

# First Year Daisy Meeting Plans



# 1<sup>st</sup> Year Girl Scout Daisy Meeting Plans

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Welcome to Girl Scout Daisies.....	4
Daisy Doings.....	5-6
Engage Girls with a Variety of Activities.....	7
Girl Scouting = Girl Planning.....	8
Things to Remember.....	9
Getting Started.....	10
 <b>Daisy Meeting Plans (Daisy Petals)</b>	
Meeting 1- Promise Center, Honest & Fair.....	11-12
Meeting 2- Friendly & Helpful, Safety Award.....	13-14
Meeting 3- Considerate & Caring.....	15-16
Meeting 4- Courageous & Strong, Investiture & Re-dedication.....	17-18
Meeting 5- Responsible for What I Say and Do.....	19-20
Meeting 6- Respect Myself and Others.....	21-22
Meeting 7- Respect Authority, Field-trip/ Guest.....	23
Meeting 8- Use Resources Wisely.....	24-25
Meeting 9- Introduction to Cookie Program Activity & Money Counts.....	26-27
Meeting 10- Make the World a Better Place.....	28-29
Meeting 11- Be a Sister to Every Girl Scout.....	30-31
Meeting 12- Intro to Leadership Journey <i>Welcome to the Daisy Flower Garden</i> .....	32-33
Welcome to the Daisy Flower Garden.....	34
 <b>Daisy Meeting Plans (Welcome to Daisy Flower Garden Leadership Journey)</b>	
Meeting 1- One Little Daisy Shining in the Sun (Ch.1), Begin Mini-Garden.....	35
Meeting 2- A Smiling Bee and a Special Key (Ch.2).....	36
Meeting 3- Amazing Daisy and Her Flower Family (Ch.3).....	37
Meeting 4- Flower Friends, Flower Needs (Ch.4), Watering Can Award.....	38
Meeting 5- Take-Action Planning.....	39
Meeting 6- Take-Action Project.....	40
Meeting 7- Tamales, Tomatoes, and Worm Talk Too, Honey Bee Award.....	41
Meeting 8- A Friendly Message for Future Daisies, Garden Party/Bridging, Re-commitment, Amazing Daisy Award.....	42
Extra Activities for Daisy Learning Petals.....	43-96
Extra Activities for Daisy Garden Leadership Journey.....	97-106



## Welcome to Girl Scout Daisies!

Welcome to the exciting world of Girl Scouting! Together with the girls and families in your troop, you will plan and take part in activities and challenges that will help girls gain a deeper understanding of themselves, develop healthy relationships, connect with others, and have lots of fun. Girl Scout Daisies learn to discover, connect and take action through the meetings and activities that focus on the Girl Scout Leadership Experience, as outlined in the *Welcome to the Daisy Flower Garden* adult guide.

### Girl Scout Daisies:

- Are in kindergarten and first grade
- Are active and curious so they need time to play and experience new things
- Are learning to work in groups so they need guidance and practice cooperating
- Have short attention spans so they need activities to last 10-20 minutes each
- Are lot of fun to be around, so be prepared to smile and laugh!

This curriculum will provide you with guidance as you plan your meetings and activities. There are many Girl Scout resources available to you and sometimes the variety can be overwhelming to coordinate. Here you will find meeting plans which utilize the Girl Scout Daisy journey book, *Welcome to the Daisy Flower Garden*, and the Daisy Learning Petals.

There are 12 possible meeting plans designed to take you through First-Time Girl Scout Daisies. You will probably have additional meetings or activities besides these and you may want to follow a similar format so there are meeting plan templates for your use in the resources section. Given that all Girl Scout activities should be girl-led, you may veer off in a different direction than these meeting plans and that's okay. These show how you can plan out the year so girls can complete the following.

- **Girl Scout journey- *Welcome to the Daisy Flower Garden***
  - Watering Can Award
  - Golden Honey Bee Award
  - Amazing Daisy Award
- **Daisy Promise Center and Learning Petals**

Throughout this outline, you will find relevance to optional activities and other resources. This outline is meant as a guide with flexibility to allow you and your girls to find creative ways to do similar things. Since there is already a guide, the plans will provide resources and page numbers to direct your attention to find out more about them. While this will entail going from these meeting plans to other materials, it will provide a way to use these other resources. They include:

- *Welcome to the Daisy Flower Garden* girls journey book, and adult guide
- *Customize Your Journey* adult guide

The sections after the meeting plans represent the various focus areas of Program Essentials and are full of activities referenced in the meeting plans.

Thank-you for taking the time to be an important part of the lives of our youngest Girl Scouts!

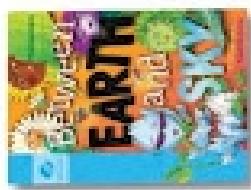


# Daisy Doings

# What Daisies Do

Choose a Journey

Use *The Girl's Guide to Girl Scouting*



Wiederholung und Verstärkung der sozialen Bindungen sowie die Förderung der sozialen Kompetenz sind zentrale Ziele der Sozialen Arbeit.

# Girl Scout Daisy Tunic & Vest





## Engage Girls with a Variety of Activities

### Movement Activities

Active games help build large motor skills and confidence, while letting girls “get the wiggles” out. You may want to start meetings with activities that allow girls to move and interact, particularly if they have come right from school. You can also break up times that have girls sitting for too long with some active movement.

### Sit-Down Activities

Being active does not always mean moving around. It also means being part of the Daisy Circle where girls share their ideas, listen actively to others, make decisions together, and follow along in their books as stories are read. It can also mean a game where girls are so engaged that they are happy to sit quietly. Other times it means sitting at a table and working on a project. Some activities, such as cutting, coloring, and manipulating small objects, call for small motor skills. You can note how well your girls handle this. Some may get frustrated, others will rush through. Give girls praise for their efforts and do not make comparisons. Give girls time to complete and have another activity for those done fast and first. Girls who take extra time may be very capable but like to do things perfectly; some girls who rush through may actually be frustrated and want to get the activity over. They will get more capable but be aware of how much you are asking them to do. Even if they can cut out small pieces of paper, but they may get frustrated if asked to do this too much.

### Literacy Activities

Engaging girls in literacy activities that improve their ability to read, write, listen, and speak, are important to their development and provide opportunities to apply things learned in school. You will have girls of all abilities so allow them to work at their own pace. Financial and career literacy (incorporated through the Cookie Program) and cultural literacy (developed through exposure to various cultures) are also important aspects of Girl Scout curriculum.

### Outdoor Activities

Try to get outside if you have access to a safe playing area in order to give girls a change of pace. Exploring outdoor landscapes helps girls become aware of the natural wonders around them. Being free to move in open spaces helps coordination and promotes healthy living.

### Musical Activities

Using music through song, rhythm, and home-made instruments is a good way to engage all girls but especially those who learn best through music.

### Arts & Crafts Activities

Many girls like to do crafts projects and these can easily dominate your meetings if you are not careful. Try to have sample activities which allow for creative expression instead of “cookie-cutter” crafts which all turn out the same. Girls should learn how important the arts are and how they can be an outlet for their creative ideas. They should also find out how they can use art to make the world a better place by sharing their efforts.



## Girl Scouting = Girl Planning

You can have a good program without girl planning,  
but you can't have good Girl Scouting without girl planning!

Daisy

Brownie

Junior

Cadette

Senior

Ambassador

**ADULTS' RESPONSIBILITY**

**GIRLS' RESPONSIBILITY**

**WHAT IS GIRL PLANNING?** Girl Planning means that the troop's adults help girls choose and organize their own activities, solve problems as a group, and the girls take charge of the results.

Don't do anything for Girl Scouts Daisies that they can do for themselves. Keep encouraging them to do more. Your job as a troop leader is to plan how to help the girls make decisions. For more information on the Leaders role in planning with girls, refer to Volunteer Essentials, Safety-Wise or the online *Safety Activity Checkpoints*.

Steps	For Daisy Troops
<b>1. Do advance planning.</b>	If needed, it's okay to modify activities a bit in relation to season, meeting place, and resources, as well as what you know of the girls previous experiences. Dream a little about the possibilities, and add to the meeting plans.
<b>2. Ask the girls.</b>	Be sure to give each girl a chance before calling on those girls who are bursting with more ideas. Provide opportunities for girls to connect the activities in these meeting plans back to their Girl Scout journey book.
<b>3. Sift ideas. Refine plans and implement. Create future plans.</b>	When seeking girls input, take the most obviously popular ideas. Combine some of the simpler ones. Complete the refining process and gauge the girls reactions for "approval" ( i.e. consensus). Implement what you can start immediately or at the next meeting. Put the other ideas in a Girl Scout Daisy "dream box" for future use.
<b>4. Alert other adults.</b>	Communicate with parents/guardians about what the troop is doing, enlist their support, and let them know what help you need. Listen to their reactions and make adjustments, if necessary.
<b>5. Use the plans.</b>	Let girls know the activities they are enjoying are the result of their involvement in the planning and decision-making. Use the plans as a basis of learning to give input, to make choices, to test ideas, and to deal with consequences, as well as to learn about consensus-building.
<b>6. Review the plans.</b>	Before going to a new phase, remind the girls what they have decided review it with them. Be ready with a quick change of activity for Girl Scout Daisies- their attention span is short. They do not always follow-through on extended projects.



## Things to Remember...

You will hear many of these things in many ways as you begin and move forward as a Girl Scout adult volunteer, but they are important so you should keep these ideas in mind:

**Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.**

**Discover + Connect + Take Action = Leadership**

Girls **discover** themselves and their values, **connect** by caring and teaming up with others, and **take action** to improve themselves, their families, their communities, and the world.

**Girl Scouts are Girl-Led** = Girls play an active part in planning and doing!

- Ask the girls what they would like to do and listen to their ideas
- Sift ideas and create a plan together: Use their ideas as a springboard for practical things they can do
- Involve girls in decision-making, planning, organizing, doing, and evaluating
- Change the example meeting plans to meet the needs and ideas of your girls

**Girl Scouts Learn by Doing** = Experiential Learning

- Hands-on activities help girls learn if they are also minds-on (meaningful)
- Involves action and reflection- girls need to be active physically and mentally
- Being active is to explore, discover, question, observe, share, and reflect

**Girl Scouts use Cooperative Learning** = Working together toward shared goals

- Developing social skills in working with others takes opportunity and practice
  - Girls are just learning what it is like to be a member of a group
  - Engage girls in taking turns and sharing
  - Teach girls to be active listeners
- Teach social skills by giving girls expectations for group behavior
  - Talk about what makes a good group work well
  - Encourage all girls to participate in planning- *What's your idea?*
    - Give examples of how to start: *My idea is... We could... What if we...*
    - Acknowledge ideas- *That's interesting... Good idea!...*
    - Check understanding- *How would that work?... Tell us how you would do it...*
  - Work together in activities
    - Small groups within the whole group encourage more interaction
    - Mix up groups so all girls work with others at different times

Check out the **Girl Scout Journey Adult How-To Guide** for more specifics!

- Understanding Daisy-Age Girls pp.20-21
- What + How: Creating a Quality Experience pp. 22-23
- Health, Safety, and Well-Being pp. 26-27
- Understanding the Journeys Leadership Benefits p. 28
- National Leadership Outcomes p. 29



## Getting Started:

Things to know as you get started.

**The Meeting Plans:** The curriculum for First-Time Girl Scout Daisies supports the program essentials and is designed to be structured, fun, and easy to use. With the exception of the eight sessions relating to the *Welcome to the Daisy Flower Garden* journey book, the sessions can be used in any order. This is a great opportunity for the girls to choose what they'd like to do.

**Earned Awards:** Girl Scout Daisies can earn the Promise Center and Daisy Learning Petals, as well as the awards described in the Girl Scout journey by completing specific activities. Earned awards are placed on the front of the Girl Scout uniform. In addition to earned awards, girls may receive or purchase fun patches for participating in program events, the Cookie Program Activity, etc.

**Kaper Chart:** A Kaper chart is one way to divide responsibility and provide a visual reminder of the tasks that need to be done during a meeting. Check the resource section of this guide for detailed explanations and examples of Kaper Charts.

**Family Involvement:** Many hands make light work, and the troop's friends and family network is a built-in group of helpers. A troop committee is composed of adults who help the troop run smoothly. For a list of troop leadership positions and sample family meeting agenda refer to the resources section of this guide.

**Adapting the meetings to fit your troop:** Each troop is unique. Girls may speed through an activity, take longer than you expected to complete an activity, or be too shy to speak up when you ask questions. If things don't seem to be going smoothly, stick with it for a minute or two, but don't force it. At the end of the day what's most important is that girls have had a new experience or learned something and want to come back again. Remember that the meetings should be girl-led as much as possible. If the girls love singing songs, but there isn't one in the meeting plan, feel free to add one in. Energetic groups may need a couple of quick active games throughout the meeting in order to keep their attention focused on the activity at hand.

**Adult Reflection:** Remember to take a moment for yourself. Try and take a couple minutes to reflect at the end of each session. Jot down a few notes on how the day went, what the girls enjoyed, and any changes you'd like to make in the future. After a few meetings look back and you'll be surprised by how their attention focused on the activity at hand.

**Cookie Program Activity:** No mere fund-raiser can replace the unique leadership program that is the Cookie Program Activity. Thousands of successful women trace their earliest success to selling Girl Scout Cookies. By fully implementing the potential of this program activity- including goal-setting, team-building, marketing, and early financial literacy- you are helping pass on these valuable skills to today's generation of girls. Best of all, girls have lots of fun along the way! Each Girl Scout troop will receive cookie materials from Little Brownie Bakers. The materials are packed with fun ideas that make it easy for girls at every grade level to fully benefit from the Cookie Program Activity, and focus on Earth-friendly endeavors. The activities can be followed exactly or modified to fit the needs and interests of the girls.



## Daisy Meeting Plans (Daisy Petals)

### Meeting 1: Girl Scout Promise & Honest and Fair

#### At a Glance

**Goal:** Girls get to know one another, learn basic Girl Scout values, and learn how to be honest and fair.

**Toward the Award:** Earn the Promise Center, earn the Honest and Fair petal

#### Materials:

- Name-tags (made from card-stock and yarn),
- markers/crayons/stickers,
- pen and sign-in/sign-out sheet,
- kaper chart or jar,
- Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide),
- Girl Scout Promise visual,
- Investiture Ceremony invitations.

**Prepare Ahead:** Make name-tag “necklaces” from card-stock and yarn; copy sign-in/sign-out sheet (*see X. Templates section*); write out the Girl Scout Promise (whiteboard, chalkboard, card-stock, etc.); prepare a kaper chart or jar (*see X. Templates*); learn the songs, game, and action story from the Games, Songs, and Meeting Helps section; and make an invitation for each girl’s family to attend the Investiture Ceremony (e.g., troop #, date, time, location, etc.).

#### Gathering

- Greet and introduce yourself and explain using the sign-in sheet.
- Give girls a name-tag to decorate with markers/crayons/stickers.
- Option: Adult helper leads girls in a game of “Daisy Says” (“Simon Says”)

#### Opening

- Gather in a circle and explain that they are now in a Daisy Circle. Explain that you will form a Daisy Circle to start your meetings so you can welcome new girls and visitors, greet each other with the Girl Scout handshake, recite the Girl Scout Promise and Law, and sing songs.
- Ask girls and adults to introduce themselves by saying their name and one thing about themselves that they want everyone to know. After each girl introduces herself, direct the group to respond by saying, “Welcome to Girl Scout Daisies (Name).”
- Explain the Girl Scout Promise (Girl’s Guide pages 4-5) and that you will start every meeting by saying the Girl Scout Promise. Say the Promise using what you wrote out, pointing to the words as you read them. Read it again, line by line, and ask the girls to repeat each line after you.
- Ask the girls to share what the promise means to them.
- Congratulate them for earning the Promise Center (Girl’s Guide page 8).
- Celebrate by teaching and singing, “Make New Friends” (Girl’s Guide page 9).
- Explain that in the coming weeks they will learn other Girl Scout traditions.

#### Business-Planning

- Explain that after the opening each week, you will have your business and planning time to share ideas, make decisions, and talk as a group.
- Introduce the quiet sign (Girl’s Guide page 13) and practice several times.
- Explain the rules for the meeting site and ask if there are other rules your group should have (e.g., taking turns, being respectful, etc.). Write down the rules girls agree to follow.

- Introduce “Kapers”.
- Explain that they soon will have a special ceremony called an Investiture Ceremony. At this ceremony, they receive their Girl Scout pin and say the Girl Scout Promise in front of their families. Girls will receive invitations to take home later in the meeting.
- Introduce today’s line of the Girl Scout Law: “Today we are going to learn more about Girl Scout Daisies and what it means to be honest and fair. It’s time to explore!”

### **Exploration**

- Explain that Girl Scouting was started by a woman named Juliette Gordon Low and show the picture of her on page 12 of the Girl’s Guide. Teach the Juliette Low Action story from the *Songs & Games section*.
- Teach either the “Girl Scout Daisy Song” or “I’m a Little Daisy” from the *Games, Songs, section*.
- Sit at tables and introduce the Girl Scout Law using the Flower Friends on page 6 and 7 of the Girl’s Guide.
- Stay at tables or get in the Daisy Circle to read, “Lupe’s Story” from the awards section of the Girl’s Guide.
- Talk about “Lupe’s Story” using the questions in the Girl’s Guide.
- Play a game like Musical Chairs; Red Light, Green Light; or Duck, Duck, Goose. Talk about the rules, then follow them as you play. This shows practical application of the Honest and Fair law.
- Get in the Daisy Circle and say the first line of the Law (Lupe’s line).
- Congratulate the girls for earning their Lupe, Honest and Fair, petal.

