



Dream Big Fun Patch Kit

We all have dreams! Big, small, everything in between! It could be dreams to write your own book someday, open your own business, become the first Female President, or even go to the Moon! Anything is possible if you can dream it. This Fun Patch Kit includes resources to help you with goal setting so it can help achieve your dreams! You'll learn about future careers that could be for you and all of the possibilities that come with it! A look at specific STEM careers that you might be interested in and what goes into those careers and looking at the first women in STEM careers. You'll also learn about NASA, the careers there and the women that have taken on those roles!

Girls can work virtually with their troop or do the activities on their own! Once the activities are completed, email Teresa at the GSSNV Girl Scout Shop to purchase patches at: tramirez@girlscoutsnv.org. Include how many Dream Big patches you would like to order along with item number 66044036.

Troop Leaders and girls can send photos to customerservice@girlscoutsnv.org. We may post on our social-media channels!

We've gathered some great crafts, activities and videos from many sources to create this patch kit. Remember, adults should

always supervise girls when using the computer to utilize patch kits.

Use the links below more additional fun and games!

[Videos about S.T.E.M. Careers and NASA:](#)

[Why Choose STEM: Career Girls Empowerment Lesson](#)

[Equality Talks – Anya Forestell](#)

[Women in STEM: Adrianna Leung of MorphoTrak](#)

[Inspiring the Next Generation of Female Engineers – Debbie Sterling TED Talk](#)

[Girl Scouts Rock NASA! \(100 year celebration\)](#)

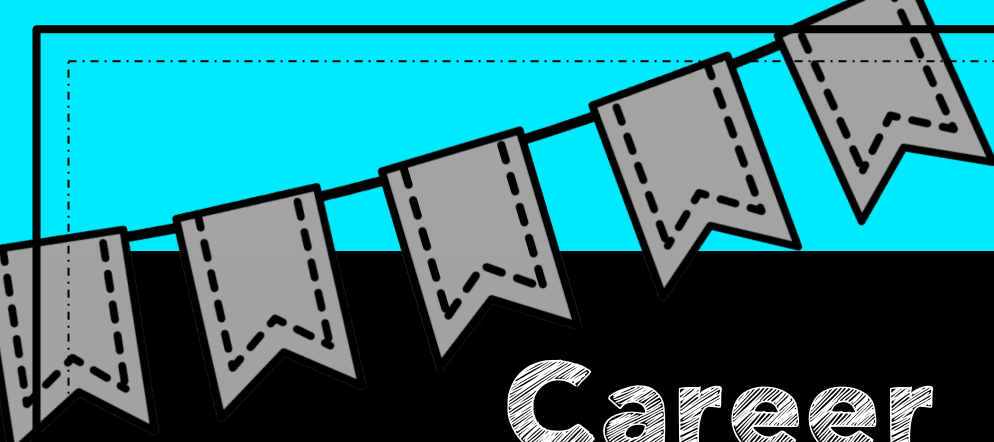


Careers

Many people who dream big, dream about their dream job/career! There are so many possibilities when it comes to your future job/career. You might already know what you want to do and now you're taking those steps to reaching that job/career, or you might still be thinking about it and that's okay! Your dreams can change especially when it comes to jobs/careers, just remember to go after something you enjoy doing!

Not really sure what you want to do? That's not a problem! Younger girls, please watch this [video](#) called, "Jobs I can Have When I Grow Up" by Highlights Kids. It gives you all sorts of interesting jobs! Some you might be familiar with and some might be brand new and interesting to you. There's also a Career Day coloring sheet for younger girls and a career day wordsearch!

For the older girls who are still figuring out what job/career they want, please watch this [video](#) called, "15 Most In-Demand Jobs in 2021" it gives you an insight of the most in-demand jobs of this year seeing as the workplace has changed and it goes over salary and what education is needed for these jobs. If you need help with figuring out which path to start down for your job/career, please watch this [video](#) called, "#futureready: Exploring Careers" as they go over how to start down a career path depending on what you enjoy doing. There's also a jobs and careers wordsearch and a Career Exploration Activity for the older girls to help them on their career searches!



Career Exploration

Research and Writing Activity



Career Exploration

Career Choice A _____

Average Starting Pay _____

Work hours _____

Amount of Training Required _____

Cost of Training _____

Job Outlook for the Future _____

Where can this job happen? (Rural, urban, etc?) _____

Do I plan on living somewhere this can happen _____

Career Exploration

Career Choice C _____

Average Starting Pay _____

Work hours _____

Amount of Training Required _____

Cost of Training _____

Job Outlook for the Future _____

Where can this job happen? (Rural, urban, etc?) _____

Do I plan on living somewhere this can happen _____

Career Exploration

Career Choice B _____

Average Starting Pay _____

Work hours _____

Amount of Training Required _____

Cost of Training _____

Job Outlook for the Future _____

Where can this job happen? (Rural, urban, etc?) _____

Do I plan on living somewhere this can happen _____

Pros of this choice _____

Cons of this choice _____

Summary

Order of my choices- _____

1) _____

2) _____

3) _____

Things I still need to consider are _____

Problems I see with my potential job choice _____

Possible solutions to the problems with my potential job choice _____

Extension Activity

Pretend you are going through your life very quickly. Write a paper about how you envision your career in the following time increments.

