

# Mighty Girls Rock!

*Patch program*



*MightyGirlsRock.com*

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Are you ready to learn what it means to be a Mighty Girl? Let's get started! Here are the patch program requirements to earn your patch!

Follow each of the steps by completing ONE of the suggested activities for each requirement.

### **1) Find out what it means to be a Mighty Girl!**

Mighty Girls are proud to be who they are. They are courageous and they work to make the world a better place. Choose one of the following steps.

- ◇ Research Mighty Girls your age in history or in your community that have shown courage to make the world a better place. What have they done that makes them mighty?
- ◇ Pick your favorite female athlete. What do you think it takes to do what they do both mentally and physically. Ex. Simone Biles (courage, perseverance, determination, hard work)

### **2. Show the Mighty Girl in you!**

What makes you Mighty? Do you have a special talent or play a certain sport? Are you passionate about a certain cause or charity?

- ◇ Write a story about a time you had to be Mighty.
- ◇ Create a mural or poster that tells the story of why you are a Mighty Girl.
- ◇ Act it out! Put on a skit or performance or make a video that shows when you have had to use your super Mighty Girl Powers.

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## 3. Be a Mighty Girl Everyday!

What are some ways that you can continue to be Mighty and use your talents and courage to make the world a better place?

- ◇ Try something new that you have been afraid to do in the past.
- ◇ Organize a super clean-up at a park in your town to spruce up your city
- ◇ Throw a Super Hero party to prevent bully behavior in your school.

**Congratulations! You have now earned your Mighty Girls Rock patch!  
You're an amazing girl with such strong powers! Keep shining your  
super powers to change the world!**

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