### **Clean Up**

- Remind girls of kapers and work together to leave the site better than you found it.

### **Closure**

- Form a Daisy Circle and ask, “How can you practice being honest and fair this week?”
- Explain that they will receive the Promise Center and Lupe, Honest and Fair, petals at the Investiture Ceremony. In the meantime, they can use the Promise Center and Lupe, Honest and Fair, petal stickers and awards log in their Girl’s Guide.
- Explain that they will join hands for a special Girl Scout closing called the Friendship Circle and friendship squeeze. Stand in a circle, cross right arm over the left in front, hold hands with girls on both sides.
- Sing, “Goodbye, Daisies” from the Games, Songs, and Meeting Helps section.
- When everyone is silent, one girl starts the friendship squeeze by squeezing the hand of the person to her left. One by one, moving clockwise, each girl passes on the squeeze until it travels all the way around the circle. (Tip: To ensure the squeeze makes it around the circle have each girl point her toe into the circle when she receives the squeeze.)
- Collect name-tags and sign-out.
- Hand out invitations to the Investiture Ceremony (to parents/guardians) as girls leave.

## **Meeting 2: Friendly and Helpful**

### **At a Glance**

**Goal:** Girls practice Girls Scout traditions, know how to be friendly and helpful, and learn how to stay safe.

**Toward the Award:** Earn the Friendly and Helpful petal. Option: Earn the Safety award.

### **Materials:**

- Name-tags,
- pen and sign-in/sign-out sheet,
- kaper chart or jar,
- Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide), and
- extra Investiture Ceremony invitations.

**Prepare Ahead:** Select a game to play; and invite a community helper (school nurse, doctor, paramedic, or firefighter) to talk about what they do (page 11 of Sunny's Story in the Girl's Guide).

Option: Ask the community helper to teach the three steps to earn the Safety award (page 21 of the Girl's Guide). Alternative: Make a mural based on Sunny's Story (page 10 of Sunny's Story in the Girl's Guide).

### **Gathering**

- Greet, sign-in, and put on name-tags.
- Play a game.
- Ask girls how they practiced being honest and fair since the last meeting.

### **Opening**

- Gather and welcome your guest community helper (school nurse, doctor, paramedic, or firefighter).
- Review how to make the Girl Scout sign and how the three fingers represent the three parts of the Promise.
- Practice saying the Girl Scout Promise.
- Teach how to greet other Girls Scouts with the Girl Scout handshake (Girl's Guide page 12).
- Practice the handshake and being friendly by greeting each other and saying, "My name is..."
- Sing "Make New Friends" and either the "Girl Scout Daisy Song" or "I'm a Little Daisy."

### **Business-Planning**

- In the Daisy Circle, review rules, assign kapers and talk about being helpful, and remind girls of the Investiture Ceremony.
- Introduce today's line of the Girl Scout Law: "Today we are going to learn about what it means to be friendly and helpful, and how to stay safe."

### **Exploration**

- Read "Sunny's Story" and talk about it using the questions in the Girl's Guide.
- Introduce the guest community helper and ask girls how they can practice being friendly and helpful to their guest.
- Ask the community helper to talk about what they do to help others. Encourage girls to ask questions. (Option): The community helper teaches girls how to stay safe on their Daisy adventures following the steps to earn the Safety award (Girl's Guide page 21 of Handbook section).
- Get in the Daisy Circle and say the first two lines of the Law (Lupe's and Sunny's line).

- Congratulate the girls for earning their Sunny, Friendly and Helpful, petal and Safety Award and explain that they will receive the badge and pin at the Investiture Ceremony.
- In the meantime, they can use the Sunny, Friendly and Helpful, petal sticker and awards log in their Girl's Guide.

### Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

### Closure

- Form a Daisy Circle and ask girls to think of three ways they can be helpful at school or home during the next week. Then pick one thing to do and come prepared to share it at the next meeting.
- Explain that they will prepare for their Investiture Ceremony at the next meeting.
- Form a Friendship Circle, sing, “Goodbye, Daisies,” and do a friendship squeeze.
- Collect name-tags and sign-out.

## Meeting 3: Considerate and Caring

### At a Glance

**Goal:** Girls know how to be considerate and caring, and prepare for the Investiture Ceremony.

**Toward the Award:** Earn the Considerate and Caring petal.

### Materials:

- Name-tags,
- pen and sign-in/sign-out sheet,
- kaper chart or jar,
- Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide),
- paper,
- crayons, markers,
- bell or timer,
- supplies for selected flower craft, and a thank-you note.

**Prepare Ahead:** Select a game to play; select a flower picture to color from the *Templates* section, gather supplies; and pre-plan for the Investiture Ceremony (*see Meeting 4: Courageous and Strong & Investiture Ceremony*).

### Gathering

- Greet, sign-in, and put on name-tags.
- Play an active game.
- Ask girls what they did to be helpful at school or home during since your last meeting.

### Opening

- Gather and greet each other with the Girl Scout handshake.
- Practice the Girl Scout Promise.
- Explain that the girls' families are invited to the Investiture Ceremony and that it is good manners to introduce your friends to your family. Demonstrate how to introduce someone and have girls practice making introductions. "Myra, this is my mother, Mrs. Smith. Mom, this is my friend, Myra."
- Sing "Make New Friends," the "Girl Scout Daisy Song," or "I'm a Little Daisy."

### Business-Planning

- In the Daisy Circle, review rules, if necessary, and assign kapers.
- Discuss what they would like to do individually and as a group at the Investiture Ceremony to show their families what they do in Girl Scouts (e.g., say the Girl Scout Promise, sing a song, do the "How Girl Scouts Got Started" Action Story, etc.). Practice.
- Talk about special kapers for the Investiture Ceremony (e.g., greeters, ushers, color guard, clean up, etc.).
- Introduce today's line of the Girl Scout Law: "Today we are going to learn about what it means to be considerate and caring."

## **Exploration**

- Read “Zinni’s Story” and talk about it using the questions in the Girl’s Guide.
- Sit in circles of three and come up with different ways you can be considerate and caring. Share your ideas with the larger group.
- Set up tables with paper, crayons, and markers. Start drawing pictures. Ask an adult to ring a bell every five minutes. When the bell rings, trade whatever you are using to make your drawing with a Daisy sitting next to you. Have fun seeing how your picture changes as you share different supplies.
- In a Daisy Circle, share your pictures.
- Explain the practice of giving flowers to others who are sick, feeling sad, or having a rough day. Make flowers to take home and give to someone to show that you care about them. Explain that sending a thank-you note is another way to show that you are considerate. Ask girls to sign a thank-you note for the community helper that came to your previous meeting.
- Get in the Daisy Circle and say the first three lines of the Law up to Zinni’s line.
- Congratulate the girls for earning their Zinni, Considerate and Caring, petal and explain that they will receive the badge at the Investiture Ceremony. In the meantime, they can use the Zinni, Considerate and Caring, petal sticker and awards log in their Girl’s Guide.

## **Clean Up**

- Remind girls of kapers and work together to leave the site better than you found it.

## **Closure**

- Form a Daisy Circle and remind girls to give a pen to someone to show that they are considerate and caring.
- Form a Friendship Circle, sing, “Goodbye, Daisies,” and do a friendship squeeze.
- Collect name-tags and sign-out. Refreshment sign-up sheet for Investiture Ceremony.

## **Meeting 4: Courageous and Strong & Investiture Ceremony**

### **At a Glance**

**Goal:** Girls know how to be courageous and strong, families are introduced to Girl Scout Daisies, and families celebrate with girls as they are officially welcomed into Girl Scouts.

**Toward the Award:** Earn the Courageous and Strong petal

### **Materials:**

- Name-tags for Daisies and families members
- pen and sign-in/sign-out sheet
- kaper chart or jar
- Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide)
- Girl Scout Daisy membership pins
- Daisy Girl Scout Promise Center
- Earned Daisy Petals
- Safety award (if earned)
- paper
- markers, crayons
- adhesive
- Juliette Low Action Story

**Prepare Ahead:** Purchase Girl Scout Daisy membership pins, Daisy Girl Scout Promise Center & Learning Petals, and the Safety Award (if completed); customize the ceremony by adding the girls' choice of activity selected at Meeting 3; complete any planning for the Investiture Ceremony; sort petals and awards into individual bags; arrange/set up your ceremony site, including seating for family members, an activity area, a refreshments area, and an area for the "Courageous and Strong Art Gallery;"

**Note:** Schedule the Investiture Ceremony meeting at a time that allows families to attend.

### **Gathering**

- Greet, sign-in, and put on name-tags.
- Girls introduce friends to their families and usher them to the seating area.

### **Opening**

- Welcome families and guests. Explain that they have been invited to learn about what
- Girl Scout Daisies do at troop meetings and to celebrate their becoming full members in an Investiture Ceremony.
- Girls form a semi circle facing families and greet each other with the Girl Scout handshake.
- Share general information about how you open meetings and the Girl Scout Promise before girls say the Promise.
- Sing, "Make New Friends."

### **Business-Planning**

- Sit in a Daisy Circle and explain that this is their business and planning time to share ideas, make decisions, and talk as a group.
- Show how girls have learned the quiet sign, the list of rules they developed, and how kapers are done.
- Introduce today's line of the Girl Scout Law: "Today we are going to learn about what it means to be courageous and strong."

## **Exploration**

- Explain that it is now time to explore the theme. Share how girls are learning the Girl Scout Law through their Flower Friends. Have girls say the Law through “considerate and caring.”
- Read “Tula’s Story” and talk about it using the questions in the Girl’s Guide.
- Explain that we are going to make an art gallery celebrating women who are courageous and strong. Divide into groups so every girl is with at least one adult. Ask adults to tell a story about a woman who is courageous and strong (this doesn’t have to be a famous woman) and then work together to draw a picture of her. Let them know how much time they have before they share their story and picture with the large group.
- Gather in the Daisy Circle and have girls/groups tell about their picture and hang it on the wall.
- Take a moment to admire the art gallery you’ve created.
- Say the Girl Scout Law up to Tula’s line.

## **Investiture Ceremony (*for more information please see VIII. Ceremony Handbook*)**

- Gather girls to form a semi-circle facing family members.
- Explain that an Investiture Ceremony is used to welcome a new girl or adult into Girl Scouts and they only go through an investiture once in their lifetime. Girls who are already invested are “rededicated.”
- Explain that Girl Scouting was started by a woman named Juliette Gordon Low 100 years ago and the girls want to share an action story to help families know about her too.
- Do the “How Girl Scouts Got Started” Action Story.
- Say, “You are about to become a Girl Scout Daisy. Together we will explore all the fun and adventure of Girl Scouting.”
- Say, “The Girl Scout Promise is the pledge that tells us how to live our lives and it is represented by the center of the Daisy.”
- Lead girls in saying the Girl Scout Promise.
- Give each girl the Girl Scout membership pin and welcome with a Girl Scout handshake.
- Girls sing “Girl Scout Daisy Song” or “I’m a Little Daisy.”
- Explain how girls earned the Promise Center, petals, and the Safety Award.
- Give girls their Promise Center, light blue (honest and fair) petal, yellow (friendly and helpful) petal, green (considerate and caring) petal, red (courageous and strong) petal, and Safety Award. Point out the uniform insignia placement diagram on page 14 in the Girl’s Guide (Handbook section).
- Remind girls they can use the Tula, Courageous and Strong, petal sticker and awards log in their Girl’s Guide.
- Thank families for attending and let them know how refreshments will be served.
- Explain that there will be a special closing and at what time.

## **Clean Up**

- Remind girls of kapers and work together to leave the site better than you found it.

## **Closure**

- Form a Friendship Circle with family members.
- Remind girls to look for ways to be courageous and strong.
- Sing, “Goodbye, Daisies,” and do a friendship squeeze.
- Collect name-tags and sign-out.

## Meeting 5: Responsible for What I Say and Do

### At a Glance

**Goal:** Girls know how to be responsible for what they say and do.

**Toward the Award:** Earn the Responsible for What I Say and Do petal

### Materials:

- Name-tags
- pen and sign-in/sign-out sheet
- kaper chart or jar, Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide)
- Responsible for What I Say and Do petals
- cupcakes/icing/sprinkles and spatula (optional).

**Prepare Ahead:** select a game to play; learn the “Did You Ever See a Daisy” song (*see IX. Songs & Games*); and purchase/gather supplies for decorating cupcakes (optional).

### Gathering

- Greet, sign-in, and put on name-tags.
- Play an active game.
- Ask girls how they showed courage and strength since the last meeting.

### Opening

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise.
- Ask girls to share one thing they are responsible for doing at home or school.
- Sing “Make New Friends” and teach the “Did You Ever See a Daisy” song (optional).

### Business-Planning

- In the Daisy Circle, review rules and assign kapers.
- “Today we are going to learn about what it means to be responsible for what we say and do.”

### Exploration

- Read “Mari’s Story” and talk about it using the questions in the Girl’s Guide.
- Break girls into small groups and ask each group to put together one skit that shows a way to be responsible during the day—from the time you wake up to the time you go to bed.
- Perform skits and discuss.
- Play the Telephone game. Girls sit in a circle. The first girl whispers a phrase or sentence [Girl Scout Daisies are Amazing!]. Each girl whispers what she heard to the next girl. The last girl announces the statement to the entire group.
- Talk about what happens when we pass along stories—sometimes the stories change. If we are responsible for what we say, it is important to make sure we know what we heard before we repeat it. How could we be sure about what was said? [Repeat it back to the person who said it to be sure and then pass it along.]. Practice this important idea.
- Get in the Daisy Circle and say the Law up to Mari’s line.
- Congratulate the girls for earning the Mari, Responsible for What I Say and Do, petal.

### Clean Up

- Remind girls of kapers and how working together to leave the site better than you found it shows that we are responsible.

## **Closure**

- Form a Daisy Circle and ask girls to think of one way that you can show, every day, that you're responsible for what you say and do.
- Explain that an older Girl Scout will visit our next meeting as we learn about respecting myself and others.
- Form a Friendship Circle, sing, "Goodbye, Daisies," and do a friendship squeeze.
- Hand out the Mari, Responsible for What I Say and Do, petal.
- Have girls use the Mari, Responsible for What I Say and Do, petal sticker and awards log in their Girl's Guide.
- Collect name-tags and sign-out.

## Meeting 6: Respect Myself and Others

### At a Glance

**Goal:** Girls know how to respect themselves and others.

**Toward the Award:** Earn the Respect Myself and Others petal.

### Materials:

- Name-tags
- pen and sign-in/sign-out sheet
- kaper chart or jar
- Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide), Respect Myself and Others petals,
- hand washing supplies (access to warm water, soap, and paper towels)
- dental supplies (see list below)
- age appropriate music for dancing (multicultural music is a plus)—use “Head, Shoulders, Knees, and Toes” in English and Spanish if desired (*see IX. Songs, Poems & Games section*)
- supplies to make thank-you note cards, information and parent/guardian permission forms for field-trip during meeting #7.

**Prepare Ahead:** Invite an older Girl Scout to talk to your group about ways to respect yourself and others, and to teach hand washing (supply older Girl Scout with a copy of the activity in this meeting plan). Contact a dentist for free dental supplies (e.g., age appropriate dental hygiene materials, toothbrushes, toothpaste, etc.). Arrange a way to play music at the meeting. Prepare field trip information/permission forms (if applicable).

### Gathering

- Greet, sign-in, and put on name-tags.
- Make thank-you note cards for the older Girl Scout and the dentist or other guest.
- Ask girls what they did to show, every day, that they’re responsible for what they said and did since the last meeting.

### Opening

- Gather and introduce the older Girl Scout.
- Greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise.
- Ask each girl to share her favorite free time activities.
- Sing “Make New Friends” and “Did You Ever See a Daisy.” (*see IX. Songs, Poems & Games section*).
- Ask the older Girl Scout is she has a favorite song she would like to teach the girls.

### Business-Planning

- In the Daisy Circle, review rules, and assign kapers.
- Share information about the field trip at the next meeting.
- “Today we are going to learn about what it means to respect yourself and others.”

### Exploration

- Read “Gloria’s Story” and talk about it using the questions in the Girl’s Guide.
- The older Girl Scout talks about ways to respect yourself and others.
- The older Girl Scout teaches hand washing as a practical way to respect yourself and others.
- Explain to girls that exercise is another way to show you respect yourself. Ask girls about their favorite exercises.

- Hold a dance party or teach a dance or sing and do the actions to “Head, Shoulders, Knees, and Toes.” (see Healthy Living section)
- Get in the Daisy Circle and say the Law up to Gloria’s line.
- Congratulate the girls for earning the Gloria, Respect Myself and Others, petal.

### **Clean Up**

- Remind girls of kapers and how working together to leave the site better than you found it shows we respect others.

### **Closure**

- Form a Daisy Circle and ask girls to think of three healthy things that show that they respect themselves.
- Form a Friendship Circle, sing, “Goodbye, Daisies,” and do a friendship squeeze.
- Hand out dental supplies with a reminder to brush your teeth twice a day. Ask girls to sign the thank-you cards they made for the older Girl Scout and for the dentist that donated the supplies.
- Hand out the Gloria, Respect Myself and Others, petal.
- Have girls use the Gloria, Respect Myself and Others, petal sticker and awards log in their Girl’s Guide.
- Explain what will happen at the next meeting (going on a field trip or special visitor to discuss “Respect Authority”).
- Hand out field trip information and permission forms, if applicable.
- Collect name-tags and sign-out.

