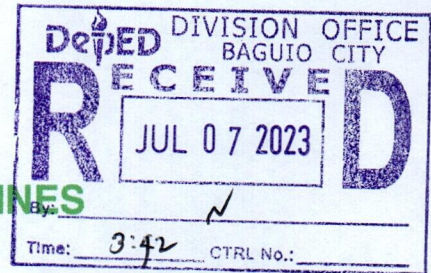




GIRL SCOUTS OF THE PHILIPPINES
Northern Luzon Region
Baguio Girl Scout Council



CHQ CIRCULAR No. 24
Series of 2023

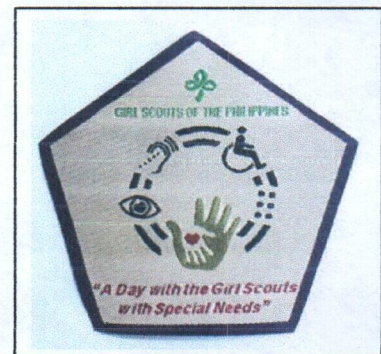
TO : DISTRICT SUPERVISORS, PRINCIPALS, HEAD TEACHERS, GSP DISTRICT FIELD ADVISERS, GSP SCHOOL COORDINATORS, AND GSP TROOP LEADERS

RE : NATIONAL DISABILITY PREVENTION AND REHABILITATION WEEK "A DAY WITH THE GIRL SCOUTS WITH SPECIAL NEEDS"

DATE : JULY 5, 2023

The Girl Scouts of the Philippines will hold the annual event dubbed "**A Day with the Girl Scouts with Special Needs**" on Friday, July 21, 2023, from 1:00 p.m. to 4:00 p.m. at the Josefa Llanes Escoda Hall, GSP National Headquarters, Manila.

This is in line with the observance of the **45th National Disability Prevention and Rehabilitation (NDPR) Week on July 17 – 23, 2023** with the theme "*Aksesibilidad at Karapatan ng mga Taong may Kapansanan: Daan Tungo sa Sustenableng Kinabukasan na Walang Maiiwan*".



The NDPR week is commemorated yearly by virtue of Proclamation No. 361, declaring the third week of July as the National Disability Prevention and Rehabilitation Week which shall culminate on the birth date of the sublime paralytic, Apolinario Mabini on July 23 each year.

GSP Regions and Councils are encouraged to actively participate and conduct the following suggested activities during the week with the participation of the PWDs:

1. Hang a streamer/banner in your council.
2. Make and post on your Facebook account slogan and posters on the GSP dubbed event "A Day with the Girl Scouts with Special Needs". Use hashtags **#GSwithdisabilities 2023** and **#NDPR2023**
3. Host an event for Girl Scouts with disabilities where you can conduct some games and other activities for them. They can also perform songs/dances or show other talents and recite the "**PANATA NG ISANG TAGAPAGTAGUYOD NG KARAPATAN AT PRIBILEHIYO NG MGA MAYKAPANANAN**"

GSP, an inclusive organization offers safe and brave spaces for Girl Scouts of all ages, spectrums, ethnicity, religion, and physical abilities. GSP provides an opportunity for Girl Scouts with a disability to do their badgework. We highly encourage Girl Scout Troops to work on the suggested badges under the 8-Point Challenge, particularly on the Challenge of Spirituality and Well-Being, as shown on the image below.



AGE LEVEL	SUGGESTED ACTIVITIES
<p>TWINKLER GIRL SCOUTS</p>	<p><i>Do activities with the help of their Troop Leaders:</i></p> <p><u>I AM ME BADGE</u></p> <p>1. Fill up the form below:</p> <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p>I am _____.</p> <p>I was born in (place) _____ (date) _____.</p> <p>These are my family members:</p> <p>_____</p> <p>_____</p> <p>These are my friends:</p> <p>_____</p> <p>_____</p> <p>I like these things:</p> <p>_____</p> <p>_____</p> </div> <p>2. Say something about yourself to your cluster.</p> <p>3. Draw and write the things you do not like.</p>

