

Girl Scout Guide to Helping Others During the COVID-19 Pandemic

It's in our Girl Scout DNA to help in a time of crisis. For those who are healthy and want to help others, there are multiple ways Girl Scouts can make a difference at home during the COVID-19 Pandemic. This guide is a starting point to give Girl Scouts and their families ideas for how they can safely contribute to the community during this unprecedented time.

Important: In line with the State of California's [Stay at Home Order](#) issued on March 19, 2020 and local school closures, all in-person troop meetings or trips, Service Unit events, and other volunteer-led programs/events must be canceled until further notice.

Check out our [Organizations that Help List](#). Many of these ideas can be customized to local organizations that help Orange County!

In addition to making a difference and carrying out the Girl Scout tradition of giving back, Girl Scouts may be eligible to earn Girl Scouts' Community Service Bar or GSOC's [Inchworm of Service](#) patch. Take it a step further by creating social change with a [Highest Awards project](#). Learn more about the [Bronze Award](#) for Girl Scout Juniors, the [Silver Award](#) for Girl Scout Cadettes, and the [Gold Award](#) for Girl Scout Seniors and Ambassadors.



SAFETY FIRST

Please be sure to stay safe and responsible while you help! Always follow all government regulations from organizations like the [Centers for Disease Control](#), [World Health Organization](#), [California Department of Health](#), and [Orange County Health Care Agency](#).

Don't forget about the [Girl Scout Safety Activity Checkpoints](#), and remember that while Girl Scouts can donate their time and supplies to organizations in need, Girl Scouts may not raise funds for other organizations.

Tip: While you help, think about how your actions align with the Girl Scout Promise and Law.

8 Ways to Help in Your Neighborhood or Community

1 Support Local Food Banks

Check with your local food bank for needed food and ask how you can help during the California Stay at Home Order – ensuring that you are following all recommended social distancing guidelines.

[Second Harvest Food Bank](#) has published a Virtual Food Drive for individuals to get involved during the current COVID-19 pandemic. All proceeds are used to purchase food in bulk through their Farm to Family program!



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Donate to a Homeless Shelter

Check with [local shelters](#) for needed supplies and ask how you can help during the California Stay at Home order – ensuring that you are following all recommended social distancing guidelines.

Tip: Make no-sew, knit or crochet blankets that can be donated to a shelter later. Learn how [here](#).



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Donate to Support Health Care

Donate Blood

Check with your local blood center for age, weight and health requirements for donating blood, along with blood drive availability during the COVID-19 outbreak.

[American Red Cross](#) is working to quickly identify and replace blood drives canceled due to workplace and school closures. Search for opportunities near you and check back often as new donation sites are continuously added.

Tip: If you don't see available appointments near you in the near future, please search 7-15 days out.

Donate COVID-19 supplies

Check with local health care agencies for supplies that individuals can collect and donate to frontline medical workers.

[Orange County Health Care Agency \(OCHCA\)](#)

OCHCA supports Girl Scouts of Orange County with great programs and resources. We can give back by donating much needed supplies! Call 714-628-7085 for more information.

[Kaiser Permanente](#) has been a generous supporter and program provider to Girl Scouts of Orange County, and you can show your thanks by donating much needed supplies. See their list of items acceptable for donation and email KPCOVID-19Donations@kp.org about items you would like to donate.



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Spread Kindness and Uplifting Messages

Make inspirational posters and put them around your community, or paint rocks with kind messages and leave them around your neighborhood.

Check out [The Kindness Rocks Project](#) for ideas.

Tip: Be sure to reach out to your city, local HOA, apartment complex or other oversight entity for permission and ideas!

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Offer Tech Support

If you're technologically savvy, reach out to your neighbors, friends, or relatives and offer to serve as their "tech support hotline" that they can call with questions about online resources for staying connected, such as [Zoom](#) or [Skype](#), or ordering groceries online.

Tip: You might even consider reaching out to a local assisted-living facility to see if you can tele-visit with residents to keep their spirits up. Maybe they can teach YOU a skill, too!



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Take Care of a Pet

Consider fostering an animal or donating pet food and supplies for pet owners in need. Check with your local animal shelter for needed supplies.