## Meeting 7: Respect Authority & Field Trip

### At a Glance

**Goal:** Girls know how to respect authority.

**Toward the Award:** Earn the Respect Authority petal.

### Materials:

- Pen and sign-in/sign-out sheet
- kaper chart or jar
- Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide)
- Respect Authority petals.

**Prepare Ahead:** Plan a field trip to visit someone who has authority in your community (e.g., police officer, firefighter, or school principal) to learn about the rules to follow and why they are important. Or invite one of these community members to be a special guest at your meeting. Remember that if visiting away from your regular meeting place, obtain written parent/guardian permission in advance. You will need about 15 minutes of meeting time at your regular meeting site or field trip site for the other meeting activities. Learn Red Light, Green Light Game (*see IX. Songs, Poems & Games section*), and one or more of the rhymes (optional).

### Gathering

- Greet, sign-in, and collect completed parent/guardian permission forms, if applicable.
- Play Red Light, Green Light Game.
- Ask girls what three healthy things they thought of since you last met that show they respect themselves.

### Opening

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise.
- Sing “Make New Friends.”

### Business-Planning

- In the Daisy Circle, review field trip rules, and assign kapers.
- “Today we are going to learn about what it means to respect authority.”

### Exploration

- Read “Gerri’s Story” and talk about it using the questions in the Girl’s Guide.
- Go on field trip (or greet your special guest community member) and ask about the rules you should follow and why they’re important.

### Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

### Closure

- Gather in the Daisy Circle and say the Law up to Gerri’s line.
- Congratulate the girls for earning the Gerri, Respect Authority, petal and hand it out.
- Have girls use the Gerri, Respect Authority, petal sticker and awards log in their Girl’s Guide.
- Ask girls what they learned that they can practice during the next week.
- Explain what will happen at the next meeting.
- Form a Friendship Circle, sing, “Goodbye, Daisies,” and do a friendship squeeze.
- Sign-out.

## **Meeting 8: Use Resources Wisely**

### **At a Glance**

**Goal:** Girls know how to use resources wisely.

**Toward the Award:** Earn the Use Resources Wisely petal.

### **Materials:**

- Name-tags
- pen and sign-in/sign-out sheet
- kaper chart or jar
- Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide),
- Use Resources Wisely petals
- recycled materials for the games (see Games, Songs, and Meeting Helps section)
- poster board or butcher paper for a collage
- collage materials (greeting cards, magazines, buttons, etc.)
- scissors
- glue
- markers
- oil
- hand soap, and water.

**Prepare Ahead:** Learn the “I’m a Girl Scout” song, one or more of the games using recycled materials; collect recycled materials for selected game(s); collect materials for collage project (e.g., greeting cards, magazines, buttons, plastic lids, bottle tops, etc.);

### **Gathering**

- Greet, sign-in, and put on name-tags.
- Ask girls how they practiced “respect authority” since the last meeting.

### **Opening**

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise.
- Share what their favorite leftover food is with the other girls.
- Sing “Make New Friends,” “Did You Ever See a Daisy,” and/or the “D-A-I-S-Y” song.
- Teach the “I’m a Girl Scout” song.

### **Business-Planning**

- In the Daisy Circle, review rules, assign kapers, and share how Girl Scouts sell cookies.
- “Today we are going to learn about what it means to use resources wisely.”

### **Exploration**

- Read “Clover’s Story” and talk about it using the questions in the Girl’s Guide.
- Being resourceful means finding new ways to use old things. Make a collage of flowers using old greeting cards, magazines, buttons, plastic lids, bottle tops, etc.
- Play one or two games using recycled materials.
- Get in the Daisy Circle and say the Law up to Clover’s line.
- Congratulate the girls for earning the Use Resources Wisely petal.

### **Clean Up**

- Remind girls of kapers and work together to leave the site better than you found it.

## **Closure**

- Form a Daisy Circle and ask girls how we can use resources wisely in our meeting
- space. Promise to do so at every meeting.
- Explain what will happen at the next meeting.
- Form a Friendship Circle, sing, “Goodbye, Daisies,” and do a friendship squeeze.
- Hand out the Clover, Use Resources Wisely, petal.
- Have girls use the Clover, Use Resources Wisely, petal sticker and awards log in their
- Girl’s Guide.
- Collect name-tags and sign-out.

## **Meeting 9: Introduction to Cookie Program Activity & Money Counts**

### **At a Glance**

**Goal:** Girls will know more about what money is worth and learn about/prepare for the Girl Scout Cookie Program Activity.

**Toward the Award:** Earn the Money Counts leaf.

### **Materials:**

- Name-tags
- pen and sign-in/sign-out sheet
- kaper chart or jar
- Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide)
- Money Counts leaves
- Little Brownie Baker Cookie Activities
- A large number of pennies, nickels, dimes, and quarters; containers for the coins; paper bills such as \$1, \$5, and \$10 (or play money)
- crayons
- information and parent/guardian permission forms for field-trip during meeting #10 if applicable
- pens and paper.

**Prepare Ahead:** Select a game to play or learn the “Daisy Scout Song” (*see IX. Songs, Poems & Games section*). Review the Little Brownie Bake Cookie Activities and select one or more activities to do at this meeting. Purchase a Money Counts leaf for each girl.

**Note:** This meeting should be scheduled before the end of January and can be done out of order.

### **Gathering**

- Greet, sign-in, and put on name-tags.
- Play a game or teach “Daisy Scout Song” (Games, Songs, and Meeting Helps section).
- Remind girls of the promise they made to use resources wisely at meetings.

### **Opening**

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise.
- Ask each girl to share what she likes to do for fun.
- Ask for requests for today’s song and sing.

### **Business-Planning**

- In the Daisy Circle, review rules, assign kapers, and talk about preparing to sell cookies.
- “Today we are going to learn more about money and what it’s worth, and get ready to participate in the Girl Scout Cookie Program Activity.”

### **Exploration**

- Ask girls to pull out the Money Counts packet from the Awards section of the Girl’s Guide.
- Complete the steps to understand the different kinds of coins, know more about paper money, and find out the cost of fun.
- Conduct one or more of the activities from Little Brownie Baker
- Review Cookie Program materials with the girls.
- Get in the Daisy Circle and say the Law up to Clover’s line.
- Congratulate the girls for earning the Money Counts leaf.

## **Clean Up**

- Remind girls of kapers and work together to leave the site better than you found it.

## **Closure**

- Form a Daisy Circle and discuss how we can budget some money to help others by reaching our Cookie Program Activity goal.
- Explain that they will spend time outdoors at the next meeting and that they should dress appropriately.
- Form a Friendship Circle, sing, “Goodbye, Daisies,” and do a friendship squeeze.
- Hand out the Money Counts leaf and Cookie Program Activity materials.
- Have girls use the Money Counts leaf sticker and awards log in their Girl’s Guide.
- Hand out field trip information and permission forms, if applicable.
- Collect name-tags and sign-out.

## Meeting 10: Make the World a Better Place

### At a Glance

**Goal:** Girls know how to make the world a better place.

**Toward the Award:** Earn the Make the World a Better Place petal.

### Materials:

- Name-tags
- pen and sign-in/sign-out sheet
- kaper chart or jar
- Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide)
- Make the World a Better Place petals
- recycled game materials (optional)
- a large clean bowl
- paper clip or sewing needle
- fork or tweezers
- liquid dish soap
- water
- gloves
- trash bags for picking up trash.

**Prepare Ahead:** Plan a walk outdoors in a place where there is trash lying on the ground that girls can pick up or another project where girls can make the place more beautiful.

Review the “recycled materials” games from Meeting 8 (optional).

### Gathering

- Greet, sign-in, put on name-tags, and collect completed parent/guardian permission forms (if applicable).
- Play a game with recycled materials from Meeting 8 or ask girls for game ideas.
- Ask girls about the Cookie Program Activity.

### Opening

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise.
- Share which Girl Scout Cookie is their favorite.
- Sing, “Make New Friends” or ask for requests.

### Business-Planning

- In the Daisy Circle, review rules, assign kapers, and follow up with any Cookie Program Activity business.
- Explain that they will meet with an older Girl Scout troop at the next meeting. Both troops will show something they like to do. Discuss the things they would like to share with the older Girl Scouts.
- “Today we are going to learn about what it means to make the world a better place.”

### Exploration

- Read “Rosie’s Story” and talk about it using the questions in the Girl’s Guide.
- Act out the story making sure that each girl has a part to play.
- Go on a walk outdoors and pick up trash lying on the ground.
- Discuss how protecting water makes the world a better place.

- Get in the Daisy Circle and say the Law up to Rosie's line.
- Congratulate the girls for earning the Make the World a Better Place petal.

### Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

### Closure

- Form a Daisy Circle and ask girls to think of three ways to reduce their trash at home.
- Encourage girls to share these ideas with their families.
- Explain that they will meet with another troop to celebrate World Thinking Day at the next meeting.
- Form a Friendship Circle, sing, "Goodbye, Daisies," and do a friendship squeeze.
- Hand out the Rosie, Make the World a Better Place, petal.
- Have girls use the Rosie, Make the World a Better Place, petal sticker and awards log in their Girl's Guide.
- Collect name-tags and sign-out.

## **Meeting 11: Be a Sister to Every Girl Scout**

### **At a Glance**

**Goal:** Girls know how to be a sister to every Girls Scout and celebrate World Thinking Day.

**Toward the Award:** Earn the Be a Sister to Every Girl Scout petal, earn the World Thinking Day award.

### **Materials:**

- Name-tags
- pen and sign-in/sign-out sheet
- kaper chart or jar
- Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide)
- Be a Sister to Every Girl Scout petals
- World Thinking Day awards
- materials for selected World Thinking Day Award activities.

**Prepare Ahead:** Plan a meeting with an older Girl Scout troop to share things Daisies like to do and ask them to teach something they liked to do when they were Daisies. Find out how to earn the World Thinking Day award (Girl's Guide page 21) and plan meeting activities. Purchase World Thinking Day awards.

**Note:** This meeting should be scheduled on or near World Thinking Day on February 22. If done at another time, substitute additional activities (games, songs, crafts, etc.) for the World Thinking Day activities.

### **Gathering**

- Greet, sign-in, and put on name-tags.
- Play Amoeba Tag.
- Ask girls if they talked to their families about reducing trash at home.

### **Opening**

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise.
- Play an icebreaker game.
- Sing “Make New Friends” together and have both troops lead their favorite song.

### **Business-Planning**

- In the Girl Scout Circle, have both troops share their troop rules and kapers and talk about what is the same and different.
- “Today we are going to learn about what it means to be a sister to every Girl Scout and celebrate World Thinking Day.

### **Exploration**

- Ask the older Girl Scouts to buddy up with Daisies and read “Vi’s Story” and talk about it using the questions in the Girl’s Guide.
- Ask the older Girl Scouts to share a favorite activity with the Daisies.
- Do World Thinking Day activities together.
- Get in a Girl Scout Circle and with the help of the older Girl Scouts say the entire Girl Scout Law.
- Congratulate the girls for learning the whole Girl Scout Law and for earning the Be a Sister to Every Girl Scout petal.

## **Clean Up**

- Remind girls of kapers and work together to leave the site better than you found it.

## **Closure**

- Form a Girl Scout Circle and ask both troops to share how they close their meetings.
- Hand out the Be a Sister to Every Girl Scout petal and World Thinking Day award to the Daisies.
- Have girls use the Rosie, Make the World a Better Place, petal sticker and awards log in their Girl's Guide.
- Collect name-tags and sign-out.

## Meeting 12: Girl Scout Daisy Journeys

### At a Glance

**Goal:** Girls learn about Leadership Journeys.

### Materials:

- Name-tags
- pen and sign-in/sign-out sheet
- kaper chart or jar
- Girl Scout Daisy *The Girl's Guide to Girl Scouting* (Girl's Guide)
- *It's Your World-Change It! Welcome to the Daisy Flower Garden* book set
- crayons/markers
- blindfolds
- glass jar with a screw-on lid
- oil
- dish soap
- water

**Prepare Ahead:** Learn the “Going on a Bear Hunt Chant” (optional) in the Songs, and Games section.

### Gathering

- Greet, sign-in, and put on name-tags.
- Draw your friends’ faces in the flowers of My Friend Garden in the My Girl Scouts section of the Girl’s Guide.
- Ask girls what they thought of the meeting with the older Girl Scout troop.

### Opening

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise and Law.
- Take turns saying one thing about one of your Daisy friends that is different from you (e.g., color of your hair) and why you like it. Then say one thing you have in common (e.g., like to read or eat ice cream).
- Sing “Make New Friends” and ask girls if they have a song they would like to teach the group.

### Business-Planning

- In the Daisy Circle, review rules and assign kapers.
- “Today we are going to learn about Girl Scout Leadership Journeys and choose an activity for our troop.

### Exploration

- Work with girls to create an obstacle course(s) and decide what they have to do as they pass through the course (using no materials or materials at-hand). For example, bunny hop five times, crawl, use a spoon to move items from one spot to another, do five jumping jacks, toss something into a basket, walk a line, etc. Make sure everyone gets to try the obstacle course.
- Create a new obstacle course to go through blindfolded. Agree on a rule (e.g., using only their voice to lead their partner through or no talking and only leading). Girls take turns leading a blindfolded partner through the obstacle course.
- Gather in a Daisy Circle to read “Start Your Daisy Adventure” and “Daisy Leadership Journey Award” on pages 10-11 and 16-17 of the Girl’s Guide.
- Do activities from the first Girl Scout Leadership Journey: *It's Your World-Change It! Welcome to the Daisy Flower Garden*

## **Clean Up**

- Remind girls of kapers and work together to leave the site better than you found it.

## **Closure**

- Explain what will happen at the next meeting.
- Form a Friendship Circle, sing “Goodbye, Daisies,” and do a friendship squeeze.
- Collect name-tags and sign-out.



## Welcome to the Daisy Flower Garden

The Daisy Flower Garden focuses on helping Girl Scout Daisies learn the Girl Scout Promise and Law and the three keys of leadership: Discover, Connect, and Take Action.

The Daisy Flower Garden has 12 storybook characters, including ten flowers that represent and relate directly to each part of the Girl Scout Law. The main character, Amazing Daisy, represents the entire Girl Scout Law, while Honey Bee leads the three Girl Scout Daisies to Amazing Daisy and her flower friends.

### **The Story:**

Amazing Daisy and the Daisy Flower Garden tell the adventures of three Girl Scout Daisies in the Daisy Flower Garden. Each of the meeting plans includes time to read a chapter of the story aloud to the troop. Because each meeting plan is packed with ideas, you may run short on time. Familiarize yourself with the story ahead of time so that you can give a brief summary if meeting time or the attention of the girls run out.

**The Mini-Garden:** A gardening theme runs through the sessions, and time is built-in for the troop to tend a mini-garden. Gardening through fall and winter may seem overwhelming, but it doesn't have to be.

- Consider recycling a container with a clear lid, such as a salad-bar or take-out container, so that the garden is self-watering.
- Ask at your meeting space if the troop can leave the mini-garden in an out-of-the-way spot, preferably one with lots of sunshine.
- Use your resources wisely. Don't forget to use the Daisy Friends and Family Checklist on pages 16-17 of the adult How-To Guide. If you aren't comfortable with gardening, ask for help, you may have some garden experts close at hand.
- No matter the result the mini-garden is an opportunity for the girls to learn. If seeds don't sprout or wilt, ask the girls to brainstorm what might have happened. Don't give-up. Try planting again or help girls think of other gardening projects they would like to try.

**The Take-Action Project:** Girl Scouts make the world a better place. Everyone can improve the world, especially Girl Scout Daisies. Daisies will likely enjoy the portions of the Take-Action project that are activity based (planting, weeding, working with their hands, etc.), more than those that focus on talking or reflecting (brainstorming, planning, writing letters, etc.). The Daisy Friends and Family Checklist should provide the troop with several options for local projects. Consider the interests and needs of your troop; help the girls to choose between a one-time project (planting, or garden clean-up) and an ongoing project (worm compost or caring for a garden through a season).

### **The Awards:**

Girl Scout Daisies earn three awards that tie directly to the garden theme; they are awarded after completing various activities during their Daisy Flower Garden journey:

- The **Watering Can** represents being responsible for what they say and do.
- The **Golden Honey Bee Award** is given for taking action to make the world a better place.
- The **Amazing Daisy** is awarded to the girls at the end of their journey for knowing and living the Girl Scout Law.