In my first year of employment, I will, (Describe your essential job duties as well as your pay, and anything else that might be important in your chosen career.) _____

In 5 years of getting a job, I will (Describe how things have changed or stayed the same since then.) _____

Extension Activity, cont'd

In my 30th year of employment, I will, (Describe how things have changed over the years.) _____

When I retire, some of the things I can say I accomplished in my career include _____

Special Thanks Goes To the Following:



Career Exploration

Career Choice A: _____

Average Starting Pay: _____

Work hours: _____

Amount of Training Required: _____

Cost of Training: _____

Job Outlook for the Future: _____

Where can this job happen? (Rural, urban, etc?) _____

Do I plan on living somewhere this can happen: _____

Pros of this choice:

Cons of this choice:

Career Exploration

Career Choice B: _____

Average Starting Pay: _____

Work hours: _____

Amount of Training Required: _____

Cost of Training: _____

Job Outlook for the Future: _____

Where can this job happen? (Rural, urban, etc?) _____

Do I plan on living somewhere this can happen: _____

Pros of this choice:

Cons of this choice:

Career Exploration

Career Choice C: _____

Average Starting Pay: _____

Work hours: _____

Amount of Training Required: _____

Cost of Training: _____

Job Outlook for the Future: _____

Where can this job happen? (Rural, urban, etc?) _____

Do I plan on living somewhere this can happen: _____

Pros of this choice:

Cons of this choice:

Summary

Order of my choices-

- 1) _____
- 2) _____
- 3) _____

Things I still need to consider are:

Problems I see with my
potential job choice

Possible solutions to
the problems with my
potential job choice:

Extension Activity

Pretend you are going through your life very quickly. Write a paper about how you envision your career in the following time increments:

In my first year of employment, I will, (Describe your essential job duties as well as your pay, and anything else that might be important in your chosen career.)

In 5 years of getting a job, I will: (Describe how things have changed or stayed the same since year 1.) _____

Extension Activity, cont'd

In my 10th year of employment, I will, (Describe how things have changed over the years.)

In 20 years of getting a job, I will: (Describe how things have changed over the years.) _____

Extension Activity, cont'd

In my 30th year of employment, I will, (Describe how things have changed over the years.)

When I retire, some of the things I can say I accomplished in my career include: _____

Name: _____

CAREER DAY!



R P H D O U G K K J H D D A B
E B H P Q T K O P A E Q J D D
H M A Y T W Y O F S H X Y V D
C Q P L S H L I N W A R U E E
A R E T N I A P A N A B K R P
E X J A C F C I N R V X R T U
T P S E F D T I B A I G V I T
C A R E E R B I A R M I O S Y
I K V D E I L K N N M E M E S
S D A S D B U T A U X T R F U
L T S R O W Y Z Z O D Z J I S
I T E W A C I S U M X Z C R F
D M C J K T B I R T K N D E R
V B I Q R K E N L K R B P M S
H E L I C O P T E R E A G U G

ADVERTISE
DEPUTY
KARATE
PAINTER
TEACHER

ART
FIREMAN
LIBRARY
PHYSICIAN
WAITRESS

CAREER
HELICOPTER
MUSIC
POLICE

Name: _____

JOBS AND CAREERS WORD SEARCH

V S A M K P J W P R W D M A W X L W C J
G G R S X C E Z Z J J T S E M R K L Y H
R N E M S F W K C W B G V R U E W Q D H
M M I V X O N A R Y M F P M Y L J Z Z B
I S R T I E C C L L I K S C T I X O S J
P C S D T T V I O N H X E L I A H R A Y
S M E G U E A T A L Y X A X R B L X O P
X K Y X T G S I N T L V P Z S I Y E S P
B O N X R H G L T Z E E R T H L G T T K
Y F S P X R D H A I C S A C U I W A C X
E O D K O V S H S O N Z C G D T P R E V
N C Z N U U E E U G G I C R U Y X O G S
T L I J G N I K R O W T E N S E Z T A R
R E I T Z N O C P Z Y E C Y J O B C V E
Y Z B A N C T R W G R R H H K D J O Z T
L O N M L E S V H A L F L X F L I D H S
E L X D Y Z R R C B A C H E L O R S D A
V F R P R T B P P L T U I K R A N K M M
E W R I T O U O P P O R T U N I T Y C D
L Z E Q M B C S J A W M N X D W O A C P

APPRENTICE
ASSOCIATES
BACHELORS
CAREER
COLLEAGUE
DOCTORATE
ENTRYLEVEL
GOALSETTING

INITIATIVE
JOB
MASTERS
NETWORKING
OPPORTUNITY
RELIABILITY
SKILL

When I GROWUP

It's Career Day

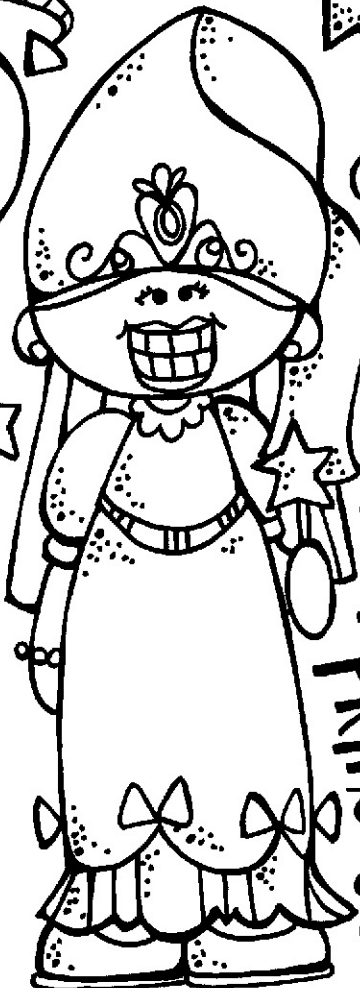
a Baker



a firefighter



a princess



I Want to be a

Draw what you want to be here...