Orange County animal shelters are full due to the COVID-19 Pandemic and there is currently a high need for fostering. If your family would like to consider fostering a pet, keep in mind that some shelters will provide vet care and supplies if needed. Visit [OC Animal Care](#) for more information.

Although OC Animal Care is unable to accommodate on-site youth or group volunteer activities at this time, there are many ways you can help animals at the shelter! Check out their [Community Service Projects](#) for Shelter Pets for ideas.

Tip: Make pet toys from household items like a [t-shirt dog toy](#) or [sock cat toy](#) to donate to shelters.



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Be A Good Neighbor

Offer to help neighbors (especially at-risk neighbors) walk their dog, do yard work, or run errands, while following guidelines under the California Stay at Home Order by avoiding face-to-face contact and participating in social distancing. You can also bake cookies to leave at a neighbors' doorsteps or swap books and movies. You can even try making [non-slip socks](#) for seniors that can be donated to a nursing home.

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Stay at Home

Don't forget – the best thing we can do right now to protect our community and neighbors is to stay home and support social distancing.

Ways to Help Without Leaving Home

Kindness Challenge – Record a get-well video. Include your first name, troop number, and a “get-well-soon” message for people who are sick.



Say thank you – Write a thank you note to healthcare providers, food bank volunteers, teachers or your troop leader. Be creative and say thank you to anyone helping to keep our community safe or supplied! Check to see if the organization will accept the physical copy by mail or if you should scan/email them copies instead.

Combat loneliness by writing a letter, drawing a picture, or starting a story – Send to assisted living facilities, hospitals, residential treatment centers for kids or other similar organizations. For the story, you can also include a stamped envelope so that they can add to the story and send it back to you. Check to see if the organization will accept the physical copy by mail or if you should scan/email them copies instead.

Stay connected by video chatting – Social distancing doesn't have to mean emotional distancing! Check in with relatives, your troop, friends, and others. You can even play a game or have a movie night via a digital connection. Find tools for connecting together online [here](#).



Do some spring cleaning – Sort through your clothes and toys and make a box of unwanted items to donate. Clean out your bookshelf and gather older, lightly used books and DVDs that you can donate to a local children's hospital. Check first to see if the organization is accepting these types of donations and how they are receiving them.

Tutor others – If possible, stay connected with other students or your troop members and offer to virtually tutor your peers in subjects you excel in. You are probably a rock star in a subject where someone else might need help. Starting an online study group is a rewarding way to stay connected while helping others.

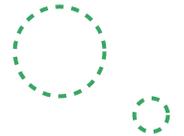
Share resources – Whether it's educational websites, an at-home exercise routine, or community resources,

if you find great resources, share them with others! Check out the community resource we have posted on our [At Home](#) page.



Spread kindness and inspiration by sharing uplifting stories or positive affirmations on social media or directly with your family and friends.

Breathe! Practice yoga, meditation, and deep breaths and encourage others to do the same – Breathing in and out slowly has been shown to reduce stress. Blowing bubbles is also a fun way for kids and adults to practice this! Make [homemade bubble mix](#) and a homemade wand and leave on the doorstep of families who have young children or seniors. Encourage them to BREATHE and blow bubbles to de-stress.



Make homemade bookmarks, which you can later donate to your local library.

Go on a virtual tour of a National Park. Then come up with an environmental protection proposal based on the tour. Visit the [Yellowstone National Park website](#) to get started.

Find something you're passionate about and educate and bring awareness to your community through social media. Ideas might include: bringing awareness to endangered animals or a social issue such as Cyber Bullying. Research the topic, and share actions that people can take to make a difference.



Plant a garden in the ground, a raised bed, in containers such as flowerpots, or on a windowsill for someone to enjoy.

Give free virtual art or music lessons to your friends or troop members. Find tools for connecting together online [here](#).

Help more girls become Girl Scouts by contributing to GSOC's [Fund Her Success](#) campaign or inviting friends to virtually participate in Girl Scout activities.

Visit the [Girl Scout blog](#) for more inspiration on how Girl Scouts give back and rise to today's challenges.