

Courage Caps

Thank you for linking to my page. This project was completed for my Girl Scout Gold Award, the highest award a girl can earn in Girl Scouts. My Gold Award project has been a project built out of love, understanding, and compassion. It is meant to provide you with the courage to conquer the obstacles in front of you and give you the hope that tomorrow will bring new light. Your journey is an inspiration to me and to many others.

This project was inspired by my grandmother who passed away from ovarian cancer in 2019. It was during her treatment that I learned wigs were not always covered by insurance for patients undergoing chemotherapy. In addition, she always commented on how treatment often required sitting for long hours in a cold hospital setting. Blankets were plentiful, but a head with little hair still felt the chill. I hope that this Courage Cap will help to warm both the head and the soul and will help you to find the courage from within to keep fighting.

If you have a moment of time, I would appreciate some feedback on this project. Feel free to answer the following questions if you are able.

- 1) Has this Courage Cap provided you any physical comfort? ☐ Yes or ☐ No
- 2) Has this Courage Cap provided you any emotional comfort or support? ☐ Yes or ☐ No
- 3) Did the Courage Cap give you any inspiration with a positive message? ☐ Yes or ☐ No
- 4) Do you know if your health coverage covers the cost of a wig during treatment? ☐ Yes or ☐ No
- 5) Do you have any interest in making Courage Caps for future patients? ☐ Yes or ☐ No
- 6) Is there anything else you would like to share about this Courage Cap?

If you would like to pay it forward in Courage Caps, a direction page on how to sew these caps is attached.

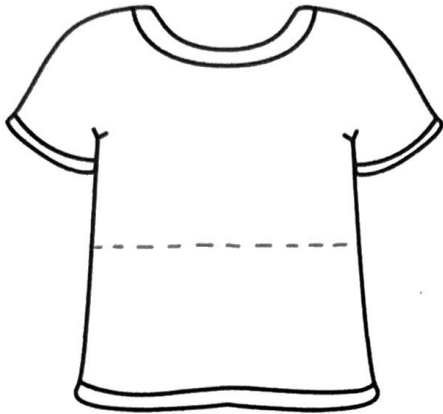
Thank you for your responses and I wish you the best as you continue your treatment.

Sincerely,

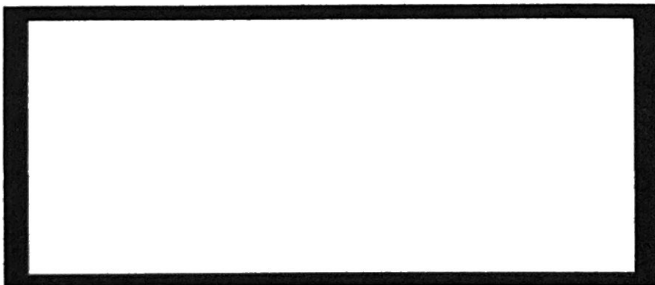
Paige – Girl Scout Troop 900 - Gold Award Project

Courage Cap Directions

1. Obtain a new, unused t-shirt and lay it on a flat surface.
2. You will need to use the bottom 10-12 inches of the graphic free shirt.
3. Cut from one side of the shirt to the other and discard the top portion of the shirt. This should make a round tube shape.

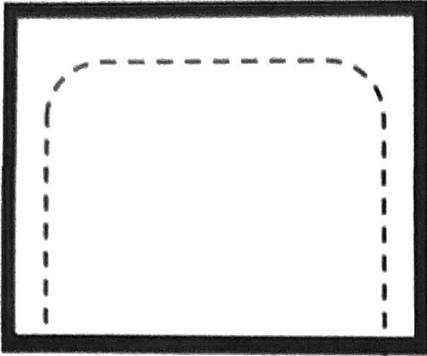


4. If the tube is wider than 22 inches, measure approximately 11 inches from each side. Discard any leftover fabric in the middle. Shirts that are adult large or bigger should make two caps. For smaller shirts, the tube will be less than 22 inches and therefore can only make one cap. For smaller shirts, measure 11 inches from one side of the tube and discard the rest.



[-----11 inches-----] [-----11 inches-----]

5. Turn the fabric inside out.
6. Use a round plate to trace a curved line across the top of the fabric. This will serve as your guide for the seam.



-----11 inches-----

7. Sew the fabric starting from the bottom of the unsewn edge up along the traced line.
8. Turn the cap right side out and view your new Courage Cap.
9. Decorate with ribbons, gems, fabric flowers etc. if desired.

To Make T-Shirt Rose Decoration:

Take a 12 inch by 1.5 inch strip of a t-shirt. Hot glue it in half to make a 12 inch by .75 inch strip. Make small cuts in the folded side of the strip but do not cut all the way through. Do this the entire length of the strip. Next, slowly hot glue and roll the strip. Once it is fully rolled, turn it on its bottom and fluff out the cut strips to open your rose a little.