



# The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Mutual Aid

## Mutual Aid—What is it?

In emergency services, mutual aid is an agreement among emergency responders to lend assistance across jurisdictional boundaries. In essence, it is an agreement between two parties to cooperate together for the good of both.

### Do you remember the Brownie Elf story?

Being a Brownie Elf for your family, friends, neighbors, and community is what Mutual Aid is all about. As Girl Scouts we live our Promise and Law every day.

### Which part of the Law do you think

### applies to Mutual Aid?

**Who are the helpers in your family? In your neighborhood? In your community? Make a list and then talk with someone in your household about what makes these helpers so important in good times and when things get tough, like they are now.**



## Friends and Family

It is likely that this is the most time you and the members of your household have spent together in one place. This can be AWESOME, but it can also be very stressful. People in your household are not only living at home, but running the household, they working and homeschooling, and more. That is a lot!

Being friendly and helpful, considerate and caring are really important now more than ever.

**Look around your home. Are there things that you see that maybe you could help**

**with? Talk with the members of your household and see how you can help. Make a list of ways you can help out around the home.**

Sheltering-in-place also means that we are missing our friends and family members who do not live with us. Think about ways you might be able to stay in contact with aunts, uncles, cousins, grandparents, and friends.

**Make a list of people who might like to hear from you. Then make a schedule that includes reaching out to someone on your list every day.**



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## Neighbors

The COVID-19 pandemic is global. But there are ways we can help close to home. Do you have neighbors who are in any of the vulnerable populations?

- Over sixty years of age.
- Have an immune-suppressive illness.
- Have breathing issues.
- Have serious underlying medical conditions.
- Are pregnant.

Are there households with small children?  
Or a deployed family member?

**With the permission of your parents or**

**guardian, think of ways you could reach out to these neighbors but maintain the physical distance guidelines.**

Some ideas might include:

- Drawing pictures for your neighbors.
- Build a nature scavenger hunt that can be emailed to your neighbors.
- Write some inspiring notes or chalk your sidewalk with inspiring quotes.
- Put a teddy bear in your window and advertise a bear hunt. How many teddy bears can you find on your walk?

Use your imagination!

## Community Service

Look at your community. Is there something you could do to help? Watch this video on [\*\*how to make surgical masks by Senior Girl Scout Ava.\*\*](#)

Ava saw a need in her community and wanted to do something about it. Her video is being now used all over the state of Washington.

**What impact can you have on your community? Write down your ideas and present them to your household. Let them give you feedback. Incorporate**

**feedback into your planning.**

Ask the members of your household for help in making your project a reality. **Think about how you can engage other Girl Scouts in your project.** Even though you cannot be physically together, you can use (**with permission of your parent/guardian**) social media, the telephone, and video conferencing to share your idea and encourage others to help.

As Girl Scouts we are charged with making the world a better place. Go do it!