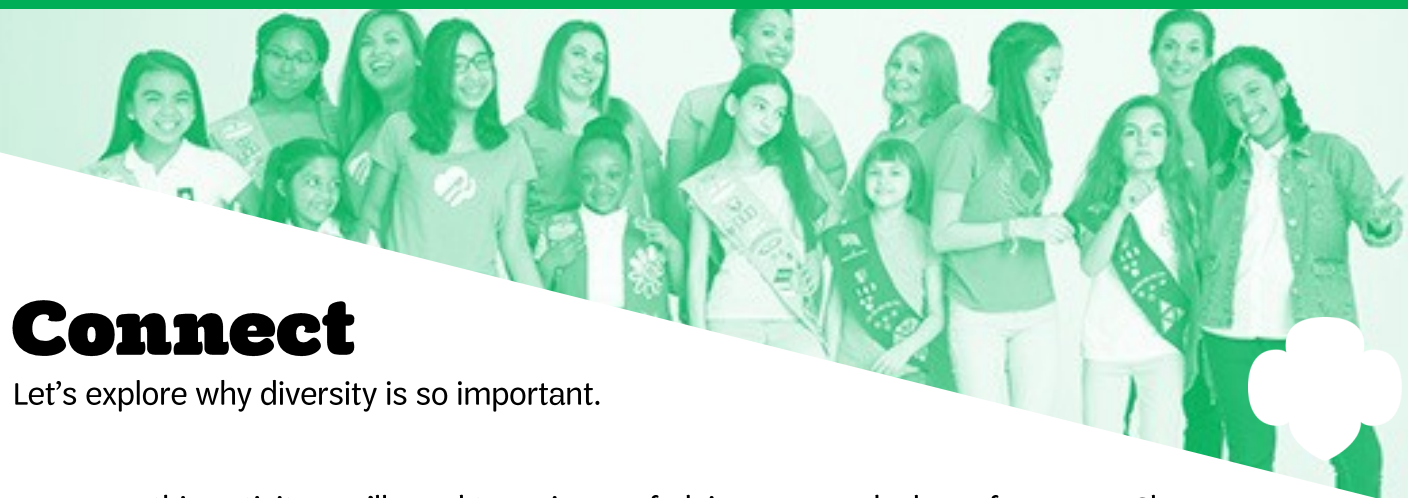
Let’s learn more about diversity.

1. One of the best ways to learn about people who are different from you is through a piece of art. Find music, a book (some of our favorites are below), a television show, or movie created by a person from a culture that’s different from yours. Can you find something that’s about a girl who is around your age?



- 2.** Another great way to learn about a different culture is through food! Choose a culture different from your own and work with your grown-up to prepare a meal from that tradition. Check out a recipe book from the library, search online, or cook along with someone you know. Discover why that dish is meaningful in that culture, and maybe even share your meal with others.
- 3.** Listen to someone who is different from you talk about their life's story. It could be someone your family knows, a speaker giving a presentation, a podcast, or a pre-recorded video. If you have the opportunity to listen to someone live, make sure to prepare some questions in advance. You might want to ask them about what their life was like when they were your age.
- 4.** Attend an event in a community different from your own. Look for a community fair, parade, virtual program, and so on that is open to the public. Be sure to follow all safety guidelines.

Now, let's **reflect** on what you discovered. What felt familiar and what felt different from your own life? Did you learn anything surprising? What would it be like if there was no cultural diversity? What would it be like if everyone was the same?



Connect

Let's explore why diversity is so important.

- 1.** For this activity you'll need two pieces of plain paper and a box of crayons. Close your eyes and pick one crayon from the box. Now use this one crayon to draw a field of flowers. Once you finish your first drawing, use your second piece of paper and draw another field of flowers but this time use all of the crayons in the box. Take a look at both of your drawings: which do you like better? What would it be like if you only had one crayon to draw with all the time?
- 2.** What's your favorite meal? Spend one week eating it every day for lunch...or take on a real challenge and eat the same thing for all three meals every day for a week. How did go? Is it still your favorite meal? What would it be like if the meal you chose was the *only* thing you could eat?
- 3.** Create a playlist to listen to for a week. The only catch is that you can only put one song (yes, covers of that song work too) on your list. How did you feel about that song by the end of the week? Do you think you'll want to listen to it any time soon? What would it be like if there was only one song, or even only one genre of music?

Now, let's **reflect** on how you connected with diversity. Think about the activity you did. How did it feel to color, eat, or listen to music without diversity? What would it be like if people were all the same? How does recognizing and celebrating cultural diversity help make you a more understanding, empathetic, and kind sister?



Take Action

Let's find ways to be a better sister.

- 1.** Take a diversity survey. Here, the word survey means “to look carefully” or “to examine,” and what you’re surveying is the diversity in your life. Are all the books on this year’s school reading list all written by one kind of author? How about the movies that your family is watching? Or the music you listen to? Once you’ve taken your survey, analyze what you’ve found. If there is a lack of diversity, what can you do to add some? Now, do it!
- 2.** Participate in a World Thinking Day event by yourself or with your troop. No matter how (or when) you choose to participate, be sure to learn about what it’s like to be a girl in another country and share what you’ve learned with others!

World Thinking Day is celebrated every year on February 22nd by Girl Guides and Girl Scouts across the world! There are lots of ways to participate, including getting involved in an event hosted by your local service unit or council, completing the GSUSA [World Thinking Day award](#), or earning the WAGGGS [World Thinking Day badge](#). No event in your area? Host a mini World Thinking Day celebration with your troop.

- 3.** Create a way to celebrate diversity in your community. Maybe you work with your teacher to hold a program for your class, invite a speaker to your religious organization, throw a virtual party where the guests learn some conversation starters in different languages, host a neighborhood blow-out block party where everyone can share favorite foods, or something else, even better! Stuck for an idea? Ask yourself how you can create an opportunity for people to teach, share, and celebrate.

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