Outreach Service Patch Program

Quick Overview of Requirements

Visit LiveYouthStrong.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

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<tr>
<td>NUTRITION</td>
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<tr>
<td>1: Make It!</td>
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Do an art or craft activity to get excited about doing a healthy food project.
| 1: Learn It! |
Learn why having a supply of healthy food is important, especially to those in need.
| 1: Research It! |
Learn how hunger and poor nutrition affect people in your community and across the country.
| 1: Choose It! |
Use the provided links to choose a topic for your nutrition action project.
| 2: Learn It! |
Watch the video to learn about healthy eating.
| 2: See It! |
Visit a local food pantry and think about what you can contribute to it.
| 2: Plan It! |
Use the tools provided to learn how to plan and organize your project including fundraising and outreach.
| 3: Do It! |
Choose and complete one of the suggested age-appropriate service projects for helping to make healthy food.
| 3: Do It! |
Choose and complete one of the suggested food drive projects.
| 3: Do It! |
Make a commitment to improve the community by participating in a feeding the hungry volunteer project.
| 3: Do It! |
Join in during your project to supervise and provide assistance at all levels.
| 4: Earn it! |
Receive the Healthy Food Helper Patch.
| 4: Review It! |
Review your project. Optional review worksheet is provided for younger achievers.
| 4: Review It! |
Review your project.
| 4: Review It! |
Review your experience advocating for good nutrition and thank those who helped.

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**SHELTER**

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| 1: **Make It!**
Do an art or craft activity to get excited about doing a clothes project. | | 1: **Learn It!**
Learn how poverty makes it hard for families to afford basic needs like clothes. | 1: **Research It!**
Find a local homeless shelter to volunteer for and think about how you can help. | 1: **Choose It!**
Use the provided links to choose a topic for your shelter action project. |
| 2: **Learn It!**
Watch the video to learn how to take care of your clothes. | 2: **See It!**
Visit a secondhand store and think about how you can help families in need of clothing. | 2: **See It!**
Visit local shelters and find one that is a good fit for you. | 2: **Plan It!**
Use the tools provided to learn how to plan and organize your project including fundraising and outreach. |
| 3: **Do It!**
Choose and complete one of the suggested service projects for helping take care of clothes. | 3: **Do It!**
Choose and complete one of the suggested clothing drive projects. | 3: **Do It!**
Make a commitment to improve the community by participating in a homelessness volunteer project. | 3: **Do It!**
Join in during your project to supervise and provide assistance at all levels. |
| 4: **Earn it!**
Receive the Clothes Helper Patch. | 4: **Review It!**
Review your project. | 4: **Review It!**
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Review your project. | **** |

**EDUCATION**

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| 1: **Make It!**
Do an art or craft activity to get excited about doing a school project. | | 1: **Learn It!**
Learn why schools across the country are in need of supplies. | 1: **Research It!**
Find out why reading skills are important and ways to help children read. | 1: **Choose It!**
Use the provided links to choose a topic for your education action project. |
| 2: **Learn It!**
Watch the video to learn about school. | 2: **See It!**
Visit a local store and think about what you can get to donate to schools. | 2: **See It!**
Visit a local library or bookstore and think about how you can get the kids engaged in reading. | 2: **Plan It!**
Use the tools provided to learn how to plan and organize your action project including fundraising and outreach. |
| 3: **Do It!**
Choose and complete one of the suggested age-appropriate service projects for helping someone with school. | 3: **Do It!**
Choose and complete one of the suggested school supply drive projects. | 3: **Do It!**
Make a commitment to improve the community by participating in a volunteer project. | 3: **Do It!**
Join in during your project to supervise and provide assistance at all levels. |
| 4: **Earn it!**
Receive the School Helper Patch. | 4: **Review It!**
Review your project. | 4: **Review It!**
Review your project. | **** | **** |

Optional review worksheet is provided for younger achievers.
### WELLBEING

#### Helper
- **Make It!**
  - Do an art or craft activity to get excited about doing a happiness project.
- **Learn It!**
  - Learn how hospitalization can cause people to feel lonely.
- **See It!**
  - Watch the video to see how a drawing or craft can help others feel better.
- **Do It!**
  - Choose and complete one of the suggested crafting projects.
- **Earn It!**
  - Receive the Happiness Helper Patch.

#### Friend
- **Learn It!**
  - Learn how hospitalization can cause people to feel lonely.
- **See It!**
  - Watch the video to see how a drawing or craft can help others feel better.
- **Do It!**
  - Choose and complete one of the suggested crafting projects.
- **Review It!**
  - Review your project. Optional review worksheet is provided for younger achievers.

#### Volunteer
- **Research It!**
  - Watch the provided video to learn about loneliness.
- **See It!**
  - Visit a local hospital and think about what you can do to volunteer to cheer up the patients/residents.
- **Do It!**
  - Make a commitment to improve the community by participating in a companion volunteer project.
- **Review It!**
  - Review your project.

#### Advocate
- **Research It!**
  - Use the provided links to learn about mental illness.
- **Do It!**
  - Plan and complete one of the suggested advocacy programs to help improve wellbeing in your community.
- **Review It!**
  - Review your experience advocating for wellbeing and thank those who helped.

#### Delegate
- **Choose It!**
  - Use the provided links to choose a topic for your wellbeing action project.
- **Plan It!**
  - Use the tools provided to learn how to plan and organize your project including fundraising and outreach.
- **Do It!**
  - Join in during your project to supervise and provide assistance at all levels.

### WELLNESS

#### Helper
- **Make It!**
  - Do an art or craft activity to get excited about doing an exercise project.
- **Learn It!**
  - Learn why exercising is important to wellness and how dancing is a good form of exercise.
- **See It!**
  - Watch the provided video to see how dancing can be a fun way to exercise.
- **Do It!**
  - Choose and complete one of the suggested service projects for helping someone exercise.
- **Earn It!**
  - Receive the Exercise Helper Patch.

#### Friend
- **Learn It!**
  - Learn why exercising is important to wellness and how dancing is a good form of exercise.
- **See It!**
  - Watch the provided video to see how dancing can be a fun way to exercise.
- **Do It!**
  - Choose and complete one of the suggested dancing partner projects.
- **Review It!**
  - Review your project.

#### Volunteer
- **Research It!**
  - Find out why warming up before exercising is important.
- **See It!**
  - Contact local centers and think about which ones could use volunteer help with exercising.
- **Do It!**
  - Make a commitment to improve the community by participating in a fitness volunteer project.
- **Review It!**
  - Review your project.

#### Advocate
- **Research It!**
  - Use the provided links to learn about the importance of physical fitness.
- **Do It!**
  - Plan and complete one of the suggested advocacy programs to help improve wellness in your community.
- **Review It!**
  - Review your experience advocating for wellness and thank those who helped.

#### Delegate
- **Choose It!**
  - Use the provided links to choose a topic for your wellness action project.
- **Plan It!**
  - Use the tools provided to learn how to plan and organize your project including fundraising and outreach.
- **Do It!**
  - Join in during your project to supervise and provide assistance at all levels.

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