

## What is a Short and Snappy?

How long do they take?

- 10 – 45 minutes

Who does the training?

- Council representative
- Service Unit Representative
- Troop Leader

When do they happen?

- Service Unit Meetings,
- Troop Meetings
  - Virtual or In-Person

What do we need?

- Short and Snappy Outline
- FAQ Handout
- Laptop, projector, wifi
- VTK Login

### Things to remember

- Stay within your allotted time
- If you do not know the answer, see the correct information from the appropriate support person

### Questions? Comments

info@girlscoutsgccc.org



## Short and Snappy Learning Opportunities for Volunteers

### GSCCC Council's Own Patch Programs: Health 15 minutes

The patch programs listed below were developed by Girl Scouts of California's Central Coast, local troops and sister Girl Scout councils.

These patch programs include activity suggestions that enhance the GSLE experience for girls.

They are appropriate for a variety of levels and interests.

Each program has a unique patch that can be purchased when the patch program requirements are complete

You can find the patch programs on the GSCCC website – [GSCCC Council's Own Patch Programs](#).



## **Health**

- **Tooth Fairy Patch**
- **Mental Health Awareness Patch**
- **Outrun the Sun Patch**
- **Walk This Way Patch**

- **Tooth Fairy Patch**

This patch program provides girls a fun and interesting way to increase their knowledge and understanding of the importance of dental health, treatment and prevention





- **Mental Health Awareness Patch**

This patch program objectives are to educate girls about the brain and its influence on thoughts, feelings, and behavior, and through that knowledge, increase awareness and understanding of mental illness

- **Outrun the Sun Patch**

By earning this patch, girls will become a sun safety advocate!





- **Walk This Way Patch**  
This patch program provides girls a fun and interesting way to engage in the health benefits of an active lifestyle