Goal Setting

When it comes to dreams, the first step is to set goals to get to that dream. Goals help set up a track to get to that dream, all dreams have little steps to get to the big picture, it's wonderful to have a big dream, but you cannot jump straight to it, taking those steps helps you work toward the big dream! If you're not sure how to set goals, watch this short video by [RocketKids](#) that outlines four easy steps to start setting your own goals!

There are some sheets to help you with creating your own goals for whatever you want. It can be for school, your health, or a personal goal that you want to strive for.

You can use the Goal Getter, Dear Future Me or the 2021 Goal List to write out and keep track of all the goals you'd like to strive for this year!

When trying to get to your goals, you can come across stress which can make you want to stop going for your goal. There are some things you can do to help with that stress. You can use the Mindful Moments for Stress handout to try different methods to keep your stress level under control.

GOAL GETTERS

GOAL FOR MY HEALTH

I WANT TO IMPROVE MY HEALTH BY:

GOAL FOR MY FRIENDSHIPS

I WANT TO BE A GOOD FRIEND BY:

GOAL FOR MY LEARNING

I WANT TO GROW MY LEARNING BY:

GOAL GETTERS

GOAL FOR MY HEALTH

I WANT TO IMPROVE MY HEALTH BY:

GOAL FOR MY FRIENDSHIPS

I WANT TO BE A GOOD FRIEND BY:

GOAL FOR MY LEARNING

I WANT TO GROW MY LEARNING BY:

Dear Future me.....

This year, we are going to achieve some pretty amazing things. I will be the best me that I can be.



In my learning I will:

I will do better at:

I will try something new:

From Me.

Name: _____

Mindfulness Exercise



Mindful Breathing Exercise

Find a comfortable seat.

Sit up straight and tall. If you are seated on a chair, plant your feet on the floor right underneath your knees, in line with your hips.

Set a timer for 5 minutes.

Allow your eyes to close or, if that's uncomfortable, bring your gaze in a soft focus to a spot on the floor in front of you.

Allow your shoulders to relax and let any tension in the face or jaw release.

Bring your hands to your belly. Allow your attention to rest on your breath. Notice your hands moving as you breathe.

Choose an aspect of the breath to focus on.

-You can notice the gentle wave of breath moving between your heart and your belly.

-You can focus on the temperature of the breath: the cool air coming in through your nostrils and the warm air leaving your nostrils. -Or focus on the sound of your breath flowing like ocean waves.

As thoughts arise, as they will frequently, acknowledge them, label them, allow them to pass and return your attention to the breath.

Counting the breath can be a useful tool when you are first getting started with mindful breathing. Label each inhale/exhale cycle as one.

Count each breath cycle, 1 to 10. When you get to 10, start over at 1 again. When you notice thoughts carry you away from your breathing and your counting, gently let them pass and start again at one.

When the timer goes off, gently let go of counting the breath and slowly allow the eyes to float open.

As you become more comfortable with mindful breathing start to increase the time, little by little, until you get to 20 minutes.

Try to find some quiet time everyday for mindful breathing. Even one mindful breath can give you an opportunity to create a peaceful moment in the midst of your day.



Mindfulness Exercise



Mindful Observation Exercise

Take yourself to your favorite place in nature.

This can be a favorite hiking spot, a local park, your backyard, or even just looking out your window.

Choose something to focus your attention on. It can be anything: a tree trunk, a flower, some moss, a rock, a stream, a mushroom, a frog, a bird, anything at all.

Devote all of your attention to this object for around five minutes.

Notice it's shape, colors, textures, and patterns.

Allow yourself to relax as you observe the object.

How would you describe this object to someone who had never seen it before?

Notice every detail of the object.

Allow your attention to be fully absorbed in looking at the object without judging or analyzing it.



Mindfulness Exercise



Mindful Eating Exercise

When you sit down to eat, let your eating space be free from distractions, especially screens.

Sit with a balanced and supported posture, with your feet planted on the ground.

This exercise is often done with a single raisin or a piece of chocolate but you can really use any food.

Notice what your food looks like: the colors, shapes, textures, and patterns.

Perhaps pick the food up, if it is something you can eat with your hands, and experience the tactile sensation of your food in your hands. What does it feel like in your hand and how does it respond when you hold it? Does the pressure or temperature of your hand change the food in any way?

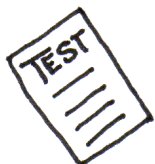
Notice the smell of your food.

Eat each bite slowly, deliberately, noticing the taste, texture and temperature of each bite.

