



## Daisy Respect Myself and Others Petal Activity Plan 1

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

**Planning Guides Link:** Global Citizenship and Girl Scout Sisterhood

**Fun Patch Link:** Appreciation Award

**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' petal activities. Some examples that work for any petal 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 Daisy 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 Daisy Year", get the girls' input on which petals to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one petal or journey she's excited about.
- Short Term Planning
  - Ask a family to help lead a petal. 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 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 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.
- 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.

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. 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>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>
<i>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!</i>

## Activity #1: Girl Scout Traditions

Petal Connection: Respect Myself and Others (Purple Petal)

Time Allotment: 10 minutes

Prep Needed:

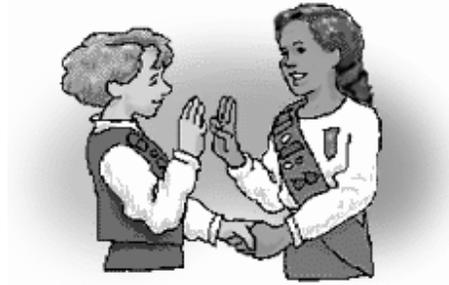
- None

Materials Needed:

- None

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

Prep Needed:

- None

Materials Needed:

- None

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."

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 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.

## Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible petal-earning activities? Please email [troopsupport@girlscoutsv.org](mailto:troopsupport@girlscoutsv.org).

**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!



**I'm Gloria the Morning Glory. I respect myself and others!**