

Girl Scout Week Challenge

March 8th - 14th 2026

Girl Scout Week 2026 is a special time to celebrate the impact of Girl Scouts and the values we live every day. Throughout the week, Girl Scouts are invited to complete one simple activity each day that reflects leadership, kindness, community, and courage. After completing the activities, Girl Scouts can submit their Girl Scout Week Change Card to earn the 2026 Girl Scout Week patch.

Spirit Sunday	Affirmation Monday	Troop Tuesday	Wisdom Wednesday	Girl Scout Day	Flash Forward Friday	Service Saturday
						
 Kind Words in the Wild Write a short, genuine compliment on a sticky note (or say it out loud) to someone you don't know well.	 Motivation Share Choose a favorite quote about confidence, kindness, or perseverance and post it online or write it down.	 Buddy Check In Text or Call another Girl Scout to ask how their week is going and if there's one small way you can support them.	 Adventure Reflection Write a few sentences or share out loud a Girl Scout experience, what you learned and why it mattered.	 Gear Up and Share Wear your Girl Scout gear and talk with your troop, family, or friends about why it's meaningful to you.	 Goal Chat Pick one goal—big or small—that excites you and tell a friend about it. Ask them about theirs!	 Shelter Support Volunteer at a local animal shelter, food pantry, or community center for an hour and help out.
 Small Help, Big Impact Offer a quick helping hand to someone nearby, no big commitment, just showing up	 One-Friend Boost Send a quick text to a friend telling them something specific you appreciate about them or wishing them luck for the week ahead.	 Digital Cookie Cheer Send a 'cheer' through Digital Cookie to encourage a fellow Girl Scout and celebrate their efforts.	 Skill to Real Life Share one Girl Scout skill you've learned and how you use that skill in your everyday life.	 Patch Story Choose one patch, pin, or piece of Girl Scout gear you're wearing and share the story behind it	 Write it Down Write your goal on a sticky note or in a journal and share it with a friend. Bonus: let them write one of their own goals too.	 Neighborhood Help Offer to help a neighbor with yard work, carrying groceries, or small household tasks.
 Gratitude Drop Leave a thank-you note to someone in your community to acknowledge something often unnoticed.	 Positive Notes Chain Write one positive thought and pass it along—leave it on a desk, in a backpack, or share it in a group chat	 Support Swap Pair up and each share one goal for the week. Check back in at the end of the week to offer encouragement or celebrate	 Then & Now Reflect on how you felt before a Girl Scout adventure and how you felt afterward. Share it.	 Celebrate Your Pride Take a photo of yourself in your Girl Scout gear and reflect about what being a Girl Scout means to you.	 Goal Support Swap Share your goal with a friend and ask how they might cheer you on. Offer to do the same for their goal.	 Kindness Project Collect items to donate (clothes, food, books, or toys) and deliver them to a local shelter or organization