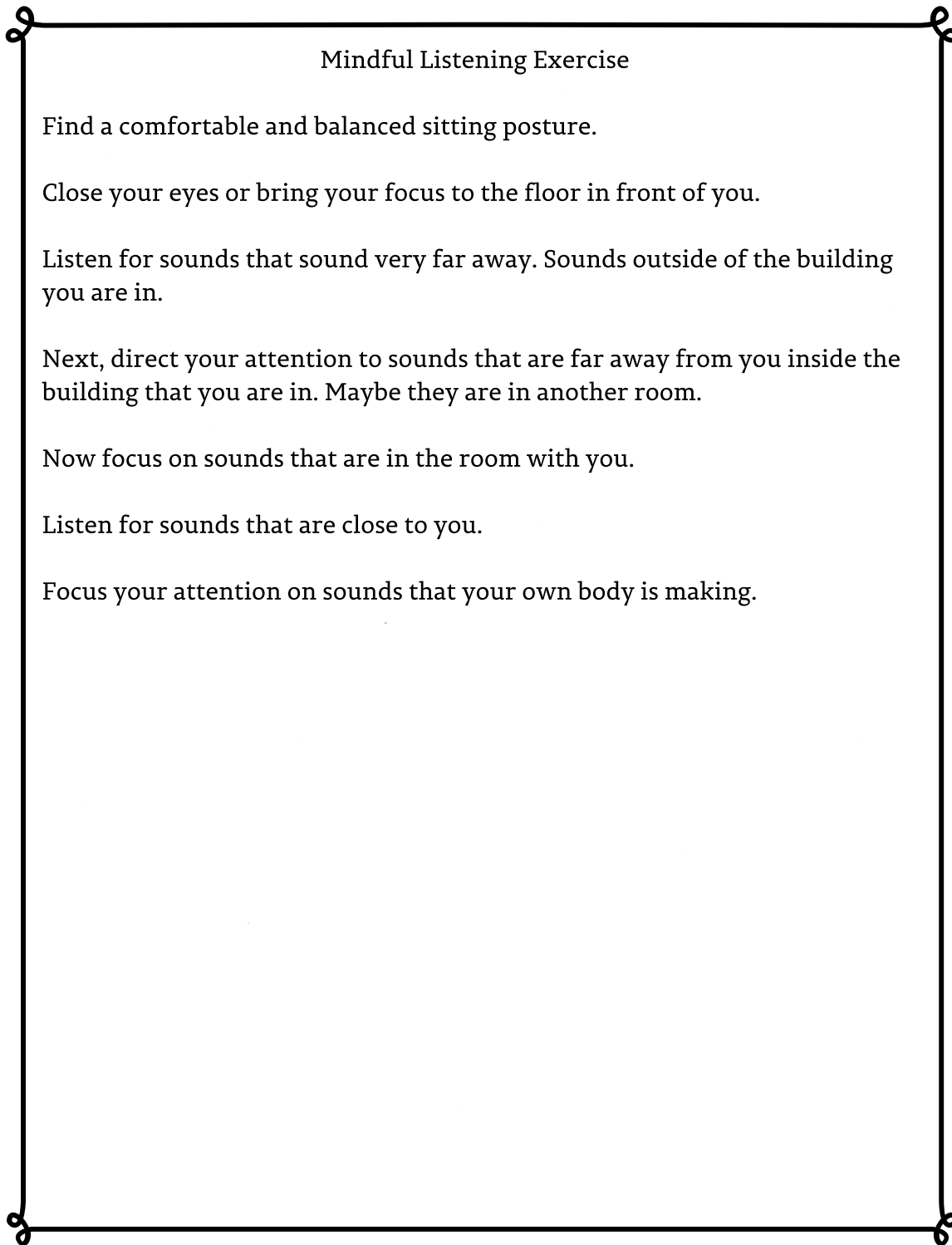
Chew slowly and experience how the flavors and textures change as you chew. Experience the movement of chewing. How does it feel to chew and swallow this bite? What kinds of sounds do you experience as you chew the food?

How do you feel after you have swallowed the last bite?

Notice how much more you enjoy your food when you eat mindfully!



Mindfulness Exercise



Mindful Listening Exercise

Find a comfortable and balanced sitting posture.

Close your eyes or bring your focus to the floor in front of you.

Listen for sounds that sound very far away. Sounds outside of the building you are in.

Next, direct your attention to sounds that are far away from you inside the building that you are in. Maybe they are in another room.

Now focus on sounds that are in the room with you.

Listen for sounds that are close to you.

Focus your attention on sounds that your own body is making.



Mindfulness Exercise



Mindful Walking Exercise

Find a quiet place with a lot of space to walk. Find a space in nature if you can.

Stand tall and upright.

Bring your attention to the balance of your standing posture.

Walk slowly, paying attention to the movement of the feet.

Feel how your feet move from heel to toe with every step.

Become aware of the transfer of weight from foot to foot.

Notice when your weight is on both feet and when it is just on one foot.

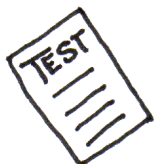
Notice the impact of your feet on the surface upon which you are walking.

Notice the movement of your entire body as you shift from foot to foot.

Allow your breath to flow comfortably, naturally, without forcing a particular rhythm or pace.

With mindful walking, there is no destination, so there is no need to feel hurried or rushed.

Enjoy the freedom of walking without having to arrive anywhere.





S.T.E.M. Careers

With all careers, there comes special skills you need to learn before applying them to those jobs. In Girl Scouts, you're taught many skills through the years that you can and will apply to your everyday life and even to your future careers! One specific area of skills that many Girl Scouts enjoy is S.T.E.M. – Science, Technology, Engineering and Mathematics. With these skills, there are many specific career paths that you can choose from!

Before we explore the world of S.T.E.M. below is the STEM Pledge! If you'd like, say it out loud and become familiar with it.



If younger girls would like to know more about S.T.E.M. [BrainPOP](#) has lessons and videos explaining various topics such as electric circuits, gears, Ada Lovelace and so much more!

For the older girls, please go check out Minnesota State's article about [Women in STEM](#). It outlines resources you can look into to find mentors in specific STEM careers and career paths. It also gives you resources where you can find companies with female-friendly policies and programs.

For all of the girls, if you would like to look at women in STEM who changed the world, please check out this [article](#) that talks about 13 women who have changed the world in STEM. After learning about their amazing accomplishments, there are coloring sheets in the Kit with them you can color!

A-MAZE-ING WOMEN OF STEM: SCIENCE



NASA Scientist Jie Gong studies Earth's atmosphere. She uses data from satellites to understand where and when snow might fall. She also studies ice clouds and hail.

