Outreach Service Patch Program

Quick Overview of Requirements

Visit YouthSquad.MakingFriends.com for complete requirements.

Complete the Advocate patch for each of the five sections to earn your Outreach Advocate patch:
Nutrition • Shelter • Education Wellbeing • Wellness

**NUTRITION**

**1: Make It!**
Do an art or craft activity to get excited about doing a healthy food project.

**2: Learn It!**
Watch the video to learn about healthy eating.

**3: Do It!**
Choose and complete one of the suggested age-appropriate service projects for helping to make healthy food.

**4: Earn it!**
Receive the Healthy Food Helper Patch.

**HELPERS**

- 1: Make It!
- 2: Learn It!
- 3: Do It!
- 4: Earn it!

**FRIENDS**

- 1: Learn It!
- 2: See It!
- 3: Do It!
- 4: Review It!

**VOLUNTEERS**

- 1: Research It!
- 2: See It!
- 3: Do It!
- 4: Review It!

**ADVOCATES**

- 1: Research It!
- 2: Do It!
- 3: Review It!
- 4: Choose It!

**DELEGATES**

- 1: Choose It!
- 2: Plan It!
- 3: Do It!
- 4: Review It!

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<table>
<thead>
<tr>
<th>HELPER</th>
<th>FRIEND</th>
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<th>ADVOCATE</th>
<th>DELEGATE</th>
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<tbody>
<tr>
<td><strong>SHELTER</strong></td>
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<tr>
<td><strong>1: Make It!</strong></td>
<td><strong>1: Learn It!</strong></td>
<td><strong>1: Research It!</strong></td>
<td><strong>1: Research It!</strong></td>
<td><strong>1: Choose It!</strong></td>
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<tr>
<td>Do an art or craft activity to get excited about doing a clothes project.</td>
<td>Learn how poverty makes it hard for families to afford basic needs like clothes.</td>
<td>Find a local homeless shelter to volunteer for and think about how you can help.</td>
<td>Use the provided links to learn about the struggles facing the homeless.</td>
<td>Use the provided links to choose a topic for your shelter action project.</td>
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<td><strong>2: Learn It!</strong></td>
<td><strong>2: See It!</strong></td>
<td><strong>2: See It!</strong></td>
<td><strong>2: Do It!</strong></td>
<td><strong>2: Plan It!</strong></td>
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<td>Watch the video to learn how to take care of your clothes.</td>
<td>Visit a secondhand store and think about how you can help families in need of clothing.</td>
<td>Visit local shelters and find one that is a good fit for you.</td>
<td>Plan and complete one of the suggested advocacy programs to help promote shelter conditions in your community.</td>
<td>Use the tools provided to learn how to plan and organize your project including fundraising and outreach.</td>
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<td><strong>3: Do It!</strong></td>
<td><strong>3: Do It!</strong></td>
<td><strong>3: Do It!</strong></td>
<td><strong>3: Review It!</strong></td>
<td><strong>3: Do It!</strong></td>
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<tr>
<td>Choose and complete one of the suggested service projects for helping take care of clothes.</td>
<td>Choose and complete one of the suggested clothing drive projects.</td>
<td>Make a commitment to improve the community by participating in a homelessness volunteer project.</td>
<td>Review your experience advocating for proper shelter and thank those who helped.</td>
<td>Join in during your project to supervise and provide assistance at all levels.</td>
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<tr>
<td><strong>4: Earn it!</strong></td>
<td><strong>4: Review It!</strong></td>
<td><strong>4: Review It!</strong></td>
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<tr>
<td>Receive the Clothes Helper Patch.</td>
<td>Review your project.</td>
<td>Review your project.</td>
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<td><strong>EDUCATION</strong></td>
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<td><strong>1: Make It!</strong></td>
<td><strong>1: Learn It!</strong></td>
<td><strong>1: Research It!</strong></td>
<td><strong>1: Research It!</strong></td>
<td><strong>1: Choose It!</strong></td>
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<tr>
<td>Do an art or craft activity to get excited about doing a school project.</td>
<td>Learn why schools across the country are in need of supplies.</td>
<td>Find out why reading skills are important and ways to help children read.</td>
<td>Use the provided links to learn about the challenges facing education in this country.</td>
<td>Use the provided links to choose a topic for your education action project.</td>
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<tr>
<td><strong>2: Learn It!</strong></td>
<td><strong>2: See It!</strong></td>
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<td><strong>2: Do It!</strong></td>
<td><strong>2: Plan It!</strong></td>
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<td>Watch the video to learn about school.</td>
<td>Visit a local store and think about what you can get to donate to schools.</td>
<td>Visit a local library or bookstore and think about how you can get the kids engaged in reading.</td>
<td>Plan and complete one of the suggested advocacy programs to help improve education in your community.</td>
<td>Use the tools provided to learn how to plan and organize your action project including fundraising and outreach.</td>
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<tr>
<td><strong>3: Do It!</strong></td>
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<td><strong>3: Do It!</strong></td>
<td><strong>3: Review It!</strong></td>
<td><strong>3: Do It!</strong></td>
</tr>
<tr>
<td>Choose and complete one of the suggested age-appropriate service projects for helping someone with school.</td>
<td>Choose and complete one of the suggested school supply drive projects.</td>
<td>Make a commitment to improve the community by participating in a volunteer project.</td>
<td>Review your experience advocating for education and thank those who helped.</td>
<td>Join in during your project to supervise and provide assistance at all levels.</td>
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<td><strong>4: Earn it!</strong></td>
<td><strong>4: Review It!</strong></td>
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<tr>
<td>Receive the School Helper Patch.</td>
<td>Review your project.</td>
<td>Review your project.</td>
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<td>Optional review worksheet is provided for younger achievers.</td>
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# Wellbeing Helper