## Daisy Meeting Plans (Leadership Journey)

### Meeting 1: “One Little Daisy Shining in the Sun” (Ch.1), Begin Mini-Garden

**Girl Scouts Daisies will be introduced to the garden girls, the flower garden, and start a Mini Garden.**

#### Materials:

- ✓ Girl Scout Daisy *Adult Guide*
- ✓ Girl Scouts *Welcome to the Daisy Flower Garden* book
- ✓ Poster board with Laws
- ✓ “Amazing Daisy, Her Flower, Friends, And the Girl Scouts Law” poster
- ✓ Potting mix
- ✓ Cup for Scooping soil
- ✓ Popsicle sticks for plant markers and marking pen
- ✓ Small watering can
- ✓ Basil, leaf lettuce or arugula seeds
- ✓ A gardening container(s) (any shape large enough to grow plants)

#### Meeting Outline:

- Opening Ceremony:
  - Once all the girls arrive have them go outside and do an Outdoor Smells activity. (The script for outdoor activities can be found on pages 46-47 of adult guide)
- Garden Story
  - Read, or have girls take turns reading, chapter 1 in girls journey book. Use pages 40-41 to guide girls in discussion about chapter 1
  - When done have the girls learn the Sing a Girl Scouts Daisy Song on page 21 of their book.
- Activity
  - Have the girls go to page 14 and 15 of the Girl Scout Daisy *Activity Book*.
  - Also pull out the “Amazing Daisy, Her Flower, Friends, And the Girl Scouts Law” poster and introduce the girls to each flower.
  - Explain to the girls that throughout their adventure through the Flower Garden they will be able to earn the Watering Can, Honey Bee, and Amazing Daisy Awards
- First Planting: A Mini-Garden
  - Follow the script on page 42-43 of your Girl Scout Daisy *Adult Guide*. (Be sure to have gotten the materials and resources together before hand.)
- Closing
  - Daisy Circle, Garden –Style on page 44 of the adult guide
  - Friendship Circle or song

## **Meeting 2: “A Smiling Bee and a Special Key” (Ch.2)**

**Girls continue to explore Girl Scouts values while reading more in to the Garden Story.**

### **Materials:**

- ✓ Girl Scout Daisy *Adult Guide*
- ✓ Girl Scouts *Welcome to the Daisy Flower Garden* book
- ✓ Healthy snack

### **Meeting Outline:**

- Opening Ceremony
  - Flag ceremony, Recite Girl Scout Promise and/or Law, Song (Let girls choose)
  - Learn how to say “hello” in Spanish, follow page 50 in adult guide
- Garden Story Time
  - Read, or have girls take turns reading, chapter 2 in girls journey book
  - Follow the script on page 52 of the adult guide to guide a discussion about chapter 2
- Activity
  - Garden Scamper
  - Follow the Script on page 53 of the adult guide
  - If time allow the girls to do the activities in chapter 2.
- Snack
- Follow the same script on page 51 of the Girl Scout Daisy *Adult Guide* but emphasize another relevant line of The Girl Scouts Law.
- Closing
  - Ask the Girls to fill in page 31 with a family member at home for the next meeting and see how many keys that their family has.
  - Friendship Circle

**Take Home Assignment:** Water your garden

## **Meeting 3: “*Amazing Daisy and her Flower Family*” (Ch.3)**

### **Girls learn a new phrase in Hello and continue with The Garden Story**

#### **Materials:**

- ✓ Girl Scout Daisy *Adult Guide*
- ✓ Girl Scouts *Welcome to the Daisy Flower Garden* book
- ✓ Girl Scout Daisy *Activity Book*
- ✓ Scissors
- ✓ Healthy snack
- ✓ Crayons, Markers, and Pens

#### **Meeting Outline:**

- Opening Ceremony
  - Flag ceremony, Recite Girl Scout Promise and/or Law, Song (Let girls choose)
  - Learn to say “hello” in French, follow page 56 of adult guide
  - Girl Scouts Handshake, follow page 56 of adult guide
- Mini-Garden Watering Time
  - Follow the script on page 57 of your Girl Scout Daisy *Adult Guide*.
- Activity
  - Have girls fill in pages 44 and 45 of their books or choose an activity from the resources section of this planning guide
- Snack Time
- Story Time
  - Read, or have girls take turns reading chapter 3 in the girls journey book
  - Follow Script on page 58 of the adult guide to guide girls in discussion about chapter 3
- Closing
  - Friendship Circle or song

## **Meeting 4: “*Flower Friends, Flower Needs*” (Ch.4), receive Watering Can Award**

**Girls will be Imitating Nature and Earning the *Watering Can Award***

Materials:

- ✓ Girl Scout Daisy *Adult Guide*
- ✓ Girl Scout Daisy girls journey book
- ✓ Already have a festive celebration planned out, bring appropriate materials
- ✓ Songs
- ✓ Snacks
- ✓ Watering Can Award for each girl

**Meeting Outline:**

- Opening Ceremony
  - Flag ceremony, Recite Girl Scout Promise and/or Law, Song (Let girls choose)
  - Learn to say “hello” (Netherlands and Iran), follow page 66 of adult guide
  - Recap previous chapters in garden story
  - Imitating Nature. Have the girls get in a daisy circle and follow the script on page 60 of the adult guide.
- Story Time
  - Read, or have girls take turns reading chapter 4 in girls journey book, follow page 67 in adult guide to guide girls in discussion about chapter 4
  - Explain that our next meeting will be devoted to planning our Take-Action project.
- Activity & Snack Time
  - Have girls fill out pages 61-65 of their journey books (if time allows). If you run out of time for this activity have girls complete at home to share at the next meeting. You can also choose and activity from the resources section in this planning guide.
- Closing Ceremony
  - Follow pages 60-61 in adult guide for Watering Can Award ceremony
  - Include your own festive ideas with songs.
  - Friendship Circle or song.

## **Meeting 5: Take-Action Planning**

The project designed for this journey utilizes the Mini-Garden, which can be transferred to a community garden. You can do this or use the Take-Action samples in the resources section to help girls decide on a Take-Action project. Modify this meeting to accommodate planning and activities for Take-Action project. Use page 67 in adult guide to help girls brainstorm different Take-Action projects.

## **Meeting 6: Take-Action Project**

Depending on the project your troop chooses, use this meeting to work on your project, take a field-trip or invite a special guest to speak to your troop.

## **Meeting 7: “*Tamales, Tomatoes, and Worm Talk Too*” (Ch.5), receive Honey Bee Award**

**Girls will finish up or continue on take action project and depending on location follow through with the Garden Story.**

### **Materials:**

- ✓ Girl Scout Daisy *Adult Guide*
- ✓ Girl Scouts *Welcome to the Daisy Flower Garden* book
- ✓ Pens and markers
- ✓ Pre made Garden Party invitations
- ✓ Garden Party refreshment sign up sheet for parents
- ✓ Snacks
- ✓ Honey Bee Award for each girls

### **Meeting Outline:**

- Opening Ceremony
  - Flag ceremony, Recite Girl Scout Promise and/or Law, Song (Let girls choose)
  - Learn “hello” in Japanese, follow page 72 of the adult guide
  - Allow some time to have girls help plan Garden party for next meeting.
- Story Time
  - Read, or have girls take turns reading, chapter 5 in girls journey book. Follow page 72 of the adult guide to guide girls in a discussion about chapter 5
- Mini-Garden Watering Time
  - Follow page 73 of the adult guide
- Activity
  - Secret Garden Stuff refer to page 73 of the adult guide for this game
  - Decorate invitations for Garden Party and make decorations
- Snack
- Closing Ceremony
  - Congratulate girls on completing their Take-Action project, and hand out Honey Bee Awards.
  - Consider singing a song or doing the “Honey Bee Dance” (see songs/games section)
  - Friendship Circle or song

## **Meeting 8: “A Friendly Message for Future Daisies” (Ch.6), Garden Party/Bridging, Re-commitment, Amazing Daisy Award**

**Girls conclude their understanding of Girl Scouts Law. The Garden Party can be incorporated with the Bridging / Re-commitment Party or the two can be on separate dates.**

### **Materials:**

- ✓ Girl Scout Daisy *Adult Guide*
- ✓ Girl Scouts *Welcome to the Daisy Flower Garden* book
- ✓ Snacks
- ✓ Decorations for party

### **Meeting Outline:**

- **Preparation Note:**
  - Let parents know this meeting will run a little longer since there will be a party at the end.
  - Bring all decorations and materials so girls can help decorate prior to party
- **Opening Ceremony:**
  - Flag ceremony, Recite Girl Scout Promise and/or Law, Song (Let girls choose)
  - Follow Script on page 78 of the adult guide
- **Garden Story Time**
  - Read, or have girls take turns reading, chapter 6 of their journey books. Follow page 78 of adult guide
- **Activity: A Note For Future Girl Scouts Daisies**
  - Follow page 78 of the adult guide
- **Closing Ceremony**
  - Hand out the Amazing Daisy Award, follow page 78 of the adult guide
- **Bridging Ceremony**
  - hand out and insignias and awards
- **Garden Party**

## Extra Activities for Daisy Learning Petals

### **Daisy Honest and Fair Petal**

**Petal Purpose:** When girls have earned this petal, they'll know to be honest and fair.

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Petal Buddies
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Girls can assist adults with prep needed for activities.
  - During the meeting, buddies can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Daisy Girl's Guide to Girl Scouting*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They understand the importance of following the rules and not telling lies
- They can name two ways to be honest and fair

### **Tips and Tools:**

- Check out ways to stay safe using Safety-Wise Checkpoints
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made.

### **Resources:**

- This activity plan has been adapted from the *Daisy Girl's Guide to Girl Scouting*, Lupe's Story: A Fair Turn in the Flower Garden—Honest and Fair (Light Blue Petal), which can be used for additional information and activities.
- Book Suggestions for Activity #1: Story Time:
  - *Jamaica's Find* by Juanita Havill
  - *It's Not My Fault!* by Nancy Carlson
  - *Ruthie and the (Not So) Teeny Tiny Lie* by Laura Rankin

## **Getting Started**

**Time Allotment:** 15 minutes

### **Materials Needed:**

- Optional: Girl Scout Promise and Law printed out on poster board

### **Steps:**

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.
3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

#### Girl Scout Daisy Song

I'm a Girl Scout Daisy! Take a look at me.

I'm a Girl Scout Daisy, happy as can be.

We're having fun and sharing each and every day.

I'm a Girl Scout Daisy, Hip, Hip, Hooray!

I'm a Girl Scout Daisy! Take a look at me.

I'm a Girl Scout Daisy, happy as can be.

I'm going on a journey, with friends along the way.

I'm a Girl Scout Daisy, Hip, Hip, Hooray!

## **Activity #1: Story Time**

**Petal Connection:** Honest and Fair (Light Blue Petal)

**Time Allotment:** 15 minutes

### **Prep Needed:**

- Find a book that demonstrates being honest or fair (see Resources section above for ideas).

### **Materials Needed:**

- Book about being honest or fair

### **Steps:**

1. Read a story about being honest or fair (or a book about what happens when you are not honest or fair) aloud to the girls.
2. Discuss the story. Ask girls questions based on the story you read. A few example questions are listed below:
  - How was the character honest or fair?
  - If the character told lies, what happened when s/he told a lie?
  - Why is it important to be honest and fair?
  - What was your favorite part of the story?

## **Activity #2: Musical Chairs**

**Petal Connection:** Honest and Fair (Light Blue Petal)

**Time Allotment:** 10 minutes

### **Prep Needed:**

- Gather materials and supplies.

### **Materials Needed:**

- Chairs (one per girl)
- CD player or MP3 player and music

### **Steps:**

1. Tell the girls that they will be playing the game Musical Chairs.
2. Have the girls discuss/determine the rules of the game How do you play? When is someone out? How can we be sure to play fair?
3. Play the game by setting the chairs up in a circle, facing outwards. There should be one less chair than there are girls. Play the music while girls walk around the circle of chairs. Stop the music after 15 seconds (or whenever you determine it should be stopped) and the girls should each sit in a chair. One girl will be out. Remove another chair and play again until there are only two girls and one chair. The girl who sits in the chair at the end is the winner.
4. Have girls play the game making sure they follow the rules.

## **Activity #3: Snack Chat**

**Time Allotment:** 15 minutes

### **Steps:**

1. While enjoying snack, here are some things for girls to discuss: Have you ever told a lie? What happened? Why is it important to follow the rules when you play a game? How would you feel if you and your friend were each given a bowl of ice cream, but your friend received two scoops and you received one? What if you were the one to get more?

## **Activity #4: Promise Pals**

**Petal Connection:** Honest and Fair (Light Blue Petal)

**Time Allotment:** 10 minutes

### **Steps:**

1. Split girls into small groups of two to four girls.
2. Have each girl share with her group one thing that she is going to do at home or at school to show others that she is honest and fair. Ideas include: Take turns when playing a game with friends. Wait for your friends to finish eating lunch before you go outside for recess. Tell an adult when you make a mistake.
3. Have each girl make a promise to the other girls in her group identifying how she will be honest

- and fair. The girls in the group are now Promise Pals.
4. If possible, have the small groups check in with one another at another troop meeting to make sure they kept their promises.

## **Activity #5: Meeting Lupe the Lupine**

**Petal Connection:** Honest and Fair (Light Blue Petal)

**Time Allotment:** 10 minutes

### **Prep Needed:**

- Print off copies of Lupe the Lupine coloring sheets.
- Gather materials and supplies.

### **Materials Needed:**

- Lupe the Lupine coloring sheets (one per girl)
- Coloring utensils

### **Steps:**

1. Have girls color in their Lupe the Lupine coloring sheets.
2. Girls can write (or have an adult help them write) the thing they promised to do from Activity #4. This coloring sheet will serve as a reminder of the girls' promises.

## **Wrapping Up**

**Time Allotment:** 15 minutes

### **Materials Needed:**

- Optional: Make New Friends printed on poster board

### **Steps:**

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."
3. After the song, ask everyone to be quiet.
4. One of today's Petal Buddies should start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Petal Buddy who started, she says, "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have each girl make a wish after her hand has been squeezed and before she passes the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

## **More to Explore**

- Field Trip Ideas:
  - Go to a local sporting event and discuss the rules of the game and good sportsmanship.
  - Visit a local police station to learn what it means to be an honest and fair, law-abiding citizen.
- Speaker Ideas:
  - Invite a police officer to speak to the girls about the importance of being honest and fair.
  - Invite a coach, gym teacher or older girl athlete to talk about being honest and fair during games and sports.

## **Family Follow-Up Email**

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about being honest and fair and have earned the Blue Petal.

We had fun:

- Reading a story about being honest and fair
- Following the rules as we played Musical Chairs
- Making a promise to do something to show others that we are honest and fair

Continue the fun at home:

- Ask your Girl Scout what she promised to do to show that she is honest and fair. Help her to keep her promise.
- Ask your Girl Scout to share ideas about she can do at home to show she is honest and fair.
- Read “Lupe’s Story: A Fair Turn in the Flower Garden” in the *Girl’s Guide to Girl Scouting* with your Daisy.

Thank you for bringing your Daisy to Girl Scouts!

## Daisy Friendly and Helpful Petal

**Petal Purpose:** When girls have earned this petal, they'll know how to be friendly and helpful.

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Petal Buddies
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Girls can assist adults with prep needed for activities.
  - During the meeting, buddies can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Daisy Girl's Guide to Girl Scouting*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They identify several ways to be helpful at school, Girl Scouts or at home; they select and carry out one way
- They identify several ways to be friendly and welcoming to others; they select and carry out one way

### Tips and Tools:

- Check out ways to stay safe using Safety-Wise Checkpoints
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made.

### Resources:

- This activity plan has been adapted from the *Daisy Girl's Guide to Girl Scouting*, Sunny's Story: A

Warm Welcome for Suzy—Friendly and Helpful (Yellow Petal), which can be used for additional information and activities.

## Getting Started

**Time Allotment:** 15 minutes

### Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

**Steps:**

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.
3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

**Activity #1: Meeting New Friends****Petal Connection:** Friendly and Helpful (Yellow Petal)**Time Allotment:** 10 minutes**Steps:**

1. Part of being friendly is greeting other people and making them feel welcome. Tell girls that today, they will practice being friendly by mingling, then greeting one another and introducing themselves.
2. Tell girls to start by walking (or skipping, or hopping) around the room at random, mumbling “mingle, mingle, mingle...,” as they go.
3. After just a bit of mingling, call out one of the “hellos” in the chart below.

Greeting	Language
مرحباً , mArHAbAN (pronounced Marha-ban)	Arabic
Namaskar	Bengali
Ni Hao (pronounced nee how)	Chinese (Mandarin)
Bonjour	French
Guten Tag	German
Namaste (pronounced nah-mah-STAY)	Hindi
Ciao	Italian
Oi	Portuguese
Privet (pronounced pree-vyet)	Russian
Hola	Spanish

4. When girls hear you call out, they should stop where they are and turn and face the person nearest them (note: If there isn't an even number of girls, permit groups of three).
5. When girls stop and face one another, ask them to introduce themselves with a smile, a handshake and a friendly greeting. They can say something like, “Hi, my name is \_\_\_\_\_. Nice to meet you.”
6. Repeat so that girls get to “meet” new people and practice greeting them in a friendly way.

## Activity #2: The Friend Line

**Petal Connection:** Friendly and Helpful (Yellow Petal)

**Time Allotment:** 10 minutes

### Prep Needed:

- Mark a line on the floor with tape long enough for all the girls to stand along it in a single-file line. Designate one side as “Friendly” and one side as “Not Friendly” (you can do this by creating signs and posting them or you can simply designate sides every time you call out a behavior).

### Materials Needed:

- Masking tape

### Steps:

1. Ask the girls to stand single-file along the marked line.
2. Tell girls that you are going to call out some behaviors, or ways that people act. Use the behaviors below or come up with some of your own.
3. Girls should decide if the behavior is friendly or not friendly. If they think it is friendly, they should jump to the “Friendly” side of the line. If they think it is not friendly, they should jump to the “Not Friendly” side of the line.

Behavior
There is a new student in your class. You invite her to play with you and your friends.
A girl from school smiles and says hello to you on the playground. You don't say anything and go find your friends.
Your friend Maddie tells you that you should only play with her and not any of your other friends.
You invite some kids from your neighborhood over to your house to play. You share your favorite toys with them.
You are playing tag on the playground and you get “tagged.” You don't want to be “it” so you shout out, “I don't want to be it. I'm not playing anymore!”
Your mom's friend Mrs. Kale comes over to your house to see your mom. Your mom asks you to open the door. You open the door for Mrs. Kale, smile and say hello.
You're making teams to play a game at school. You only choose your friends to be on your team and you tell the other kids that you don't want them on your team.
Your older sister is so annoying sometimes. Sometimes she bosses you around and makes fun of you, so you make fun of her.
At a Girl Scout meeting, your friend Celia drops her fruit snacks on the dirty floor. There aren't any extras. You help Celia pick up and throw away her fruit snacks. Then, you share some of yours with her.
Your birthday party is coming up and you invited all the girls from your class. A new girl just moved to town and joined your class. You invite her to your party.

