



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



HELPER

FRIEND

VOLUNTEER

ADVOCATE

DELEGATE

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.



1: Learn It!
Learn why having a supply of healthy food is important, especially to those in need.

2: See It!
Visit a local food pantry and think about what you can contribute to it.

3: Do It!
Choose and complete one of the suggested food drive projects.

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



1: Research It!
Learn how hunger and poor nutrition affect people in your community and across the country.

2: See It!
Visit a local soup kitchen and find out if they are a good fit for you.

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

4: Review It!
Review your project.



1: Research It!
Use the provided links to learn about why people suffer from poor nutrition and how they can eat healthier.

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

3: Review It!
Review your experience advocating for good nutrition and thank those who helped.



1: Choose It!
Use the provided links to choose a topic for your nutrition 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.

SHELTER

HELPER



1: Make It!

Do an art or craft activity to get excited about doing a clothes project.

2: Learn It!

Watch the video to learn how to take care of your clothes.

3: Do It!

Choose and complete one of the suggested service projects for helping take care of clothes.

4: Earn it!

Receive the Clothes Helper Patch.

FRIEND



1: Learn It!

Learn how poverty makes it hard for families to afford basic needs like clothes.

2: See It!

Visit a secondhand store and think about how you can help families in need of clothing.

3: Do It!

Choose and complete one of the suggested clothing drive projects.

4: Review It!

Review your project.

VOLUNTEER



1: Research It!

Find a local homeless shelter to volunteer for and think about how you can help.

2: See It!

Visit local shelters and find one that is a good fit for you.

3: Do It!

Make a commitment to improve the community by participating in a homelessness volunteer project.

4: Review It!

Review your project.

ADVOCATE



1: Research It!

Use the provided links to learn about the struggles facing the homeless.

2: Do It!

Plan and complete one of the suggested advocacy programs to help promote shelter conditions in your community.

3: Review It!

Review your experience advocating for proper shelter and thank those who helped.

DELEGATE



1: Choose It!

Use the provided links to choose a topic for your shelter 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.

EDUCATION

HELPER



1: Make It!

Do an art or craft activity to get excited about doing a school project.

2: Learn It!

Watch the video to learn about school.

3: Do It!

Choose and complete one of the suggested age-appropriate service projects for helping someone with school.

4: Earn it!

Receive the School Helper Patch.

FRIEND



1: Learn It!

Learn why schools across the country are in need of supplies.

2: See It!

Visit a local store and think about what you can get to donate to schools.

3: Do It!

Choose and complete one of the suggested school supply drive projects.

4: Review It!

Review your project. Optional review worksheet is provided for younger achievers.

VOLUNTEER



1: Research It!

Find out why reading skills are important and ways to help children read.

2: See It!

Visit a local library or bookstore and think about how you can get the kids engaged in reading.

3: Do It!

Make a commitment to improve the community by participating in a volunteer project.

4: Review It!

Review your project.

ADVOCATE



1: Research It!

Use the provided links to learn about the challenges facing education in this country.

2: Do It!

Plan and complete one of the suggested advocacy programs to help improve education in your community.

3: Review It!

Review your experience advocating for education and thank those who helped.

DELEGATE



1: Choose It!

Use the provided links to choose a topic for your education action project.

2: Plan It!

Use the tools provided to learn how to plan and organize your action project including fundraising and outreach.

3: Do It!

Join in during your project to supervise and provide assistance at all levels.

WELLBEING

	HELPER	FRIEND	VOLUNTEER	ADVOCATE	DELEGATE
	 <p>1: Make It! Do an art or craft activity to get excited about doing a happiness project.</p> <p>2: Learn It! Watch the video to learn about feelings.</p> <p>3: Do It! Choose and complete one of the suggested age-appropriate service projects for helping someone feel better.</p> <p>4: Earn it! Receive the Happiness Helper Patch.</p>	 <p>1: Learn It! Learn how hospitalization can cause people to feel lonely.</p> <p>2: See It! Watch the provided video to see how a drawing or craft can help others feel better.</p> <p>3: Do It! Choose and complete one of the suggested crafting projects.</p> <p>4: Review It! Review your project. Optional review worksheet is provided for younger achievers.</p>	 <p>1: Research It! Watch the provided video to learn about loneliness.</p> <p>2: See It! Visit a local hospital and think about what you can do to volunteer to cheer up the patients/residents.</p> <p>3: Do It! Make a commitment to improve the community by participating in a companion volunteer project.</p> <p>4: Review It! Review your project.</p>	 <p>1: Research It! Use the provided links to learn about mental illness.</p> <p>2: Do It! Plan and complete one of the suggested advocacy programs to help improve wellbeing in your community.</p> <p>3: Review It! Review your experience advocating for wellbeing and thank those who helped.</p>	 <p>1: Choose It! Use the provided links to choose a topic for your wellbeing action project.</p> <p>2: Plan It! Use the tools provided to learn how to plan and organize your project including fundraising and outreach.</p> <p>3: Do It! Join in during your project to supervise and provide assistance at all levels.</p>

WELLNESS

	HELPER	FRIEND	VOLUNTEER	ADVOCATE	DELEGATE
	 <p>1: Make It! Do an art or craft activity to get excited about doing an exercise project.</p> <p>2: Learn It! Watch the video to learn about the importance of exercise.</p> <p>3: Do It! Choose and complete one of the suggested service projects for helping someone exercise.</p> <p>4: Earn it! Receive the Exercise Helper Patch.</p>	 <p>1: Learn It! Learn why exercising is important to wellness and how dancing is a good form of exercise.</p> <p>2: See It! Watch the provided video to see how dancing can be a fun way to exercise.</p> <p>3: Do It! Choose and complete one of the suggested dancing partner projects.</p> <p>4: Review It! Review your project.</p>	 <p>1: Research It! Find out why warming up before exercising is important.</p> <p>2: See It! Contact local centers and think about which ones could use volunteer help with exercising.</p> <p>3: Do It! Make a commitment to improve the community by participating in a fitness volunteer project.</p> <p>4: Review It! Review your project.</p>	 <p>1: Research It! Use the provided links to learn about the importance of physical fitness.</p> <p>2: Do It! Plan and complete one of the suggested advocacy programs to help improve wellness in your community.</p> <p>3: Review It! Review your experience advocating for wellness and thank those who helped.</p>	 <p>1: Choose It! Use the provided links to choose a topic for your wellness action project.</p> <p>2: Plan It! Use the tools provided to learn how to plan and organize your project including fundraising and outreach.</p> <p>3: Do It! Join in during your project to supervise and provide assistance at all levels.</p>