STEM stands for Science, Technology, Engineering and Mathematics.

Did you know?
NASA hires about 15 different types of scientists.



Want to learn about women doing amazing things in science?
Visit <https://www.nasa.gov/education/womenstem/women-in-science>.

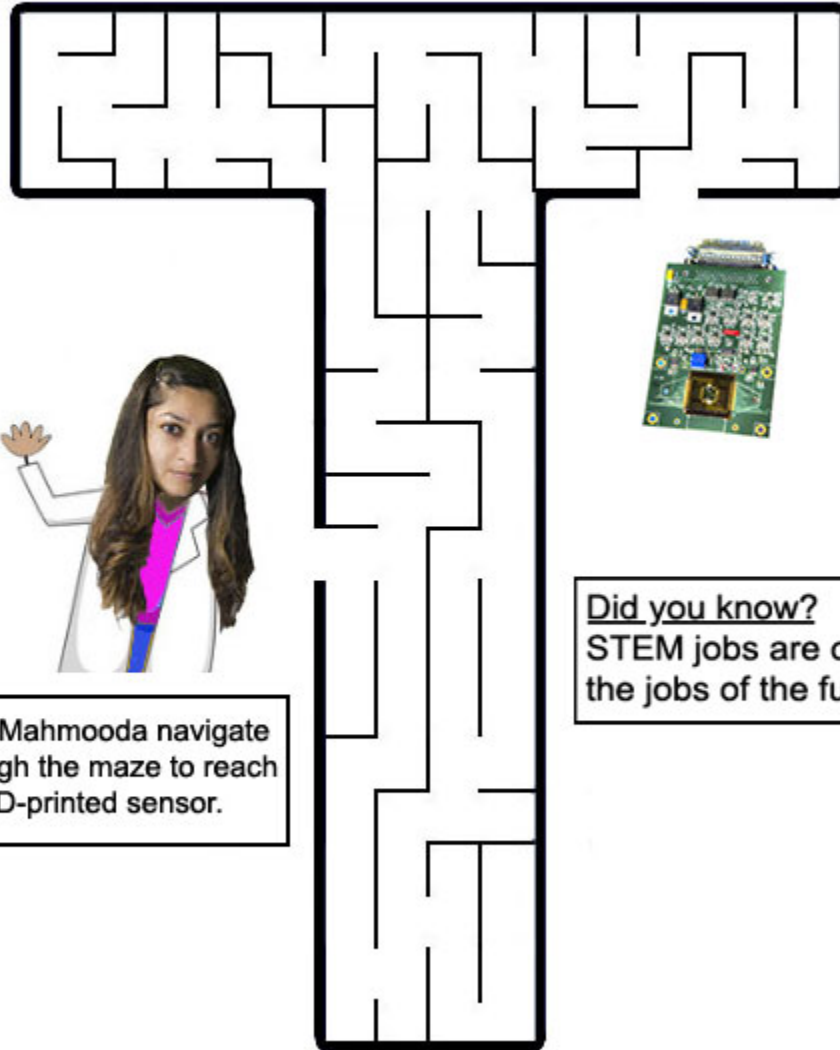
A-MAZE-ING WOMEN OF STEM: TECHNOLOGY



NASA Technologist Mahmooda Sultana is an award-winning inventor!

Mahmooda and her team are working on a new type of sensor that could help when humans go to the Moon and Mars. Sensors on spacesuits could check astronauts' health.

STEM stands for Science, Technology, Engineering and Mathematics.



Help Mahmooda navigate through the maze to reach the 3D-printed sensor.

Did you know?
STEM jobs are called the jobs of the future.

Want to learn about women doing amazing things in technology?
Visit <https://www.nasa.gov/education/womenstem/women-in-technology>