4. Discuss any behaviors that the girls have trouble identifying as friendly or not friendly.

### **Activity #3: Snack Chat**

**Time Allotment:** 15 minutes

#### **Steps:**

- While enjoying snack, here are some things for girls to discuss:
  - How does it feel when someone is friendly to you? How does it feel when someone is unfriendly?
  - What are some things you can do to make people feel welcomed and included?
  - What do you do to help out at home? At school? In Girl Scouts?
  - Why is it important to help others?

### **Activity #4: Helpful Hands**

**Petal Connection:** Friendly and Helpful (Yellow Petal)

**Time Allotment:** 15 minutes

#### **Prep Needed:**

- Make copies of the Helpful Hands BINGO sheets.
- Optional: Print and cut out Helpful Hands at Home sheets.

#### **Materials Needed:**

- Helpful Hands BINGO sheets (one per girl)
- Coloring utensils
- Optional: Helpful Hands at Home sheets (3-4 per girl)

#### **Steps:**

1. Place coloring utensils in the center of the table and distribute a Helpful Hands BINGO sheet to each girl.
2. Tell girls that you are going to read them a situation, or explain something that could happen. In each of the situations, someone needs a helping hand. Use the situations provided below.
  - Your little brother or sister is crying. How can you help?
  - Your dad is going to do the laundry. How can you help?
  - Your mom is trying to get dinner ready for your family. How can you help?
  - You just played with your dog outside and he got really dirty and messy. How can you help?
  - You just had an after-school snack with a friend. You notice that you left a lot of crumbs on the floor. How can you help?
  - Your grandma did the laundry and there is a pile of your clean clothes in the laundry room. How can you help?
  - Recycling is a good way for people to take care of the planet. How can you help?
  - You spilled your juice on the kitchen floor. How can you help?
  - Your dad usually does the grocery shopping for your family. This time, there is a really big grocery list of items to get. How can you help?
3. Girls should look at their sheets and circle the helpful action she could take in response to the situation. For example, if you read, “Recycling is a good way for people to take care of the planet. How can you help?” girls would find the picture of the girl with the recycling bin and

circle it.

4. Continue playing until girls have circled all of the helpful behaviors on their BINGO sheets. All girls will be “winners” in this cover-all BINGO game.
5. Next, ask the girls which of those helpful behaviors they can personally do at home or at school. How can they be helpful hands? Ask them to try and do at least one helpful thing during the next week.
6. Optional: print and cut out the “Helpful Hands at Home” sheet and distribute several to each girl. She can leave one of these behind after she has done a chore or helped around the house.

### **Activity #5: Sunny the Sunflower**

**Petal Connection:** Friendly and Helpful (Yellow Petal)

**Time Allotment:** 10 minutes

**Prep Needed:**

- Print off copies of Sunny the Sunflower coloring sheets.
- Gather materials and supplies.

**Materials Needed:**

- Sunny the Sunflower coloring sheets (one per girl)
- Coloring utensils

**Steps:**

1. Have girls color in their Sunny the Sunflower coloring sheets.
2. Girls can write (or have an adult help them write) the friendly and helpful things they are going to try and do during the next couple of weeks. This coloring sheet will serve as a reminder of each girl’s commitment to act friendly and helpful.

### **Wrapping Up**

**Time Allotment:** 15 minutes

**Materials Needed:**

- Optional: Make New Friends printed on poster board

**Steps:**

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing “Make New Friends.”
3. After the song, ask everyone to be quiet.
4. One of today’s Petal Buddies should start the friendship squeeze by gently squeezing her neighbor’s hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the

- Petal Buddy who started, she says, “Goodbye Sister Girl Scouts” and the girls unwrap and face outward instead of inward.
5. Optional: Have each girl make a wish after her hand has been squeezed and before she passes the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

### More to Explore

- Field Trip Ideas:
  - Take part in a local service opportunity, such as cleaning up a park or serving a meal at a shelter.
- Speaker Ideas:
  - Invite someone who works or volunteers with a charitable organization to talk to girls about the importance of helping others.
  - Invite an older girl to talk to girls about being a good friend to others.

### Family Follow-Up Email

Use the email on the next page as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about being friendly and helpful and are on our way to earning the Yellow Petal.

We had fun:

- Learning ways to be friendly and inclusive of others.
- Playing games about friendly and helpful behaviors that we can do at home and school.

Continue the fun at home:

- Ask your Girl Scout what helpful behavior she committed to try during the next week. Help her follow through.
- Ask your Girl Scout to share ideas for what she can do to help at home.
- Read “Sunny’s Story: A Warm Welcome for Suzy” in the *Girl’s Guide to Girl Scouting* with your Daisy to continue the conversation about being friendly and helpful.

Thank you for bringing your Daisy to Girl Scouts!

## Daisy Considerate and Caring Petal

**Petal Purpose:** When girls have earned this petal, they'll know to be considerate and caring.

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Petal Buddies
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Girls can assist adults with prep needed for activities.
  - During the meeting, buddies can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Daisy Girl's Guide to Girl Scouting*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They understand that listening, caring, and sharing are all part of being a good friend
- They know what it means to be considerate and can demonstrate specific ways to be considerate of others
- They identify and practice specific ways to show that they care for someone

### Tips and Tools:

- Check out ways to stay safe using Safety-Wise Checkpoints
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made.

### Resources:

- This activity plan has been adapted from the *Daisy Girl's Guide to Girl Scouting*, Zinni's Story: The Art of Sharing—Considerate and Caring (Spring Green Petal), which can be used for additional information and activities.

## Getting Started

**Time Allotment:** 15 minutes

**Materials Needed:**

- Optional: Girl Scout Promise and Law printed out on poster board

**Steps:**

1. Welcome everyone to the meeting.

2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.
3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

### **Activity #1: Getting the Feel of Things**

**Petal Connection:** Considerate and Caring (Spring Green Petal)

**Time Allotment:** 10 minutes

#### **Prep Needed:**

- Gather materials and supplies.
- In a container, place scraps of paper with different feelings written on them, such as excited, angry, happy and sad.

#### **Materials Needed:**

- Paper bag, bowl or other type of container
- Feelings written on scraps of paper (at least one per girl)

#### **Steps:**

1. Being considerate means that you think and care about how others feel. Play this game to help girls recognize and identify other people's feelings.
2. Have girls (or pairs of girls) take turns picking a piece of paper out of the container.
3. Instruct them to try and express the emotion on the paper to the rest of the group without using any words.
4. The group should try to guess the feeling.

### **Activity #2: Listen Up!**

**Petal Connection:** Considerate and Caring (Spring Green Petal)

**Time Allotment:** 15 minutes

#### **Prep Needed:**

- Gather materials and supplies.

#### **Materials Needed:**

- Small objects or tokens, such as coins, pencils or scraps of paper
- Optional: bandanna or other items to serve as blindfolds

#### **Steps:**

1. Listening is another important part of being a good friend. A good listener is an active listener. She's someone who shows that she really cares what people are saying. She does this by giving her full attention to the speaker, not interrupting and asking good questions. Try this activity to engage girls in active listening.
2. Partner girls up and give each pair a small token or object.

3. Instruct one girl in each pair to close her eyes or put on a bandanna with the help of her partner or an adult. This girl will be the listener.
4. The other girl will be the talker. Once the listeners have closed their eyes or been blindfolded, the talkers should place their small tokens somewhere in the room. They shouldn't be hidden in tricky spots, but should be a bit out of the way. Tell the talkers that they should remember where they placed their tokens.
5. Once the tokens have been placed, it is the talker's job to lead her partner to the hidden token by giving verbal instructions.
6. Once the tokens have been found, have girls switch roles and repeat.
7. After the activity is complete, discuss the role that listening played in this activity. Why was listening so important? How were you a good listener? Was it hard to be an active listener? What might make it easier to be an even better listener? When you're having a real conversation with someone, what are some things you can do to show you're really listening and care about what he or she is saying?

### **Activity #3: The Art of Sharing**

**Petal Connection:** Considerate and Caring (Spring Green Petal)

**Time Allotment:** 20 minutes

**Prep Needed:**

- Gather materials and supplies.
- Cover tables with newspaper.

**Materials Needed:**

- Paper
- Crayons
- Markers
- Optional: paint, other creative materials, bell

**Steps:**

1. Ask the girls to help you set up tables with paper, crayons, markers, paints, etc.
2. Tell girls to sit down and start making art.
3. Every two to four minutes, ring a bell (or make a bell-like sound). When the bell rings, girls should trade whatever they're using to make their art with the Daisy sitting next to them.
4. Point out how fun it is to see how their art changes as they share different supplies.
5. At the end of the activity, tell girls that sharing is another way of caring for their friends. Ask girls if they have ideas for other ways to care for friends.
6. Optional: ask girls to share their artistic creations with each other.

## **Activity #4: Snack Chat and Promise Pals**

**Petal Connection:** Considerate and Caring (Spring Green Petal)

**Time Allotment:** 10 minutes

### **Steps:**

1. While enjoying snack, have each girl share with the group one thing that she is going to do at home or at school to show others that she is considerate and caring. Ideas include: • Telling a friend why she likes her. • Being nicer to a brother or sister. • Sharing her toys with a friend or sibling. • Listening to someone without interrupting. • Asking a friend/sibling what game they want to play and then playing it.
2. Have each girl make a promise to the other girls in her group identifying how she will be considerate and caring. The girls in the group are now Promise Pals.
3. If possible, have the small groups check in with one another at another troop meeting to make sure they kept their promises.

## **Activity #5: Meeting Zinni the Zinnia**

**Petal Connection:** Considerate and Caring (Spring Green Petal)

**Time Allotment:** 5 minutes

### **Prep Needed:**

- Print off copies of Zinni the Zinnia coloring sheets.
- Gather materials and supplies.

### **Materials Needed:**

- Zinni the Zinnia coloring sheets (one per girl)
- Coloring utensils

### **Steps:**

1. Have girls color their Zinni the Zinnia coloring sheets.
2. Girls can write (or have an adult help them write) what they promised to do from Activity #4. This coloring sheet will serve as a reminder of the girl's promise.

## **Wrapping Up**

**Time Allotment:** 15 minutes

### **Materials Needed:**

- Optional: Make New Friends printed on poster board

### **Steps:**

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.

2. Sing “Make New Friends.”
3. After the song, ask everyone to be quiet.
4. One of today’s Petal Buddies should start the friendship squeeze by gently squeezing her neighbor’s hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Petal Buddy who started, she says, “Goodbye Sister Girl Scouts” and the girls unwrap and face outward instead of inward.
5. Optional: Have each girl make a wish after her hand has been squeezed and before she passes the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

### **More to Explore**

- Field Trip Ideas:
  - Visit a local youth theater group and see how they use body language, facial expressions and voices to express feelings.
  - Volunteer at a local charitable organization together.
- Speaker Ideas:
  - Invite a doctor, nurse or social worker to your meeting to talk about the role that caring plays in their professional responsibilities.

### **Family Follow-Up Email**

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about being considerate and caring and have earned the Spring Green Petal:

We had fun:

- Playing games to help us recognize others' feelings and be active listeners
- Creating works of art by sharing materials and ideas
- Making a promise to do something to show that we are considerate and caring

Continue the fun at home:

- Ask your Girl Scout what she promised to do to be considerate and caring. Help her keep her promise.
- Create a list of things your Daisy can do at home to show she is considerate and caring. Recognize your Daisy for the considerate and caring things she does.
- Look through the *Girl's Guide to Girl Scouting* with your girl to find other activities you can try at home.

Thank you for bringing your Daisy to Girl Scouts!

## **Courageous and Strong Petal Activity Plan**

**Petal Purpose:** When girls have earned this petal, they'll know to be courageous and strong.

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Petal Buddies
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Girls can assist adults with prep needed for activities.
  - During the meeting, buddies can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Daisy Girl's Guide to Girl Scouting*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They can identify a person who is courageous and strong, either in real life or in a book, movie or TV show
- They understand and demonstrate the ways in which they are personally courageous and strong.

### **Tips and Tools:**

- Check out ways to stay safe using Safety-Wise Checkpoints
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made.

### **Resources:**

- This activity plan has been adapted from the *Daisy Girl's Guide to Girl Scouting*, Tula's Story: Standing Up for Darla—Courageous and Strong (Red Petal), which can be used for additional information and activities.
- Book Suggestions for Activity #1: Now That's Strong:
  - *Sadako* by Eleanor Coerr
  - *You Forgot your Skirt, Amelia Bloomer: A Very Improper Story* by Shana Corey

## **Getting Started**

**Time Allotment:** 15 minutes

### **Materials Needed:**

- Optional: Girl Scout Promise and Law printed out on poster board

### **Steps:**

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.
3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

## **Activity #1: Now That's Strong!**

**Petal Connection:** Courageous and Strong (Red Petal)

**Time Allotment:** 10 minutes

### **Prep Needed:**

- Find a short picture book or comic featuring a strong and courageous female character and bring it to your meeting (see Resources section above for suggestions).

### **Materials Needed:**

- A short story or comic featuring a strong and courageous female character.

### **Steps:**

1. Read a short story featuring a strong and courageous female character. The story can be about someone standing up for a friend, someone helping a person in need or someone overcoming a fear or an obstacle in order to do something great.
2. After reading the story, ask the girls:
  - What does it mean to be courageous? Can anyone be courageous?
  - We usually think of strength in physical terms, but today we're talking about a different kind of strength. What does it mean for someone to be strong?
  - When did the character show that she was courageous and strong?
  - How do you think she felt when she acted courageously? Do you think she was scared?
  - Can you be scared and courageous at the same time?
  - How can a girl your age show that she is courageous and strong?

## **Activity #2: Superhero Me**

**Petal Connection:** Courageous and Strong (Red Petal)

**Time Allotment:** 15 minutes

### **Prep Needed:**

- Gather materials and supplies.
- Optional: print copies of the Superhero template on white cardstock

**Materials Needed:**

- White cardstock or paper (cardstock preferred)
- Drawing and coloring utensils
- Optional: superhero template (one per girl), scissors

**Steps:**

1. In Activity #1, girls met a strong and courageous female character, or heroine. Now is their chance to explore their personal characteristics that represent courage.
2. Distribute drawing utensils and paper (or superhero template, if using) and direct girls to create superhero versions of themselves.
3. Have girls draw their superhero selves on the paper (or color the template and add in any personal touches). As they do, have them think about the following: • What does your superhero self have the power to do? What are her superhero powers? What are her other qualities? • How does your superhero self show that she is courageous and strong?
4. When girls are done drawing and coloring their superheroes, ask them to share their superhero selves with the large group, or in small groups, discussing what makes their superhero selves courageous and strong.

**Activity #3: Courage Crowns****Petal Connection:** Courageous and Strong (Red Petal)**Time Allotment:** 10 minutes**Prep Needed:**

- Gather materials and supplies.
- Cut a strip of paper for each girl that is long enough to wrap around her head.

**Materials Needed:**

- Paper strips
- Tape
- Writing and coloring utensils
- Optional: Stickers or other decorative items

**Steps:**

1. Let girls know that they don't have to be superheroes to be courageous and strong. Ask each girl to think of one or two things she has done that are courageous. Remember, being courage can be as simple as trying something new. It can be voicing her opinion even if it's different from her friend's, or sticking up for a friend on the playground.
2. Have an adult write these things down on each girl's strip of paper, then allow girls to decorate the strip with crayons, markers or any other decorative items you have.
3. After everyone is finished, tape the ends of the strip together and have the girls wear their Courage Crowns. If time allows, go around the circle and have each girl announce her courageous action.

## **Activity #4: Flying With Superhero Girls**

**Petal Connection:** Courageous and Strong (Red Petal)

**Time Allotment:** 10 minutes

### **Prep Needed:**

- Using a plain sheet of paper and marker, create the two courageous and strong signs listed below:
  - Yes! That's courageous and strong!
  - No. That's NOT courageous or strong.
- Clear an open space in your meeting area. Post one sign on one side of the open area, and the other sign on the other side of the open area.

### **Materials Needed:**

- Superheros from Activity #2 and Courage Crowns from Activity #3
- Courageous and strong signs
- Tape

### **Steps:**

1. Direct girls to put on their courage crowns, grab their superhero selves and form a single-file line in the center of the open space.
2. Let them know that you are going to call out a scenario. Girls should decide if the person in the scenario acted in a courageous and strong way or not. Use the scenarios below or come up with some of your own. • If the scenario describes a courageous and strong action, girls should “fly” with their superhero selves to the side of the open space with the “Yes! That’s courageous and strong” sign. • If the scenario describes someone not acting in a courageous or strong way, girls should “fly” with their superhero selves to the side of the open space with the “No. That’s NOT courageous and strong” sign.
3. Read each of the scenarios below or create your own. Have the girls return to the centerline for each new scenario. • Leila is playing tag on the playground and a new girl asks to play. Leila’s friends all say no, but she doesn’t think that’s very nice. Leila says yes and tells her friends to include the new girl. • Shayna’s Girl Scout troop announces that they are going to go horseback riding. It sounds like fun, but Shayna’s never been horseback riding before and is nervous about doing something new. Shayna decides to go on the field trip anyway, and ends up having lots of fun. • Sam notices some kids playing nearby. A few of them are teasing Avery. Sam sees that Avery looks sad and hurt by the teasing, but she doesn’t want the kids to be mean to her, too! So she pretends she doesn’t see anything and looks away. • Maria and Dani are playing in Maria’s backyard. Dani falls and scrapes her knee. Maria makes sure she is okay, and then goes inside to find an adult to help. • Maddie has been invited to a roller-skating birthday party. It sounds like fun and she really wants to go; however, Maddie can’t skate very well and doesn’t want to look silly. She decides not to go to the birthday party at all. • Ana just moved to town and doesn’t know many people. She sees some kids her age playing outside in her neighborhood, and decides to go say hello and meet the kids.
4. Optional: If some actions or characteristics are not easily identified by the girls as courageous and strong, you may want to call a break from the game and do a role-play exercise with the girls and their superhero selves.

