



Junior Flowers Badge Activity Plan 2

Badge Purpose: When girls have earned this badge, they will know all that's wonderful about flowers.

Planning Guides Link: Outdoor Awareness and Environmental Stewardship

Activity Plan Length: 1.5 hours

Involve Family and Friends: Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- Before the meeting:
 - Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
 - Offer this activity plan as a starting place and point out that they may choose alternative activities using the *Customize It!* section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.
- At home:
 - Encourage families to ask questions about their girls' badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?
- Throughout the year:
 - Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

Girls Take the Lead: Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

- Long Term Planning
 - If you use "Plan Your Junior Year", share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
 - If you are adapting the "Plan Your Junior Year", get the girls' input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she's excited about.
- Short Term Planning
 - Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
 - Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.
 - Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.
 - Use a rotating list of helper tasks, called a 'kaper chart', to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.

- At the Meeting
 - During the opening, have 1-2 girls share their answers to a get-to-know-you question.
 - Have girls fulfill their kaper chart responsibilities.
 - Try to find something in each activity that you can let girls decide or manage.

Customize It: If your group wants to expand work on this badge, or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the Junior *Girl's Guide to Girl Scouting*, completing two of these activity plans, 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 have learned about the science of at least one type of flower
- They have learned how flowers can help people
- They have made at least one creative flower project

Tips and Tools

- Girls should have adult supervision when using any potentially dangerous tools, such as knives or scissors.
- Check out ways to stay safe using Safety-Wise at <http://gsrv.gs/safetywise>.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.

Resources

- This lesson plan has been adapted from the Junior *Girl's Guide to Girl Scouting* Flowers Badge, 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.

Girl Scout Promise	Girl Scout Law
<i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.	<i>I will do my best to be</i> honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, <i>and to</i> respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

3. Play a game so girls get to know each other better. Use the example below, if needed.
 - Pile Up: Girls sit on chairs in a circle. Choose a leader who will have a list of “yes” or “no” questions, such as “Do you have on brown shoes?”, “Are you wearing a ring?”, “Is your favorite color purple?” As the questions are asked, those that can answer “yes” move one chair to the right. Those that answer “no” don’t move. Girls will end up “piled-up” on chairs.

Activity #1: Floral Quilling

Badge Connection: Step 4 – Have fun with flowers

Time Allotment: 20 Minutes

Prep Needed:

- Make quilling paper strips. You can buy paper strips already uniformly cut at many craft stores. If you want to do this yourself, you will need to make very straight, very even cuts. Find someone who has a paper trimmer or full size paper cutter, or use a ruler and a craft knife and line up carefully before you cut.
- Plan on at least 20 strips of paper per girl, with extras for mistakes
- Find a book on quilling at the library or go to the web to find examples of the basic quilling shapes and techniques, such as Inna’s Creations at <http://gsrv.gs/1NagKON> or the Origami Resource Center at <http://gsrv.gs/1h35yai>.

Materials Needed:

- Paper strips, ½ inch wide and 8 ½ inches long – you can use stationery or office paper, in a variety of colors; construction paper is too heavy, and creases instead of rolling properly
- Bamboo skewers or thin straws, cut into about 4 inch lengths, or round toothpicks, or quilling tools
- White glue
- Construction paper or cardstock, about 6” x 9”, for background – 1 per girl
- Optional – tweezers; the cheap plastic ones from kids’ science sets or model kits are great
- Optional – template with small circles, to hold coils while they dry
- Scissors
- Long strips of newspaper and a paper towel tube, for demo

Steps:

1. Remind the girls of some of the flowers they've already seen while doing this badge. Explain that they are going to make a flower artwork using something called quilling, or paper filigree. For this, they will be rolling up strips of paper to make small shapes, and the shapes will be like building blocks for their flower.
2. Take one strip of newspaper and the paper towel tube to demonstrate the first basic shape. The girls will be using the skewers and paper strips, but you will demonstrate with larger pieces so they can see. Start rolling the end of the paper around the tube. Show that they will need to go slowly in order to get a tight, even shape. When it is all the way around the tube, gently slide it off the tube while keeping it from unrolling. This is the tight coil, and with their tools, the center will be much more closed in than in your example. (You can reach into the middle of the loop with two fingers and tighten the interior, if you'd like.) Then you would put a little glue on the end using your second skewer and hold the coil in place for a count of 10, to make sure it won't unroll. (Don't do this part with the newspaper, so you can keep using the same paper.)
3. Now let the coil unravel just a little before holding it again in place. Not surprisingly, this is a loose coil. If you have a circles template, girls can put the coil down in one of the circles and the coil won't unroll any more than the size of the circle. Then they can glue it in place. The main benefit of this is that you can pinch it to make other shapes:
 - Pinch one end for a teardrop shape.
 - Pinch two opposite ends and you have a marquis shape, or eye.
 - Use your nail to push a dent into the middle while pushing the sides around it up, and you can make a kind of heart shape.Seal each shape closed with the glue after making the coil.
4. You can also make scroll shapes by coiling each end of the strip separately. Rolling them in opposite directions makes an S-shaped scroll, and rolling them in toward each other makes a C-shaped scroll. Pinching the center of the C inward and loosening the coils gives a scroll heart, while folding the opposite direction makes a V shape.
5. If the girls are comfortable with these shapes, point out that they can create bigger shapes (bigger petals or leaves) by gluing several of these basic shapes together and then gluing a single strip around the outside to outline the shape.
6. After making a few shapes, the girls should set out their coils in their planned design before gluing them onto the background, so they can still change their minds. The tweezers can help with putting the coils down exactly where you want them, and in holding coils together while you glue them in place.
7. Set aside artwork to dry.

Activity #2: Many People Say It with Flowers

Badge Connection: Step 5 – send message in flower code

Time Allotment: 20 Minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Books or printouts on meanings of flowers, or use handout at the end of the plan
- Examples of state or national flower symbols
- Wildflower guides, seed catalogs, gardening books, other pictures of flowers
- Paper
- Drawing and coloring supplies
- If desired – scrapbook, or binder with page protectors

Steps:

1. Explain to the girls that oftentimes, certain flowers are associated with different ideas or feelings. Sometimes people decide to use different flowers for different occasions based on a flower's meaning. Some types of flowers have multiple meanings, depending on the color.
2. Show the girls a few familiar flowers. You can find images in books, online, or use the list below. Ask them what the flower reminds them of, or if they remember seeing it anywhere. Take several answers.
3. Tell the girls what the meaning or meanings of the flower are "supposed" to be. Do they agree or disagree? Would they pick another flower to have that meaning?
4. Ask the girls if any of them can remember a specific flower or flowers that they associate with a specific person, place, or event. Girls do not have to know the name of the flower; they can just describe it.
 - Example: It could be the five-petal pink flowers from a hike at a state park, or the small white flower a class grew at school, or the red flowers that were carried in a wedding.
5. Set out books, pictures and drawing supplies. Ask the troop to create its own "flower code" based on what flowers they like and what they mean to the girls. Each girl will pick one flower to draw and describe its meaning. The girls can reference pictures in books or online as they draw their flowers. They can choose a flower from the list that already has a meaning, or choose a new one.

Activity #4: Chat and Flower Snack

Badge Connection: Questions link to multiple badge steps; Step 4 – have fun with flowers

Time Allotment: 15 minutes

Prep Needed:

- If possible, have girl or parent helpers pre-cut the fruits and vegetables before the meeting

Materials Needed:

- Small plates
- Food for flower stems – celery sticks, cucumbers cut in long sticks, Granny Smith apples
- Food for flower petals – apple wedges, orange segments, cucumbers or carrots cut in thin diagonals
- Food for flower centers – berries, grapes, raisins, anything cut in circles
- If desired, for dipping – cream cheese, hummus, ranch dressing, sour cream, fruit dip
- Knives or spoons for dip
- Tongs and/or gloves for serving

Steps:

1. Pass out plates and food options to each girl. Have girls make a flower design with the fruit and veggies on her plate!
2. While enjoying snack, here are some things for girls to talk about:
 - a. Are there kinds of flowers that have been special in their families, either recently or in the past?
 - b. Have you ever grown any flowers yourself? Have you known anyone who does? What does it take to make flowers grow?
 - c. Which of the flower meanings did you find surprising? Which ones made sense to you?