A-MAZE-ING WOMEN OF STEM: ENGINEERING

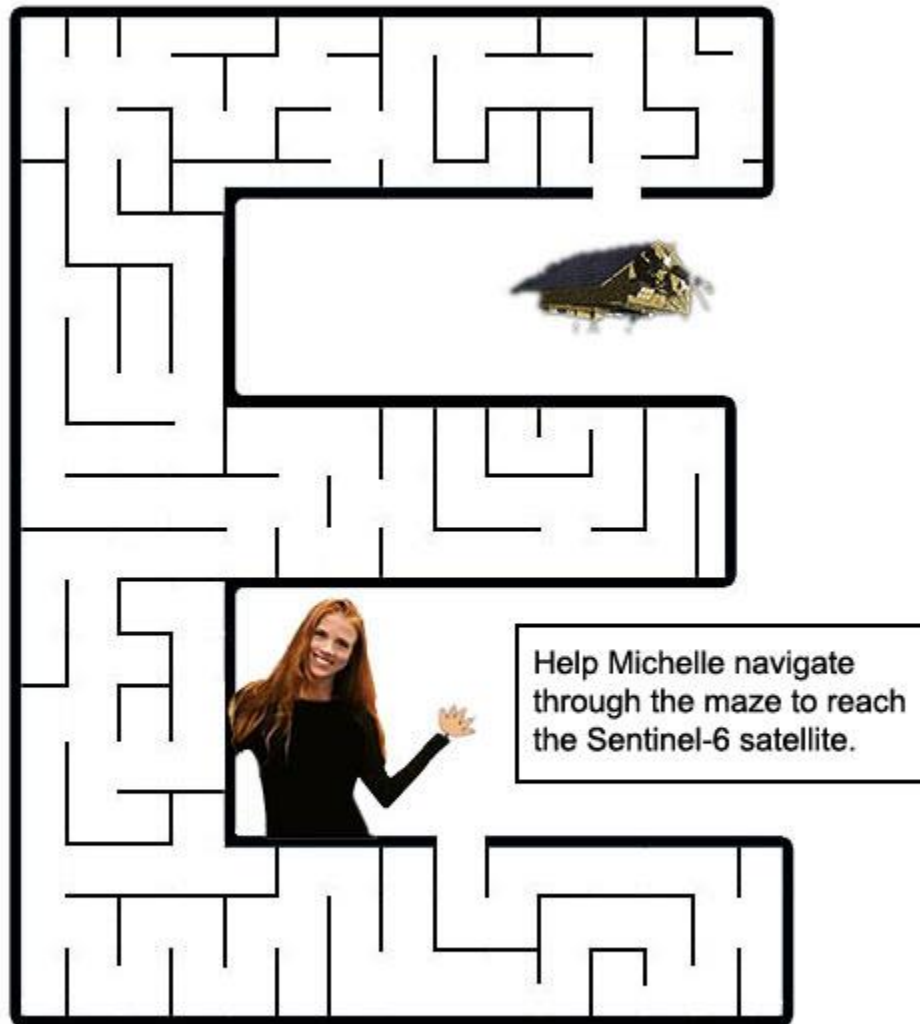


NASA hires about 20 types of engineers.

Michelle Easter is a mechatronics engineer. Michelle's job is similar to robotics engineering. She adds electricity and computer code to machines so they can do awesome things.

Right now, she's working on a satellite that will study Earth's oceans.

STEM stands for Science, Technology, Engineering and Mathematics.



Did You Know? About 60%, or 3 out of 5, jobs at NASA are STEM jobs.

Want to learn about women doing amazing things in engineering?
Visit <https://www.nasa.gov/education/womenstem/women-in-engineering>

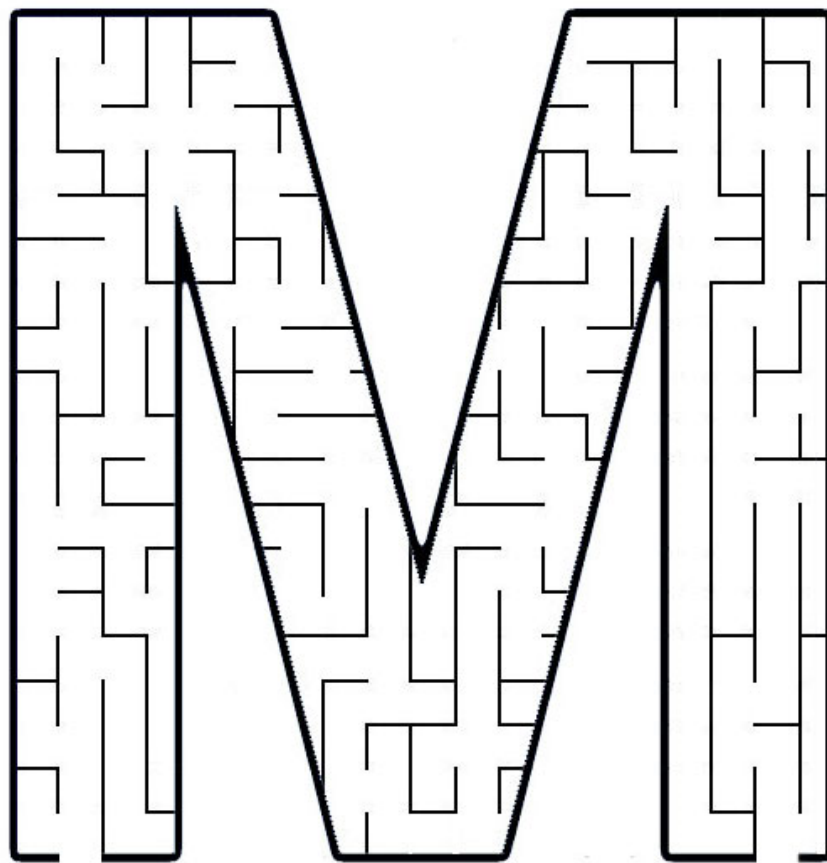
A-MAZE-ING WOMEN OF STEM: MATHEMATICS



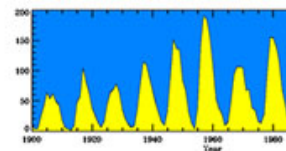
Jeanette Scissum was a mathematician. In 1967, she wrote a report about how to use mathematics to better predict sunspot cycles.

Did you know... some of NASA's first and best computers were women? These math whizzes solved hundreds of thousands of mathematics problems to make space travel possible.

STEM stands for Science, Technology, Engineering and Mathematics.



Help Jeanette navigate through the maze to reach the graph of sunspot activity on the Sun.



Want to learn about women doing amazing things in mathematics?
Visit <https://www.nasa.gov/education/womenstem/women-in-mathematics>



NASA Careers

NASA is a US space agency that stands for, National Aeronautics and Space Administration. NASA was founded by Dwight D. Eisenhower on July 29th, 1958, making NASA 63 years old as of 2021! NASA's main headquarters is based in Washington DC, but they also have other operations in other parts of the country including Texas, California, Ohio, Maryland, West Virginia, Florida, Virginia, Alaska, Louisiana, Mississippi and New Mexico!

NASA is backed up by the US government and as of 2018 has an annual budget of over \$20 billion and employs over 17 thousand people. There are so many interesting jobs in NASA, some you might already know and some that might be new to you! Let's take a look at those careers and see if anything piques your interest! [Explore the careers at NASA](#) and where they work by going through this article.