**1: Make It!**
Do an art or craft activity to get excited about doing a happiness project.

**2: Learn It!**
Watch the video to learn about feelings.

**3: Do It!**
Choose and complete one of the suggested age-appropriate service projects for helping someone feel better.

**4: Earn it!**
Receive the Happiness Helper Patch.

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# Wellbeing Volunteer

**1: Research It!**
Watch the provided video to learn about loneliness.

**2: See It!**
Watch the video to see how a drawing or craft can help others feel better.

**3: Do It!**
Choose and complete one of the suggested crafting projects.

**4: Review It!**
Review your project. Optional review worksheet is provided for younger achievers.

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# Wellbeing Advocate

**1: Research It!**
Use the provided links to learn about mental illness.

**2: Do It!**
Plan and complete one of the suggested advocacy programs to help improve wellbeing in your community.

**3: Review It!**
Review your experience advocating for wellbeing and thank those who helped.

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# Wellbeing Delegate

**1: Choose It!**
Use the provided links to choose a topic for your wellbeing action project.

**2: Plan It!**
Use the tools provided to learn how to plan and organize your project including fundraising and outreach.

**3: Do It!**
Join in during your project to supervise and provide assistance at all levels.

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# Wellness Helper

**1: Make It!**
Do an art or craft activity to get excited about doing an exercise project.

**2: Learn It!**
Watch the video to learn about the importance of exercise.

**3: Do It!**
Choose and complete one of the suggested service projects for helping someone exercise.

**4: Earn it!**
Receive the Exercise Helper Patch.

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# Wellness Volunteer

**1: Research It!**
Find out why warming up before exercising is important.

**2: See It!**
Contact local centers and think about which ones could use volunteer help with exercising.

**3: Do It!**
Make a commitment to improve the community by participating in a fitness volunteer project.

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# Wellness Advocate

**1: Research It!**
Use the provided links to learn about the importance of physical fitness.

**2: Do It!**
Plan and complete one of the suggested advocacy programs to help improve wellness in your community.

**3: Review It!**
Review your experience advocating for wellness and thank those who helped.

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# Wellness Delegate

**1: Choose It!**
Use the provided links to choose a topic for your wellness action project.

**2: Plan It!**
Use the tools provided to learn how to plan and organize your project including fundraising and outreach.

**3: Do It!**
Join in during your project to supervise and provide assistance at all levels.

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