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."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. Assign a girl to 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 girl 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 store that sells essential oils and learn about popular floral scents.
 - Visit a flower show or flower exhibit, such as at a county or state fair.
 - Find a store that sells edible flowers, and find out more about them.
 - Plan a visit to an art museum that has paintings or other artwork of flowers.
- Speaker Ideas:
 - Invite a beekeeper to talk about why bees are important for flowers and how the type of flower can affect the taste of the honey.
 - Invite an artist in a style that depicts a variety of flowers and plants, such as in Chinese brush painting.
 - Invite someone to demonstrate cake decorating floral designs.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsv.org.

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 and being creative with flowers and have earned the Junior Flowers Badge.

We had fun:

- Learning to do paper quilling and designing greeting cards
- Finding out the symbols and meanings of flowers
- Creating our own troop memory book of beautiful flowers

Continue the fun at home:

- Save some cut flowers from a bouquet or friend's garden and try pressing them in some heavy books. You can use the dried flowers to make cards or bookmarks.
- Go on a walk to look at flowers – in your neighborhood, through a park, or at a conservatory or arboretum.
- Look through the *Girl's Guide to Girl Scouting* with your Junior to find other activities you can try at home.

Thank you for bringing your Junior to Girl Scouts!

Examples of meanings for flowers

Resources: Tara Florist, pioneerthinking.com; *The Language and Sentiment of Flowers* by James McCabe, *The Folklore and Symbolism of Flowers, Plants, and Trees* by Ernst Lehner, *Tussie-Mussies: The Victorian Art of Expressing Yourself in the Language of Flowers* by Geraldine Adamich Laufer



BITTERSWEET –Truth



CAMOMILE – strength in adversity



CATTAIL -Peace; Prosperity



CHRYSANTHEMUM, General- You're A Wonderful Friend; flower emblem of Japan



DAISY -Innocence; Loyal Love; I share your sentiments



FERN -Magic; Fascination; Confidence and Shelter



FORGET-ME-NOT -True Love; Memories



FORSYTHIA -Anticipation



HYACINTH, General- Games and Sports; Flower Dedicated to Apollo

HYACINTH, Blue -Constancy

HYACINTH, Purple - Please Forgive Me

HYACINTH, Red or Pink -Play

HYACINTH, White -Loveliness; I'll Pray for You



IRIS - Emblem of France; Your Friendship Means So Much; Faith; Hope; Wisdom and Valor



LILY-OF-THE-VALLEY -Sweetness; Return to Happiness; You've Made My Life Complete



PALM LEAVES -Victory and Success



PINE – Hope



POPPY, General - Imagination

POPPY, Red –Pleasure; veterans remembered

POPPY, White -Consolation

POPPY, Yellow -Wealth; Success



Roses

ROSE, Dark Crimson –Mourning

ROSE, Dark Pink –Thankfulness

ROSE, Lavender –Enchantment

ROSE, Pale Pink -Grace, Joy; please believe me

ROSE, Red –Love, Respect

ROSE, White –Innocence; Secrecy

ROSE, Yellow -Joy, Friendship



SAGE – wisdom



SUNFLOWER – loyalty



SWEET PEA -Good-bye; Thank You for a Lovely Time



THYME – strength and courage



TULIP, General - Fame; Flower Emblem of The Netherlands, Hungary, Turkey



ZINNIA, Mixed -Thinking (or in Memory) of an Absent Friend

Local state flowers – from statesymbolsusa.com

Minnesota – Pink and white (or showy) lady’s slipper



Wisconsin – Wood violet



South Dakota – Pasque flower



Iowa and North Dakota – Wild prairie rose