For younger girls, please check out [Dream of a Green Career](#) where you'll learn about the climate and careers that center around saving the earth and the plant and wildlife. After looking into Green Careers, head on [over](#) and learn about Katherine Johnson and her impact at NASA and what her job was. Also, take a look at the [Intro to Engineering](#) to get an idea about what it is. Lastly, if you'd like, with the help of an adult, you can do the STEM mazes that are included in the Kit! Can you find your way through the mazes?

For older girls, check out [Women in STEM](#) from NASA. It breaks down women in specific careers from each section of STEM and it includes women in space and tells you how they got to their careers! Take a look into [Astronauts at a Glance](#) which is a series from NASA telling the stories of women astronauts and how they got to be one of the few in space! If you're interested in Green Careers, check [this](#) out and learn about those Green Careers. If you're curious about how to get more information about specific careers in the STEM industry, check out [Engineer Girl](#). This site gives you resources when it comes to looking into careers, what you need for them, people already in those fields and their stories and even college assistance when it comes to what you should take in school to achieve it! Lastly, if you want, you can do the STEM mazes as well that are included in the Kit!

If you are seriously considering having a career in STEM, you can potentially become an [intern for NASA](#). This only applies to High School girls. They also have Pathway programs that provides current students with paid work experience and recent graduates. Please be aware the deadline for Summer 2021 is March 5. The deadline for Fall 2021 is July 9th.



The First Woman in Space

There are so many women in history that have become the first Olympic, Entrepreneur, CEO, Scientist, Film Maker, Producer and now, we even have a woman who's the first Vice President in the United States! All of these women have accomplished so much and worked so hard to get to where they wanted to be.

With all of the wonderful occupation's women are a part of, did you ever think about the first woman in space? We know of women who have helped with the ability of space travel, but who was the first woman to actually go into space? Well, Valentina Tereshkova from Russia was the first woman in space!



Valentina was only 26 years old when she went into space on June 16th, 1963. She was launched into space in the spacecraft Vostok 6 which completed 48 orbits in 71 hours. Even though she wasn't trained to pilot, she was an amateur parachutist and was accepted for the cosmonaut program when she volunteered in 1961.

From 1966 until 1991, she was an active member in the USSR and directed the soviet women's committee in 1968. From 1974 to 1991 she served as a member of the Supreme Soviet Presidium.

In 2008, she became the deputy chair of the parliament of Yaroslavl province as a member of the United Russia party and was named a Hero of the Soviet Union and was twice awarded the Order of Lenin.

We applaud all women who take on challenges around the world and being the first woman in space was defiantly a challenge. Of course, we have women today who are continuing to make a difference in space by becoming astronauts including Jessica Meir who went on Expedition 61 and 62, Anne McClain who went on Expedition 57/58 and 59, Peggy Whitson who went on Expeditions 5, 16, 50 and 51/52 and so many more!

If you would like to read more about these amazing women and what they've accomplished, please read this [article](#) from NASA exploring what they do and a little about their backgrounds. There are also some coloring sheets for these amazing women you can color and decorate! If you'd like to learn more about the first American Woman in space, the first woman moonwalker and much more, check out this [Women in Space Gallery](#)!