## **Activity #5: Snack Chat and Promise Pals**

**Petal Connection:** Courageous and Strong (Red Petal)

**Time Allotment:** 15 minutes

### **Steps:**

1. While enjoying snack, have each girl share with the group one thing that she is going to do at home or at school to show others that she is courageous and strong. Ideas include: • Talking to someone new at school • Trying a new activity • Sticking up for someone who is not being treated nicely • Inviting a new friend over to play • Reminding other kids to play fair if they are not doing so
2. Have each girl make a promise to the other girls in her group identifying how she will be courageous and strong. The girls in the group are now Promise Pals.
3. If possible, have the small groups check in with one another at another troop meeting to make sure they kept their promises.

## **Activity #6: Meeting Tula the Tulip**

**Petal Connection:** Courageous and Strong (Red Petal)

**Time Allotment:** 5 minutes

### **Prep Needed:**

- Print off copies of Tula the Tulip coloring sheets.
- Gather materials and supplies.

### **Materials Needed:**

- Tula the Tulip coloring sheets (one per girl)
- Coloring utensils

### **Steps:**

1. Have girls color their Tula the Tulip coloring sheets. They can take them home to complete.
2. Girls can write (or have an adult help them write) the thing they promised to do from Activity #5. This coloring sheet will serve as a reminder of the girl's promise.

## **Wrapping Up**

**Time Allotment:** 10 minutes

### **Materials Needed:**

- Optional: Make New Friends printed on poster board

### **Steps:**

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.

2. Sing “Make New Friends.”
3. After the song, ask everyone to be quiet.
4. One of today’s Petal Buddies should start the friendship squeeze by gently squeezing her neighbor’s hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Petal Buddy who started, she says, “Goodbye Sister Girl Scouts” and the girls unwrap and face outward instead of inward.
5. Optional: Have each girl make a wish after her hand has been squeezed and before she passes the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

### **More to Explore**

- Field Trip Ideas:
  - Visit your local fire station or police department and meet some everyday heroes.
  - Visit a place girls haven’t discovered yet and try out a new activity.
- Speaker Ideas:
  - Invite a firefighter or policewoman to talk about the courage she shows everyday for her job.
  - Invite an older girl to talk to girls about being a good friend by sticking up for others.

### **Family Follow-Up Email**

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about being courageous and strong and have earned the Red Petal.

We had fun:

- Meeting strong and courageous characters from books, TV and/or movies.
- Creating superhero versions of ourselves and discovering our courageous and strong powers.
- Playing a game to help us learn ways to be courageous and strong in everyday situations.
- Making a promise to do something to show others that we are courageous and strong.

Continue the fun at home:

- Ask your Girl Scout what she promised to do to show that she is courageous and strong. Help her to keep her promise.
- Ask your Girl Scout to share ideas about what she can do at home or school to show she is courageous and strong. Recognize her for her efforts throughout the week.
- Read “Tula’s Story: Standing Up for Darla” in the *Girl’s Guide to Girl Scouting* with your Daisy.

Thank you for bringing your Daisy to Girl Scouts!

## Daisy Responsible for What I Say and Do Petal

**Petal Purpose:** When girls have earned this petal, they'll know to be responsible for what they say and do.

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Petal Buddies
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Girls can assist adults with prep needed for activities.
  - During the meeting, buddies can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Daisy Girl's Guide to Girl Scouting*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They can name things that they are responsible for doing each day
- They understand that the things they say and do can affect others

### Tips and Tools:

- Check out ways to stay safe using Safety-Wise checkpoints
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made.

### Resources:

- This activity plan has been adapted from the *Daisy Girl's Guide to Girl Scouting*, Mari's Story: Keeping a Cupcake Promise—Responsible for What I Say and Do (Orange Petal), which can be used for additional information and activities.

## Getting Started

**Time Allotment:** 15 minutes

### Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

### Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart

3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

### **Activity #1:** Word Power

**Petal Connection:** Responsible for What I Say and Do (Orange Petal)

**Time Allotment:** 10 minutes

#### **Steps:**

1. Ask girls to stand up or jump if the word or phrase you say is helpful and makes them feel good and to sit or crouch down if the words are hurtful and make them feel bad. Use the words below and/or additional words of your own.
  - You're my friend
  - I don't like you
  - Please
  - Thank you
  - Get away
  - I'm sorry
  - You're not my friend
2. Asks girls how it felt to hear the helpful words and how it felt to hear the hurtful words. Talk about how words can be powerful and it is important to pay attention to what you say and how you say it.

### **Activity #2:** Chores Charades

**Petal Connection:** Responsible for What I Say and Do (Orange Petal)

**Time Allotment:** 15 minutes

#### **Steps:**

1. Have girls play charades, acting out different things they can do at school or at home to help others and show they are responsible. Use the ideas below to get started. Girls might come up with ideas of their own, as well.
  - Brush your teeth
  - Make your bed
  - Carry your backpack
  - Set the table
  - Pick up toys
  - Wash your face
  - Walk the dog
  - Get dressed
2. When a girl is ready to act out an action, whisper it into her ear. Make sure she knows what the action means.
3. Ask the girl who guesses the action correctly be the next person to act.

### **Activity #3:** Snack Chat

**Time Allotment:** 15 minutes

#### **Steps:**

1. While enjoying snack, here are some things for girls to discuss:
  - What do you do at home to show you are responsible?
  - How do words hurt? How do words make you feel better?
  - How do you feel when you keep a promise?
  - What could you do to show others that you are responsible?

#### **Activity #4:** Promise Pals

**Petal Connection:** Responsible for What I Say and Do (Orange Petal)

**Time Allotment:** 10 minutes

#### **Steps:**

1. Split girls into small groups of two to four girls.
2. Have each girl share with her group one thing that she is going to do at home or at school to show others that she is responsible for what she says and does. Ideas include:
  - Talking to someone new at school
  - Inviting a new friend over to play
  - Telling a friend why she likes her
  - Helping with a job at home
  - Being nice to a brother or sister
3. Have each girl make a promise to the other girls in her group identifying how she will be responsible for what she says and does. The girls in the group are now Promise Pals.
4. If possible, have the small groups check in with one another at another troop meeting to make sure they kept their promises.

#### **Activity #5:** Meeting Mari the Marigold

**Petal Connection:** Responsible for What I Say and Do (Orange Petal)

**Time Allotment:** 10 minutes

#### **Prep Needed:**

- Print off copies of Mari the Marigold coloring sheets.
- Gather materials and supplies.

#### **Materials Needed:**

- Mari the Marigold coloring sheets (1 per girl)
- Coloring utensils

#### **Steps:**

1. Have girls color their Mari the Marigold coloring sheets.
2. Girls can write (or have an adult help them write) the thing they promised to do from Activity #4. This coloring sheet will serve as a reminder of the girl's promise.

#### **Wrapping Up**

**Time Allotment:** 15 minutes

#### **Materials Needed:**

- Optional: Make New Friends printed on poster board

**Steps:**

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing “Make New Friends.”
3. After the song, ask everyone to be quiet.
4. One of today’s Petal Buddies should start the friendship squeeze by gently squeezing her neighbor’s hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Petal Buddy who started, she says, “Goodbye Sister Girl Scouts” and the girls unwrap and face outward instead of inward.
5. Optional: Have each girl make a wish after her hand has been squeezed and before she passes the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

**More to Explore**

- Field Trip Ideas:
  - Visit a local library and talk about the responsibility of checking out books.
  - Clean up trash around your meeting area.
- Speaker Ideas:
  - Invite a librarian to your meeting to talk about the responsibility of checking out books.
  - Invite an older girl to your meeting to talk to girls about the responsibilities of growing up and friendship.

**Family Follow-Up Email**

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about being responsible for what we say and do and have earned the Orange Petal.

We had fun:

- Learning about the power of words and how words can be helpful or hurtful
- Playing a game about the ways to show we are responsible at school and at home
- Making a promise to do something to show others that we are responsible for what we say and do

Continue the fun at home:

- Ask your Girl Scout what she promised to do to show that she is responsible. Help her to keep her promise.
- Ask your Girl Scout to share ideas about what she can do at home to show she is responsible.
- Read “Mari’s Story: Keeping a Cupcake Promise” in the *Girl’s Guide to Girl Scouting*.

Thank you for bringing your Daisy to Girl Scouts!

## Daisy Respect Myself and Others Petal

**Petal Purpose:** When girls have earned this petal, they'll know to respect themselves and those around them.

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Petal Buddies
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Girls can assist adults with prep needed for activities.
  - During the meeting, buddies can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Daisy Girl's Guide to Girl Scouting*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They can name things that they are responsible for doing each day
- They understand that the things they say can affect others
- They understand how to use good manners

### Tips and Tools

- Check out ways to stay safe using Safety-Wise Checkpoints.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made.
- Work with the girls to establish a list of behaviors that make a meeting successful and respectful of everyone's needs.

### Resources

- This activity plan has been adapted from the *Daisy Girl's Guide to Girl Scouting*, Gloria's Story: A Surprise for Lily—Respect Myself and Others (Purple Petal), which can be used for additional information and activities.

## **Getting Started**

**Time Allotment:** 15 minutes

### **Materials Needed:**

- Optional: Girl Scout Promise and Law printed out on poster board

### **Steps:**

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.
3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

## **Activity #1: Girl Scout Traditions**

**Petal Connection:** Respect Myself and Others (Purple Petal)

**Time Allotment:** 10 minutes

### **Steps:**

1. Explain that Girl Scouts has traditions—things that Girl Scouts have done for many years—that show respect, including:
  - Girl Scout Quiet Sign: When everyone is talking and it's time to be quiet, someone raises her right hand and stops talking. As others see her hand in the air, they raise their right hands and stop talking, too.
  - Girl Scout Handshake: Girls shake with their left hands and make the Girl Scout sign with their right hands.
2. Practice using the Girl Scout Quiet Sign and Girl Scout Handshake. When girls practice the Girl Scout handshake, have them introduce themselves to one another.
3. Ask girls how these Girl Scout traditions help them show respect for others.

## Activity #2: Gloria Says Manners and Snack Chat

Petal Connection: Respect Myself and Others (Purple Petal)

Time Allotment: 30 minutes

### **Prep Needed:**

- Gather materials and supplies.
- Ensure your space has tables and chairs for each girl.
- Set the table(s) with plates, napkins and utensils and place snack on the table.

### **Materials Needed:**

- Plates
- Silverware/Plastic silverware
- Napkins
- Plate or bowl for snack
- Snack that can be eaten using utensils

**Steps:**

1. Have all the girls stand around the table(s).
2. Tell girls that Gloria the Morning Glory is the flower that represents the part of the Girl Scout Law about respecting yourself and others. Explain that they will play a game similar to Simon Says, called Gloria Says that is about good manners.
3. Explain the rules of the game:
  - The goal of the game is to do things that are polite or use good manners and to not do things that are impolite and use bad manners.
  - You will call out an action. If a girl thinks the action is polite and shows good manners, she should do the action. If she thinks the action is impolite and shows bad manners she should just sit still. For example, if you say, "Greet someone by saying hello," girls should turn to the girl next to them and say hello. If you say, "Chew with your mouth open," girls should sit still.
  - Optional: Have the girls sit out if they make a mistake.
4. Call out the actions below, or use some of your own.
  - Quietly pull your chair away from the table and sit down.
  - Reach over and grab snack.
  - Put your napkin in your lap.
  - Ask the person sitting by the snack to please pass the snack around the table.
  - Eat your snack as soon as you get it.
  - Say please and thank you.
  - Take a bite of your snack and chew with your mouth open.
  - Take a bit of your snack and chew with your mouth closed.
  - Stick out your tongue at someone near you.
  - Ask someone sitting next to you what her favorite snack is.
5. After playing the game, ask girls if there are other table manners that they use that you haven't talked about yet.
6. While enjoying snack, here are some things for girls to discuss:
  - What words can you use to show respect? *Please. Thank You. You're Welcome.*
  - What can you do to show that you respect yourself?
  - How can you show good manners at home and at school?

**Activity #3: Promise Pals**

**Petal Connection:** Respect Myself and Others (Purple Petal)

**Time Allotment:** 10 minutes

**Steps:**

1. Split girls into small groups of two to four girls.
2. Have each girl share with her group one thing that she is going to do at home or at school to show respect for herself and others. Ideas include:
  - Brushing your teeth every morning and night
  - Using good manners at the table
  - Listening to friends and what they have to say

- Making healthy choices:
    - Eating a good breakfast
    - Choosing healthy snacks
    - Getting exercise everyday
3. Have each girl make a promise to the other girls in her group identifying how she will respect herself and others. The girls in the group are now Promise Pals.
  4. If possible, have the groups check in with each other at another meeting to see if they kept their promises.

### **Activity #4: Meeting Gloria the Morning Glory**

**Petal Connection:** Respect Myself and Others (Purple Petal)

**Time Allotment:** 10 minutes

**Prep Needed:**

- Print off copies of Gloria the Morning Glory coloring sheets.
- Gather materials and supplies.

**Materials Needed:**

- Gloria the Morning Glory coloring sheets (1 per girl)
- Coloring utensils

**Steps:**

1. Have girls color in their Gloria the Morning Glory coloring sheets.
2. Girls can write (or have an adult help them write) the thing they promised to do from Activity #4. This coloring sheet will serve as a reminder of the girl's promise.

### **Wrapping Up**

**Time Allotment:** 15 minutes

**Materials Needed:**

- Optional: Make New Friends printed on poster board

**Steps:**

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."
3. After the song, ask everyone to be quiet.
4. One of today's Petal Buddies should start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Petal Buddy who started, she says, "Goodbye Sister Girl Scouts" and the girls unwrap and face

- outward instead of inward.
5. Optional: Have each girl make a wish after her hand has been squeezed and before she passes the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

#### More to Explore

- • Field Trip Ideas:
  - Visit a local doctor's or dentist's office to learn about taking care of one's body or teeth.
  - Have girls write thank you notes for parents, teachers, police officers, firefighters or other important people in their lives, and deliver the notes to show appreciation for everything that they do.
- Speaker Ideas:
  - Invite a doctor, nurse or dentist to talk to girls about taking care of themselves.
  - Invite an older girls to talk about ways to girls can show respect for themselves and others.

#### Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about respecting ourselves and others and have earned the Purple Petal.

We had fun:

- Learning about Girl Scout traditions that show respect, including the Girl Scout handshake and quiet sign
- Practicing good manners, including table manners
- Making a promise to do something to show respect for ourselves and others

Continue the fun at home:

- Ask your Girl Scout what she promised to do to show respect. Help her to keep her promise.
- Talk about good table manners during family meals.
- Read "Gloria's Story: A Surprise for Lily" in the *Girl's Guide to Girl Scouting* with your Daisy.

Thank you for bringing your Daisy to Girl Scouts!

## Daisy Respect Authority Petal

**Petal Purpose:** When girls have earned this petal, they'll know how to respect authority.

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Petal Buddies
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Girls can assist adults with prep needed for activities.
  - During the meeting, buddies can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Daisy Girl's Guide to Girl Scouting*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They can identify people who are authority figures.
- They understand why people with authority should be respected.

### Tips and Tools

- Check out ways to stay safe using Safety-Wise Checkpoints.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made.
- Work with the girls to establish a list of behaviors that make a meeting successful and respectful of everyone's needs.

### Resources

- This activity plan has been adapted from the *Daisy Girl's Guide to Girl Scouting*, Gerri's Story: Playing by the Rules (Magenta Petal), which can be used for additional information and activities.
- Story Suggestions for Activity #2: Show Me Your Respectacles!
  - *Office Buckle and Gloria* by Peggy Rathmann
  - *The Tale of Squirrel Nutkin* by Beatrix Potter
  - *Curious George Visits a Police Station* by Margaret Rey
  - “Sarah Cynthia Sylvia Stout Would Not Take the Garbage Out” by Shel Silverstein

## **Getting Started**

**Time Allotment:** 15 minutes

**Materials Needed:**

- Optional: Girl Scout Promise and Law printed out on poster board

**Steps:**

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.
3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

## **Activity #1: Who Has Authority?**

**Petal Connection:** Respect Authority (Magenta Petal)

**Time Allotment:** 10 minutes

**Prep Needed:**

- Optional: Gather materials and supplies.

**Materials Needed:**

- Optional: Clothing or props to use that represent authority figures, such as a ruler, books, police badge, fireman's hat, neck tie, men's and women's clothing, robes, hats, glasses, etc.

**Steps:**

1. Talk to the girls about what it means to be someone with authority and why they should be respected for their knowledge.
2. Ask the girls to give examples of people with authority in their homes, schools, places of worship or communities.
3. Ask the girls how others respect people with authority.
4. Optional: Have girls dress up like someone they think of as an authority figure. For extra fun, girls can pretend to be in their new roles for the remainder of the meeting! Examples: teachers, principals, police officers, firefighters, nurses, doctors, parents, troop leaders, judges, CEOs, job supervisors and babysitters.