<p>STAR GIRL SCOUTS</p>	<p><i>Do at least 3 activities:</i></p> <p><u>THIS IS ME BADGE</u></p> <ol style="list-style-type: none"> 1. Make a design using the letters of your name. Use crayons or paint to write your name on cloth, wood, or paper. Mount and display your artwork in your room. 2. Paste a collage or draw the activities you like to do most. Show your collage or drawing to other members of your troop. 3. Demonstrate how you behave when you are happy or angry. 4. Ask your parents or grandparents what you were like when you were 2 to 3 years old. What were the things you liked to eat, or the toys you liked to play with? Find out what your parents, and your older brothers and sisters liked when they were at that age. 5. Tell your troop or write about what you did on your last birthday.
<p>JUNIOR GIRL SCOUTS</p>	<p><i>Do all the activities::</i></p> <p><u>I AM BADGE</u></p> <ol style="list-style-type: none"> 1. With the help of your Troop Leader, write an "I Am" Poem. Illustrate or paste pictures to decorate your poem. Share your poem with your patrol/troop. <p>STANZA 1</p> <p>I am _____</p> <p>I wonder _____</p> <p>I hear _____</p> <p>I see _____</p> <p>I want _____</p> <p>STANZA 2</p> <p>I am _____</p> <p>I pretend _____</p> <p>I feel _____</p> <p>I touch _____</p> <p>I worry _____</p> <p>I cry _____</p> <p>STANZA 3</p> <p>I am _____</p> <p>I understand _____</p> <p>I say _____</p> <p>I dream _____</p> <p>I try _____</p> <p>I hope _____</p> <p>STANZA 4</p> <p>I am _____</p> <p>I like _____</p> <p>I dislike _____</p> <p>I hope _____</p> <ol style="list-style-type: none"> 2. Choose a partner and take turns in lying down on the piece of paper and tracing each other's body on the paper. Get up and fill in the details of your outline by adding your facial features, eyes, mouth, nose, hair,

	<p>dress, shoes, etc. Color yourself, too. Share your life-size portraits or yourself with the other members of your patrol as well as your troop. Enjoy each other's work and ask questions that will help you understand each other as human beings and as friends.</p>
<p>SENIOR GIRL SCOUTS</p>	<p><i>Do all the activities for each badge:</i></p> <p><u>A LOOK AT MYSELF BADGE</u></p> <ol style="list-style-type: none"> 1. List ten words that you think describe you as a person. Ask your mother or another girl in your troop to make a list that describes you. Compare this with your own list. Discuss the differences between the two lists with your patrol. 2. Make believe you are applying for a job and write your curriculum vitae (or resume) to include your personal qualities, background, experiences, achievements, aspirations, etc. Do you think anyone will be happy to hire you? Why yes, and why not? Discuss this with your patrol. <p><u>DIFFERENCES AND SIMILARITIES BADGES</u></p> <ol style="list-style-type: none"> 1. Make an effort to meet another Senior Girl Scout who seems to be different from you. Discuss with her if she has had similar experiences as such as loss, grief, happiness, excitement, anger, fear, money issues, and struggles with difficult choices. Report your insights during your patrol meeting. 2. Describe other Senior Girl Scouts who may have different external characteristics (different body shapes, height, weight, interests and family backgrounds) and what they have in common. Report this to your troop.
<p>CADET GIRL SCOUTS</p>	<p><i>Do all the activities:</i></p> <p><u>SELF-AWARENESSNESS BADGE</u></p> <ol style="list-style-type: none"> 1. Identify your strengths. 2. List down your achievements and review them from time to time to boost your morale and self-confidence. 3. Be positive with others and always look for their positive traits. 4. Go to any of the following websites to read about self-motivation. http://www.make-your-goals-happen.com/self-motivation.html http://www.lifeoptimizer.org/2008/10/22/self-motivation-how-to-motivate-yourself/ http://www.fuel-my-motivation.com/ http://www.pickthebrain.com/blog/21-proven-motivation-tactics/ http://www.pickthebrain.com/blog/the-most-critical-hour-of-your-day-how-to-set-yourself-up-for-success/ http://www.entre-propel.com/motivation/30-wonderful-articles-and-sites-for-self-motivation/ http://www.super-selfhelp.com/ 5. Apply some of the principles you learned from your readings.

Suggested activities aim to help each Girl Scout to know more about themselves and celebrate their unique and special abilities. This also promotes the value of respecting each other's differences and finding similarities.

Please be reminded of the health protocols for COVID-19 in conducting and participating in the said activities. Using facemasks, proper hand hygiene, and physical social distancing are highly recommended.

Please email your written reports and photos to gsp_2096@yahoo.com.ph or at gspbaguio2096@gmail.com on or before August 4, 2023.

For your information, guidance, and action.

JENNIFER T. BUGTONG
Council Executive

cc: *Council Board Members*
Commissioner on Program
Standing Committees on Program
District Field Advisers
School Coordinators
Troop Leaders
Council Staffs

Public Elementary and Secondary School Heads
Private Elementary and Secondary Schools
Heads/Administrators
GSP District Field Advisers
GSP School Coordinators and Troop Leaders

For information and guidance.


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Officer-in-Charge
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