Jessica Meir

American Astronaut

15th woman in
Space

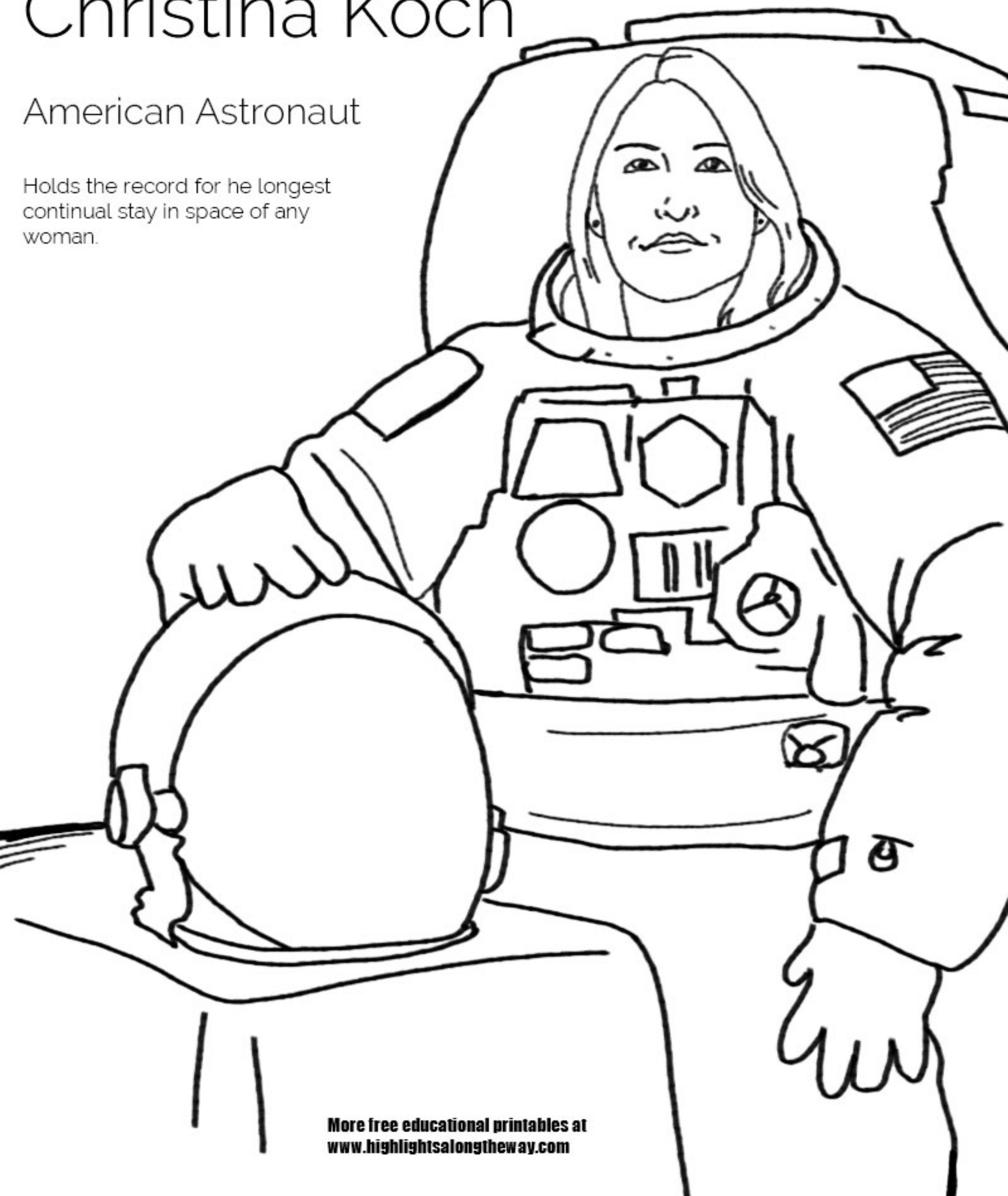


More free educational printables at
www.highlightsalongtheway.com

Christina Koch

American Astronaut

Holds the record for the longest continual stay in space of any woman.

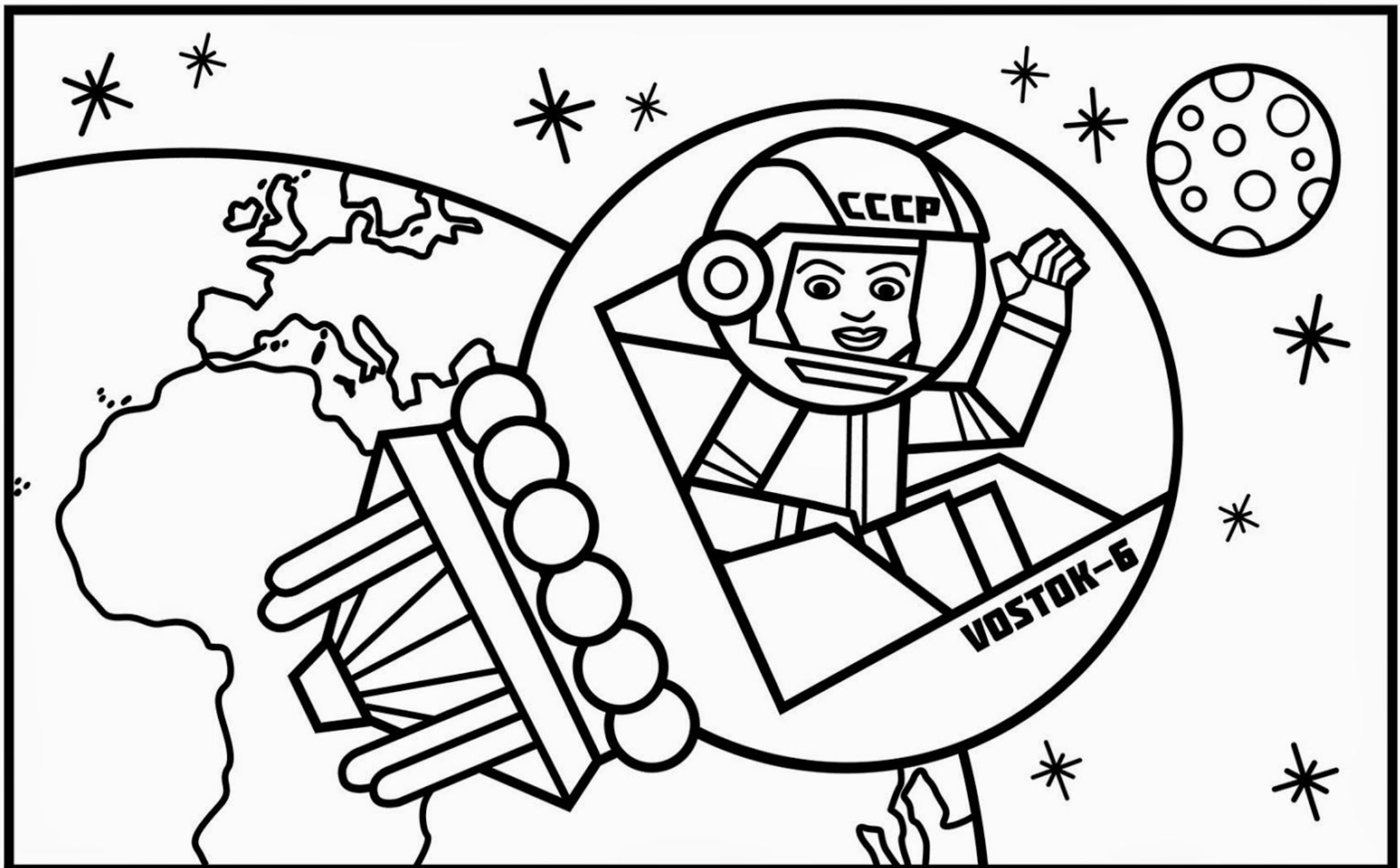


Katherine Johnson

(August 26, 1918 – February 24, 2020)

American mathematician





VALENTINA★TERESHKOVA