## **Activity #2: Show Me Your Respectacles!**

**Petal Connection:** Respect Authority (Magenta Petal)

**Time Allotment:** 20 minutes

**Prep Needed:**

- Gather materials and supplies.
- Cut pipe cleaners—one 12-inch pipe cleaner and two 6-inch pipe cleaners per girl

**Materials Needed:**

- Pipe cleaners

- Respect authority-themed book, story or poem (see Resources above section for suggestions). You can also create your own scenarios in which the girls can evaluate whether or not the characters show respect to an authority figure.

**Steps:**

1. Have the girls take the 12-inch pipe cleaner and twist the ends together to make one large circle.
2. Next, have the girls take the circle and twist it in the center to create a figure 8.
3. Instruct the girls to attach one 6-inch pipe cleaner to both sides of the circle by twisting the end around the circle to create their own glasses.
4. Ask the girls if they have ever heard of glasses being called spectacles and that these are their “spectacles”.
5. Read the girls a story or tell them a scenario about children respecting or disrespecting authority. Ask the girls to use their “spectacles” to determine if the child in the story was respectful or disrespectful. If they think the child was being disrespectful, ask the girls how s/he should have acted differently.

### Activity #3: Snack Chat

**Time Allotment:** 15 minutes

**Steps:**

1. While enjoying snack, here are some things for girls to discuss:
  - Who is the person you respect the most?
  - How do you show that person you respect them?
  - How does it make you feel when someone with authority asks you to do something?
  - What could you do to show others that you are respectful?
  - Have you ever been disrespectful to someone with authority? What happened?

### Activity #4: Thank you!

**Petal Connection:** Respect Authority (Magenta Petal)

**Time Allotment:** 10 minutes

**Prep Needed:**

- Gather materials and supplies.

**Materials Needed:**

- Note cards or blank “thank you” cards
- Writing or coloring utensils
- Stickers

**Steps:**

1. Split girls into small groups of two to four or have girls work individually.
2. Instruct the girls to think of someone or a group of people in their communities that have authority and that they respect, like police officers or teachers.
3. Have each girl make a promise to the other girls in her group identifying how she will respect

- authority.
4. The girls in the group are now Promise Pals.
  5. Have the girls write and decorate the thank you notes or cards to the people they have identified as authority figures to thank them for everything they do. They should also tell them of their promises to respect authority.

## Activity #5: Meeting Gerri the Geranium

**Petal Connection:** Respect Authority (Magenta Petal)

**Time Allotment:** 10 minutes

**Prep Needed:**

- Print off copies of Gerri the Geranium coloring sheets.
- Gather materials and supplies.

**Materials Needed:**

- Gerri the Geranium coloring sheets (one per girl)
- Coloring utensils

**Steps:**

1. Have girls color their Gerri the Geranium coloring sheets. The coloring sheet will serve as a reminder of the girl's promise to respect authority.
2. Girls can write (or have an adult help them write) the thing they promised to do from Activity #4. This coloring sheet will serve as a reminder of the girl's promise.

## Wrapping Up

**Time Allotment:** 15 minutes

**Materials Needed:**

- Optional: Make New Friends printed on poster board

**Steps:**

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."
3. After the song, ask everyone to be quiet.
4. One of today's Petal Buddies should start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Petal Buddy who started, she says, "Goodbye Sister Girl Scouts" and the girls unwrap and face

- outward instead of inward.
5. Optional: Have each girl make a wish after her hand has been squeezed and before she passes the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

### More to Explore

- Field Trip Ideas:
  - Visit a local firehouse or police station to explore why police officers and firefighters have authority and deserve respect.
  - Visit the school principal or a teacher.
- Speaker Ideas:
  - Invite a police officer or firefighter to your meeting to talk about their role and why it is necessary to have rules and authority.
  - Invite a teacher or principal to speak about the importance of respect and authority at school.

### Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about respecting authority and have earned the Magenta Petal.  
We had fun:

- Learning about and pretending to be people with authority
- Writing and designing thank you cards to people who have authority and keep us safe
- Making a promise to do something to respect authority

Continue the fun at home:

- Ask your Girl Scout what she promised to do to show that she respects authority. Help her to keep her promise.
- Ask your Girl Scout to share ideas about what she can do at home or school to show she respects authority.
- Read “Gerri’s Story: Playing by the Rules” in the *Girl’s Guide to Girl Scouting* with your Daisy.

Thank you for bringing your Daisy to Girl Scouts!

## Daisy Use Resources Wisely Petal

**Petal Purpose:** When girls have earned this petal, they'll know to use resources wisely.

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Petal Buddies
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Girls can assist adults with prep needed for activities.
  - During the meeting, buddies can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Daisy Girl's Guide to Girl Scouting*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They can name some natural resources
- They can name ways to conserve natural resources

### Tips and Tools

- Check out ways to stay safe using Safety-Wise Checkpoints.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made.
- Work with the girls to establish a list of behaviors that make a meeting successful and respectful of everyone's needs.

### Resources

- This activity plan has been adapted from the *Daisy Girl's Guide to Girl Scouting*, Clover's Story: A Visit to the Busy, Buzzy Bees—Use Resources Wisely (Green Petal), which can be used for additional information and activities.
- Book suggestions for Activity #1: Story Time:
  - *The Lorax* by Dr Suess
  - *Michael Recycle* by Ellie Bethel
  - *The Great Kapok Tree* by Lynne Cherry

## **Getting Started**

**Time Allotment:** 15 minutes

**Materials Needed:**

- Optional: Girl Scout Promise and Law printed out on poster board

**Steps:**

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.
3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

### **Activity #1: Story Time**

**Petal Connection:** Use Resources Wisely (Green Petal)

**Time Allotment:** 15 minutes

**Prep Needed:**

- Find a book that demonstrates using resources wisely (see Resources section above for ideas).

**Materials Needed:**

- Book about using resources wisely

**Steps:**

1. Read a story about using resources wisely (or a book about what happens when you do not use resources wisely) aloud to the girls.
2. Discuss the story. Ask girls questions based on the story you read. Example questions:
  - What was the resource being used in the book?
  - Did the characters use resources wisely? What happened if they did/didn't use them wisely?
  - Why is it important to use resources wisely?
  - What was your favorite part of the story?

### **Activity #2: Recycling Challenge**

**Petal Connection:** Use Resources Wisely (Green Petal)

**Time Allotment:** 15 minutes

**Prep Needed:**

- Gather materials and supplies
- Spread recyclables around the floor of your meeting room

**Materials Needed:**

- Various recyclable materials including: paper, plastic bottles, glass bottles, aluminum cans, etc.
- Small recycling bins or a recyclables sorter (note: You can use small trashcans, cardboard boxes, paper grocery bags or even trash bags. Be sure to labels your “bins” with words and pictures so the girls know which one is which.)

**Steps:**

1. Explain to the girls that a great way to use resources wisely is to recycle items. When you put items in a recycling bin, they are broken down and used to make new items. While they are sometimes recycled into the same kind of item, they may be made into something completely different.
2. Explain that your meeting space has been “polluted” and it’s up to the girls to clean it up. Split the girls into two teams and line up on opposite sides of the room.
3. The teams will compete in a relay race to clean the meeting space. To start, a girl from each team will go pick up one piece of trash and put it in the correct recycling bin. She will then go back to her team and the next girl will go until all the trash is cleaned up. After all the items are picked up, go through all the types of recyclables and make sure they are in the correct container. If they aren’t, have the girls decide as a group where they should go.

**Activity #3: Snack Chat****Time Allotment:** 15 minutes**Steps:**

1. While enjoying snack, here are some things for girls to talk about.
  - In the story we read, we learned about a natural resource that we conserve. Can you think of other resources we use? How can we use less of them?
  - Does anyone know of an item that can’t be recycled and has to go in the trash? Can you think of away to re-use it rather than throwing it away?
  - Does everyone have a recycling bin at home?

**Activity #4: Promise Pals****Petal Connection:** Use Resources Wisely (Green Petal)**Time Allotment:** 10 minutes**Steps:**

1. Split girls into small groups of two to four girls.
2. Have each girl share with her group one thing that she is going to do at home or at school use resources wisely, such as:
  - Recycle items rather than throwing them away
  - Make a craft or gift out of clean “garbage”
  - Use less of a natural resource, like wood, energy or water
3. Have each girl make a promise to the other girls in her group identifying how she will use resources wisely. The girls in the group are now Promise Pals.
4. If possible, have the small groups check in with one another at another troop meeting to make sure they kept their promises.

## **Activity #5: Meeting Clover**

**Petal Connection:** Use Resources Wisely (Green Petal)

**Time Allotment:** 10 minutes

**Prep Needed:**

- Print off copies of Clover coloring sheets.
- Gather materials and supplies.

**Materials Needed:**

- Clover coloring sheets (1 per girl)
- Coloring utensils

**Steps:**

1. Have girls color their Clover coloring sheets.
2. Girls can write (or have an adult help them write) what they promised to do from Activity #4. This coloring sheet will serve as a reminder of the girl's promise.

## **Wrapping Up**

**Time Allotment:** 15 minutes

**Materials Needed:**

- Optional: Make New Friends printed on poster board

**Steps:**

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."
3. After the song, ask everyone to be quiet.
4. One of today's Petal Buddies should start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Petal Buddy who started, she says, "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have each girl make a wish after her hand has been squeezed and before she passes the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

## **More to Explore**

- Field Trip Ideas
  - Visit your local recycling center.
  - Visit a local or state park and talk to the rangers or Parks and Recreation staff about how they use resources wisely.
- Speaker Ideas
  - Invite a forester or Department of Natural Resources employee to talk about taking care of trees, water and other natural resources.

- Invite someone who was alive during the Great Depression or World War II to talk about why and how they had to conserve resources during that time.

### **Family Follow-Up Email**

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about using resources wisely and have earned the Green Petal. We had fun:

- Reading a story about natural resources and why we should use them responsibly
- Playing a game to learn what materials we can recycle
- Making a promise to do something to use resources wisely

Continue the fun at home:

- Ask your Girl Scout what she promised to do to use resources wisely. Help her to keep her promise.
- Come up with a fun craft project to make together with “trash” items found around your house.
- Read “Clover’s Story: A Visit to the Busy Buzzy Bees” in the *Girl’s Guide to Girl Scouting* with your Daisy.

Thank you for bringing your Daisy to Girl Scouts!

## Daisy Make the World a Better Place Petal

**Petal Purpose:** When girls have earned this petal, they'll know how to make the world a better place.

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Petal Buddies
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Girls can assist adults with prep needed for activities.
  - During the meeting, buddies can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Daisy Girl's Guide to Girl Scouting*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They can name ways to make the world a better place
- They understand they can make the world a better place through their actions

### Tips and Tools

- Check out ways to stay safe using Safety-Wise Checkpoints.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made.
- Work with the girls to establish a list of behaviors that make a meeting successful and respectful of everyone's needs.

### Resources

- This activity plan has been adapted from the *Daisy Girl's Guide to Girl Scouting*, Rosie's Story: A Better Beach for Everyone—Make the World a Better Place (Rose Petal), which can be used for additional information and activities.

### Getting Started

**Time Allotment:** 15 minutes

**Materials Needed:**

- Optional: Girl Scout Promise and Law printed out on poster board

**Steps:**

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.
3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group, if girls know it by heart.

**Activity #1: Start Where You Are**

**Petal Connection:** Make the World a Better Place (Rose Petal)

**Time Allotment:** 25 minutes

**Prep Needed:**

- Gather materials and supplies.

**Materials Needed:**

- Trash bags
- Non-latex gloves

**Steps:**

1. Take a walk around your meeting site or a nearby park. Give girls gloves to protect their hands and trash bags for garbage. Ask them to pick up any trash they see and move any rocks that are on the sidewalk or grass back into the landscaped area (note: remind them to not touch sharp or heavy objects). If there are weeds in the flowers, show the girls how to pull them without hurting the other landscaping or plants.
  - Variation: If you can not go outside, walk around the inside of the building and have the girls put things back in their place or pick up trash left around. (As the leader, you could go around and make things messy so the girls get the full effect of helping to clean up.)
2. Once back inside, ask the girls about the cleanup.
  - Have you ever done a cleanup like that before?
  - How did it feel to clean up?
  - When you are at school and see trash around the halls or outside, what should you do?

## **Activity #2: Feed the Birds**

**Petal Connection:** Make the World a Better Place (Rose Petal)

**Time Allotment:** 15 minutes

### **Prep Needed:**

- Gather materials and supplies.
- Prepare the bagels and string/yarn.

### **Materials Needed:**

- Plain bagels, halved (one half per girl)
- Whipped cream cheese or creamy peanut butter
- String or yarn, pre-cut
- Birdseed
- Paper plates (one per girl)
- Aluminum foil
- Plastic knife (one per girl)
- Permanent marker

### **Steps:**

1. Give each girl half a bagel, a paper plate, a plastic knife and string. Have each girl put the string through the bagel and tie it on. Be sure it is knotted a few times.
2. Have the girls spread the cream cheese or peanut butter on the bagel. Sprinkle it with birdseed and then wrap it up in aluminum foil.
3. Write each girl's name on the foil with the permanent marker.
4. Have the girls bring their bagels home to hang on a tree, or you can ask if they can be tied to trees at the facility where you meet. Watch and see if the birds come and eat!

## **Activity #3: Snack Chat**

**Time Allotment:** 15 minutes

### **Steps:**

1. While enjoying snack, here are some things for girls to talk about.
  - How have you seen others make the world a better place?
  - What are things you can do to make the world a better place?
  - How will it make you feel to make the world a better place?

## **Activity #4: Promise Pals**

**Petal Connection:** Make the World a Better Place (Rose Petal)

**Time Allotment:** 10 minutes

### **Steps:**

1. Split girls into small groups of two to four girls.
2. Have each girl share with her group one thing that she is going to do at home or at school to show others that she can make the world a better place. Ideas include:
  - Pick up trash whenever she sees it
  - Don't litter

- Talk to someone new at school
  - Thank the people around you that you see making the world a better place
  - Ask others not to litter and tell them why it is important
  - Plant flowers in the community
3. Have each girl make a promise to the other girls in her group identifying how she will make the world a better place. The girls in the group are now Promise Pals.
  4. If possible, have the small groups check in with one another at another troop meeting to make sure they kept their promises.

### **Activity #5: Meeting Rosie the Rose**

**Petal Connection:** Make the World a Better Place (Rose Petal)

**Time Allotment:** 10 minutes

**Prep Needed:**

- Print off copies of Rosie the Rose coloring sheets.
- Gather materials and supplies.

**Materials Needed:**

- Rosie the Rose coloring sheets (one per girl)
- Coloring utensils

**Steps:**

1. Have girls color their Rosie the Rose coloring sheets.
2. Girls can write (or have an adult help them write) the thing they promised to do from Activity #4. This coloring sheet will serve as a reminder of the girl's promise.

**More to Explore**

- Field Trip Ideas:
  - Visit a recycling center to see where all the recycled items go.
  - Visit a local animal shelter or a food shelf to learn about how your troop can help them make the world a better place.
- Speaker Ideas:
  - Invite a wildlife rescue officer from the DNR to speak about animals and what to do if girls see a hurt animal.
  - Invite an educator from the local watershed to speak about the water in your community and how to help keep it clean.

## Wrapping Up

**Time Allotment:** 15 minutes

### Materials Needed:

- Optional: Make New Friends printed on poster board

### Steps:

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing “Make New Friends.”
3. After the song, ask everyone to be quiet.
4. One of today’s Petal Buddies should start the friendship squeeze by gently squeezing her neighbor’s hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Petal Buddy who started, she says, “Goodbye Sister Girl Scouts” and the girls unwrap and face outward instead of inward.
5. Optional: Have each girl make a wish after her hand has been squeezed and before she passes the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

### Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about making the world a better place and have earned the Rose Petal.

We had fun:

- Walking around our meeting site to clean up and make sure the landscaping looks its best
- Making a homemade bird feeder
- Making a promise to do something to show others we can make the world a better place

Continue the fun at home:

- Ask your Girl Scout what she promised to do to make the world a better place. Help her to keep her promise.
- Help your Girl Scout hang the bird feeder in a tree and watch to see if the birds come and eat. After a week, help her take down the feeder and dispose of what is left.
- Read “Rosie’s Story: A Better Beach for Everyone” in the *Girl’s Guide to Girl Scouting* with your Daisy.

Thank you for bringing your Daisy to Girl Scouts!

## **Daisy Be a Sister to Every Girl Scout Petal**

**Badge Purpose:** When girls have earned this petal, they will know how to be sisters to every Girl Scout.

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Petal Buddies
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Girls can assist adults with prep needed for activities.
  - During the meeting, buddies can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Daisy Girl's Guide to Girl Scouting*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They can identify how they are similar and different from each other
- They know they are connected to girls all across the world
- They can demonstrate how to be welcoming to new girls and be open to new ideas

## **Resources**

- This activity plan has been adapted from the *Daisy Girl's Guide to Girl Scouting*, Vi's Story: Friends Around the World—Be a Sister to Every Girl Scout (Violet Petal), which can be used for additional information and activities.

## **Getting Started**

**Time Allotment:** 15 minutes

**Materials Needed:**

- • Optional: Girl Scout Promise and Law printed out on poster board

## **Steps:**

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

## **Activity #1: “Mingle!” Game**

**Petal Connection:** Be A Sister to Every Girl Scout (Violet Petal)

**Time Allotment:** 15 minutes

### **Steps:**

1. Tell the girls to stand near each other in the center of the room.
2. Tell the girls that once you yell, “MINGLE!” to place their palms together in front of their chest and “snake” through the group while chanting, “mingle-mingle-mingle...” continuously as they weave through each other. Allow the girls to mix and mingle for 5-10 seconds.
3. Yell, “STOP!” and tell the girls to find and link arms with girls who have things in common with them by calling one of the categories below, or others you choose.
  - Same hair color
  - Same age
  - Go to the same school
  - Have the same favorite sport
  - Have the same number of brothers and sisters
  - Have the same birthday month
  - Were born in the same place

Instruct the girls that when finding their group, they should ask the other girls one at a time, rather than yelling out to the entire group at once (making it easier to separate the groups).

4. Once girls have found their partner or group (some may be individuals), have each girl or group announce to the larger group what their answer was. After each group has answered, start the game again by yelling “Mingle!” and start over with a new category. To involve the girls, ask them to think of new categories to keep the game moving.

## **Activity #2: Butterfly Flight**

**Badge Connection:** Be A Sister to Every Girl Scout (Violet Petal)

**Time Allotment:** 15 minutes

### **Steps:**

1. Tell the girls that they are going on a butterfly adventure around the world. Ask girls to form a circle and sit in “butterfly” position, with their bottoms on the floor, placing the bottoms of their feet together with knees opened outward, hands on their ankles, and backs straight.
2. Begin the flight by fluttering your knees up and down like a butterfly. You can shift your weight right or left while holding on to your ankles to “turn.” Lead the girls as they get used to “flying” and “turning” as one large group.
3. Next, lead the girls in “flying” to the first stop—Savannah, Georgia, the birthplace of Juliette Gordon Low. Tell the girls this is where Girl Scouts first started. Ask the girls what they see in Savannah. Do they see cobblestone streets or trees with Spanish moss? After talking with the girls about what Savannah is like, “fly” to a new destination chosen by one of the girls.
4. Go around the circle and ask each girl individually where she would like to “go” today. After each girl answers, “fly” and “turn” together as a group to that destination. Ask the entire group what kinds of things they see at this destination or other questions they can think of. Then, move on to the next girl and destination.

### **Activity #3: Girl Scout Sisterhood Wreath**

**Petal Connection:** Be A Sister to Every Girl Scout (Violet Petal)

**Time Allotment:** 15 minutes

#### **Prep Needed:**

- Gather materials and supplies.
- Trace out the outline of a person on individual pieces of construction paper or cardstock.

#### **Materials Needed:**

- Pre-traced image of a person on construction paper
- Coloring utensils
- Yarn, googly eyes, construction paper, or other decorative items
- Scissors

#### **Steps:**

1. Have the girls cut out and decorate an image of herself with any of the decorative materials provided. She can use her favorite colors, draw her favorite things or make it as accurate as possible (hair color, eye color, etc.).
2. Have girls share their creations and then connect them all together with glue, staples, or string to form a chain or a circle, representing the Girl Scout Sisterhood across the world.

### **Activity #4: Snack Chat and Promise Pals**

**Petal Connection:** Be a Sister to Every Girl Scout (Violet Petal)

**Time Allotment:** 10 minutes

#### **Steps:**

1. While enjoying snack as a large group, have each girl share with the group one thing that she is going to do at home or at school to show others that she is a sister to every Girl Scout. Ideas include:
  - Make up a cool handshake with a friend, and then teach it to other girls who want to learn it.
  - Teach a friend how to do an activity you like to do. Ask her to teach you one of her favorite activities in return.
  - Make a special card or handmade gift for a friend. Include what makes them special.
  - Invite someone new over to play.
2. Have each girl make a promise to the other girls in her group identifying how she will be a sister to every Girl Scout. The girls in the group are now Promise Pals.
3. If possible, have the small groups check in with one another at another troop meeting to make sure they kept their promises.

## **Activity #5: Meeting Vi the Violet**

**Petal Connection:** Be a Sister to Every Girl Scout (Violet Petal)

**Time Allotment:** 10 minutes

### **Prep Needed:**

- Print off copies of Vi the Violet coloring sheets.
- Gather materials and supplies.

### **Materials Needed:**

- Vi the Violet coloring sheets (one per girl)
- Coloring utensils

### **Steps:**

1. Have girls color in their Vi the Violet coloring sheets.
2. Girls can write (or have an adult help them write) the thing they promised to do from Activity #4. This coloring sheet will serve as a reminder of the girl's promise.

### **More to Explore**

- Field Trip Ideas:
  - Visit a local library or cultural museum to learn more about other countries.
  - See a play or movie that ties in "sisterhood" themes and values.
- Speaker Ideas:
  - Invite a multicultural group or older Girl Scout troop to your meeting.
  - Invite a family member or friend from another country to talk about culture and traditions.

### **Family Follow-Up Email**

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about how to be a sister to every Girl Scout and have earned the Violet Petal.

We had fun:

- Getting to know one another better and exploring our differences and similarities through a fun game called “Mingle!”
- Traveling to and exploring different parts of the world on a butterfly flight
- Creating works of art to represent Girl Scouts all around the world

Continue the fun at home:

- Ask your Daisy what she promised to do to show that she is a sister to every Girl Scout. Help her to keep her promise.
- Create a list of “sisterhood” practices with your Daisy that she can do at home.
- Read bedtime stories that reflect “sisterhood” values and practices.
- Read “Vi’s Story: Friends Around the World” in the *Girl’s Guide to Girl Scouting* with your Daisy.

Thank you for bringing your Daisy to Girl Scouts!

## Welcome to the Daisy Flower Garden Activity Plan

### Watering Can Award

**Purpose:** When girls have earned this award, they'll begin to understand the Girl Scout Promise and law and experience what it means to be "responsible for what I say and do."

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for each girl to be leaders. These can be done by a small group or by individuals.

- Journey Buddies:
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Buddies can assist adults with prep needed for activities.
  - During the meeting, they can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends:
  - Talk to girls about what the snack will be and how they can help with it.

**Customize It:** If your group wants to expand work on this award or simply try different activities, go for it! There are many ways to complete this award, including: completing the activities as listed in the *Welcome to the Daisy Flower Garden* Journey, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the Watering Can Award if:

- They begin to learn the Girl Scout Promise and Law
- They are "responsible for what they say and do" by planting and taking care of their mini flower garden

Girls can continue their Daisy Flower Garden journey by earning the remaining awards: Amazing Daisy Award and Golden Honey Bee Award.

### Tips and Tools

- Check out ways to stay safe using Safety-Wise Checkpoints
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made.

### Resources

- This activity plan has been adapted from *It's Your World—Change It! Welcome to the Daisy Flower Garden*, which can be used for additional information and activities.

## **Getting Started**

**Time Allotment:** 15 minutes

### **Materials Needed:**

- Optional: Girl Scout Promise and Law printed out on poster board

### **Steps:**

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.
3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

## **Activity #1: Girl Scout Law Flower Pots**

**Journey Connection:** Session 1—First Planting: A Mini Garden

**Time Allotment:** 15 minutes

### **Prep Needed:**

- Gather materials and supplies.

### **Materials Needed:**

- Dixie cups or small flower pots
- Permanent markers
- Optional: Newspaper to cover work area
- Optional: Aprons or old t-shirts
- Optional: Girl Scout Law printed on poster board

### **Steps:**

1. Explain to the girls that part of being a Girl Scout is living by the Girl Scout Law. As a group, come up with an example of each line of the Law. For example:
  - “Sharing my toys with my little sister is friendly and helpful.”
  - “My family recycles and uses resources wisely.”
2. Have each girl pick a line of the law that she really likes.
3. Pass out a Dixie cup or flower pot to each girl.
4. Have each girl decorate her cup with the part of the Law she chose. Use permanent markers to decorate the cups or flower pots with words or pictures.

## **Activity #2: A Garden of My Own**

**Journey Connection:** Session 1—First Planting: A Mini Garden

**Petal Connection:** Responsible for What I Say and Do (Orange Petal) and Friendly and Helpful (Yellow Petal)

**Time Allotment:** 25 minutes

**Prep Needed:**

- Gather materials and supplies.

**Materials Needed:**

- Seeds or flowers for planting
- Decorated cups or flower pots (from Activity #1)
- Potting soil
- Cup or shovel for scooping soil (or girls can use their hands!)
- Optional: Small watering can

**Steps:**

1. Explain to the girls that they are going to work together to plant their own gardens. By planting and taking care of a garden they will be “responsible for what you say and do,” “use resources wisely” and “make the world a better place”—just like the Girl Scout Law.
2. Have girls work together in pairs as they plant their own gardens. One girl can hold the flower pot while the other scoops the soil, etc.
3. Using the cups or flower pots they just decorated, potting soil, and seeds or flowers, have girls create their own mini gardens. Lightly water the gardens once they are planted.
4. Tell girls that they are now responsible for their plant and they need to take care of it. Remind girls to water the plant regularly and put it somewhere where it will get just the right amount of sunlight.

**Activity #3: Garden Scamper**

**Journey Connection:** Session 2—Garden Scamper

**Petal Connection:** Courageous and Strong (Red Petal) and Honest and Fair (Light Blue Petal)

**Time Allotment:** 10 minutes

**Steps:**

1. Explain that the girls will need to be “honest and fair” and “courageous and strong” as they play this game!
2. Designate a starting line and a finish line on opposite sides of the room.
3. Split the girls into two groups. Have each group stand in a single-file line behind the starting line.
4. Explain the rules of the game.
  - You will call out the name of a garden critter such as a rabbit, bird, squirrel, grasshopper, etc.
    - The girls at the front of each line must move like that critter to get across the room.
    - When they get to the finish line, the girl must then call out a new critter so her teammate can travel across the room, moving like the new critter. Girls cannot repeat a critter within the same line.
    - If a girl doesn’t move like the critter, she must go to the back of the line.
    - Continue down the line until all girls have gotten to the other side. The first group to make it to the other side wins.
5. After playing the game, ask girls how they showed they were “honest and fair” and “courageous and strong” during the game.

## **Activity #4: Snack Chat**

**Journey Connection:** Questions link to the Daisy Flower Garden—Sessions 1 and 2

**Time Allotment:** 10 minutes

### **Steps:**

1. While enjoying a healthy snack of your choice, here are some things to talk about:
  - What is your favorite line of the Girl Scout Law? Why?
  - How will you continue to take care of your mini garden?
  - What is your favorite flower?
  - What is your favorite garden critter?

## **Wrapping Up**

**Time Allotment:** 15 minutes

### **Materials Needed:**

- Optional: Make New Friends printed on poster board

### **Steps:**

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them. Our friendship circle is an example of how we can be a “sister to every Girl Scout.”
2. Sing “Make New Friends.”
3. After the song, ask everyone to be quiet.
4. One of today’s Journey Buddies should start the friendship squeeze by gently squeezing her neighbor’s hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Journey Buddy who started, she says “Goodbye Sister Girl Scouts” and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

## **More to Explore**

- Field Trip Ideas:
  - Visit a local community garden, flower shop, or garden center.
  - Take a walk near your meeting place and look at the plants and flowers in the area. While walking around, pick up trash.
- Speaker Ideas:
  - Invite a florist or gardener to speak about gardening.
  - Invite an older Girl Scout to talk about how she lives the Girl Scout Promise and Law.

## Family Follow Up Email

Use the email on the next page as a template to let families know what you did at the meeting today.

Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about the Girl Scout Promise and Law. We talked about what it means to be “responsible for what I say and do” and earned the Watering Can Award.

We had fun:

- Making mini flower gardens to take care of at home
- Acting like critters you find in a garden

Continue the fun at home:

- Ask your Girl Scout what her favorite part of the Girl Scout Law is and what it means to her.\*
- Help your Girl Scout water and take care of her new mini flower garden.\*
- Look at the *Welcome to the Daisy Flower Garden* journey book and read about the adventures of Chandra, Cora, Campbell and the Flower Friends.

\*Please complete these steps to help your Girl Scout earn the Watering Can Award.

Thank you for bringing your Daisy to Girl Scouts!

## Welcome to the Daisy Flower Garden Activity Plan

### Amazing Daisy Award

**Purpose:** When girls have earned this award, they'll begin to understand and live the Girl Scout Promise and Law and will recite both in front of friends and family.

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- •Journey Buddies:
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Buddies can assist adults with prep needed for activities.
  - During the meeting, they can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends:
  - Talk to girls about what the snack will be and how they can help with it.

**Customize It:** If your group wants to expand work on this award or simply try different activities, go for it! There are many ways to complete this award, including: completing the activities as listed in the *Welcome to the Daisy Flower Garden* Journey, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the Amazing Daisy Award if:

- They begin to understand and live the Girl Scout Promise and Law
- They recite the Promise and Law in front of family and friends

Girls can continue their Daisy Flower Garden Journey by earning the remaining award: Golden Honey Bee Award.

### Tips and Tools

- Check out ways to stay safe using Safety-Wise Checkpoints
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made.

### Resources

- This activity plan has been adapted from the *It's Your World—Change It! Welcome to the Daisy Flower Garden*, which can be used for additional information and activities.
- Book suggestions for Activity #2: Respect:
  - *The Berenstain Bears Show Some Respect* by Jan Berenstain
  - *Respecting Others* by Robin Nelson

## **Getting Started**

**Time Allotment:** 15 minutes

### **Materials Needed:**

- Optional: Girl Scout Promise and Law printed out on poster board

### **Steps:**

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.
3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

## **Activity #1: Mini Garden Flower Friends**

**Journey Connection:** Session 3—Mini Garden Watering Time and Reviewing the Girl Scout Law

**Time Allotment:** 25 minutes

### **Prep Needed:**

- Gather materials and supplies.

### **Materials Needed:**

- Construction paper
- Coloring utensils
- Optional: Girl Scout Law printed on poster board

### **Steps:**

1. Ask girls about their mini flower gardens that they planted during the Watering Can Award activity. Have they been watering the flowers? Have the flowers grown? Spend a few minutes sharing.
2. Tell the girls that now they can draw pictures of their own flower friends. Flower friends are friendly, helpful, considerate and caring—just like the Girl Scout Law.
3. Have girls draw a picture of flowers being friendly, helpful, considerate and/or caring.

## **Activity #2: Respect**

**Journey Connection:** All Sessions—Garden Story Time

**Petal Connection:** Respect Myself and Others (Purple Petal) and Respect Authority (Magenta Petal)

**Time Allotment:** 15 minutes

### **Prep Needed:**

- Gather materials and supplies.
- Find a children's book about respect (see Resources above for ideas).

### **Materials Needed:**

- Children's book about respect

**Steps:**

- 1. Remind girls about the following lines from the Girl Scout Law: “respect myself and others” and “respect authority.”
- 2. Read a childrens book about respect.
- 3. Discuss the book. Ask girls why it is important to show respect. Some example discussion questions are below.
  - How did the character show respect?
  - Why is it important to be respectful?
  - What was your favorite part of the story?

**Activity #3:** Nature Charades

**Journey Connection:** Session 3—Imitating Nature

**Time Allotment:** 10 minutes

**Steps:**

1. Have each girl pick an object or animal from nature, such as grass, trees, rabbits, flowers or bugs.
2. Give each girl a turn to act out her chosen animal or object in front of the group using her body and voice.
3. The other girls will try to guess her animal or object.

**Activity #4:** Snack Chat

**Journey Connection:** Questions link to Daisy Flower Garden—Sessions 3 and 4

**Time Allotment:** 10 minutes

**Steps:**

1. While enjoying a healthy snack of your choice, here are some things to discuss:
  - What is one way that you were friendly or helpful at home last week?
  - How can you be considerate or caring at school?
  - What is one way you can show respect to a teacher? To your Girl Scout leader? To your best friend?

**Wrapping Up**

**Time Allotment:** 15 minutes

**Prep Needed:**

- Invite family and friends to attend the last 15 minutes of the meeting

**Materials Needed:**

- Optional: Make New Friends printed on poster board
- Optional: Girl Scout Promise and Law printed out on poster board

**Steps:**

1. Instruct girls to stand in a line and recite the Girl Scout Promise and Law in front of their families and friends to hear. Recite the Promise and Law along with them if they need help.
2. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
3. Sing “Make New Friends.”
4. After the song, ask everyone to be quiet.
5. One of today’s Journey Buddies should start the friendship squeeze by gently squeezing her neighbor’s hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Journey Buddy who started, she says, “Goodbye Sister Girl Scouts” and the girls unwrap and face outward instead of inward.
6. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

**More to Explore**

- Field Trip Ideas:
  - Visit a martial arts studio and learn how they incorporate respect into their classes.
  - Visit a nature center and learn more about natural objects and animals.
- Speaker Ideas:
  - Invite a teacher or other community member to your meeting to talk about respect.
  - Invite family members to your meeting to do the activities with the girls.

**Family Follow Up Email**

Use the email below as a template to let families know what you did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today as we continued to learn about the Girl Scout Promise and Law. We recited them for friends and family and earn the Amazing Daisy Award.

We had fun:

- Drawing pictures of flower friends who are friendly, helpful, considerate and caring
- Reading a book about respect
- Playing nature charades

Continue the fun at home:

- Talk to your Girl Scout about ways to continue to carry out the Girl Scout Law in your daily lives.
- Continue to help your Girl Scout take care of her mini flower garden.
- Look at the *Welcome to the Daisy Flower Garden* Journey book and read about the adventures of Chandra, Cora, Campbell and the Flower Friends.

Thank you for bringing your Daisy to Girl Scouts!