



Daisy 5 Flowers, 4 Stories, 3 Cheers for Animals! Activity Plan 1 Birdbath Award

Purpose: When girls have earned this award, they will be able to say “Animals need care; I need care. I can do both.”

Planning Guides Link: Leadership

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 or expertise in the topic. Ask them to lead or support a specific activity/activities, or to lead the meeting.
 - Offer this activity plan as a starting place; 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’ journey activities. Some examples that work for any journey include: *What did you learn? What surprised you? What does it make you think of trying next?*
- Throughout the Year:
 - Suggest to the girls and their families ways that they may 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 or journeys 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 or journey. 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 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 *5 Flowers, 4 Stories, 3 Cheers for Animals!* 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 Discover Key if:

- They can name one way they care for animals
- They can name one way they can care for themselves
- They talk about how important it is for animals and people to be cared for

Girls can continue their *5 Flowers, 4 Stories, 3 Cheers for Animals!* Journey by earning the remaining awards: the Red Robin Award and the Tula Award.

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.

Resources

- This activity plan has been adapted from *It's Your Story—Tell It! 5 Flowers, 4 Stories, 3 Cheers for Animals!*, which can be used for additional information and activities.
- *Important snack note:* Please check with parents and girls to see if they have any food allergies. The snack activity calls for peanut butter or a dairy product. Ask parents for alternative options that will work for the activity, if needed.

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
<p><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.</p>	<p><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,</p>

	make the world a better place, and be a sister to every Girl Scout.
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3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

<p>Girl Scout Daisy Song</p> <p>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!</p> <p>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!</p>
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Activity #1: Unique Animals

Journey Connection: Session 4—Fantastical Animals Flip Book

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.
- Create list of animal body parts (head, arm, leg, ears, tail, ears, feet) on individual small sheets of paper.

Materials Needed:

- Note cards
- Coloring utensils
- Tape
- List of animal body parts on sheets of paper

Steps:

1. Ask the girls the questions below.
 - *What animals have you seen near where you live?*
 - *What is the most unusual animal you've ever seen? Where did you see it? What did it look like?*

After the girls answer, explain how there are lots of unique, different animals just like people are unique and different.

2. Split the girls into teams, hand out note cards and assign 1–2 animal body parts per girl (depending on the number of girls per group). Instruct girls not to talk to each other and to draw the body part they have on the notecard for an animal, real or imaginary.
3. After girls have finished their drawings, have them work as a team to tape the different animal body parts together to create a totally *unique* animal friend.
4. Explain to girls that just like the imaginary animal friends they created, real animals—including people—are unique.
5. Explain how animals all have unique body parts that help them live and survive. Use the list below to give examples of animal traits and compare them to humans.

Animal adaptation	What it does	Human equivalent
Sharp teeth	Cut and rip food	Knife and fork
Digging claws (aardvark, bears)	Helps dig	Shovel
Thick fur	Keeps warm	Fluffy coat

Penguin feathers	Keeps dry and warm under water	Wet suit
Pointed bird beak (robin)	Grab things in small spaces	Tweezers
Polar bear feet	Spread out weight so they don't sink in snow	Snow shoes
Big eyes	See well in the dark	Night vision goggles
Large ears (like rabbit, not elephant)	Helps hear better	Hearing aid
Foot pads	Protects feet	Shoes
Spots/stripes	Help blend with environment	Camouflage
Rough fur (sloth)	Repels moisture	Rain coat
Pouch	Holds baby with you	Stroller, baby carrier
Webbed feet/fins	Helps swim	Swim fins
Thick skin (elephant, rhino)	Protects body	Armor
Elephant ears	Cools animal	Fan
Wings	Fly	Airplanes, gliders, etc.
Hard shell/scales	Protects body	Helmet, pads
Claws	Helps climb	Grappling hook, other climbing gear
Light body/fur color	Reflects sun to keep cool	Light colored clothing in summer

Activity #2: Animals Can Talk Too!

Journey Connection: Session 2—Caring That Counts: Animals Safe and Sound

Petal Connection: Courageous and Strong (Red Petal)

Time Allotment: 15 minutes

Prep Needed:

- None

Materials Needed:

- None

Steps:

1. Tell girls that animals have special tools to help them live and they also have special ways to talk. Every animal has its own way of communicating, just as humans have their way.
2. Invite girls to brainstorm ways that people communicate. Ask how they might show they are happy or sad, how they communicate with their family and how they communicate with someone that cannot hear.
3. Point out that since animals can't talk like people, they use sounds and actions to communicate. Then, ask girls to brainstorm animal sounds they've heard and ask them to imitate those sounds.
4. Tell the girls that just like animals, we use our voices to communicate. We talk to share ideas and express how we feel. Explain how we not only use our voices but our bodies to communicate every day as well.

5. Separate the girls into small groups and have each girl take a turn “saying” something to the rest of the group by using only her body and not any words. Have girls tell the group something by how they stand, sit, or walk or by an expression on their face and have the rest of the group guess what that girl is trying to “say”.
6. After all the girls in each group have had a turn, have them talk about how their “body language” can sometimes actually change the way they feel. Point out that sometimes, if they act a certain way, such as dragging their feet or slumping their shoulders, they might actually feel more tired or sad. And sometimes, just smiling and laughing can make everyone feel better.

Activity #3: Incredible, Edible Nests Snack

Journey Connection: Session 2—Caring That Counts

Petal Connection: Friendly and Helpful (Yellow Petal)

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.
- Shred raw carrots (1/2 cup per girl).
- Make sample nest to show girls.

Materials Needed:

- 8 oz. plastic cups or small plastic bowls
- Plastic spoons/forks
- Raw carrots
- Pretzel sticks
- Peanut butter, cottage cheese, hummus, or plain yogurt (1/4 cup-1/2 cup per girl)
- Water or other beverage
- Napkins
- Hand sanitizer or instruct girls to wash their hands

Steps:

1. Ask the girls if they know what basic needs every person has (i.e. food, shelter, care). Then compare those needs to that of animals and how animals get those needs met. Example: Rabbits get food from plants, shelter from the ground and plants, and care from one another or a human friend.
2. Ask the girls about what animals they know live in nests. After girls share, tell them they will be making a nest of their own—to eat!
3. Mix carrots with peanut butter or other binding food listed above.
4. Shape mixture into cup and cover with pretzel sticks to make it look like a nest. Enjoy!
5. While enjoying snack, here are some things for girls to talk about:
 - What can you do to help the animals around you?
 - What can you do to help the people around you?

Activity #4: Fly Little Bird!

Journey Connection: Session 2—Tail Tales

Time Allotment: 10 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Different colored party streamers
- Different types of music (CD, MP3, etc.)
- Music player (CD player or other electronic device like iPod, radio or computer)

Steps:

1. Tell the girls that they are going to pretend to be a bird so they can spread their wings and “fly” like a robin.
2. Give each girl two long strips of streamers and have them practice flapping their wings and making shapes like circles with their arms.
3. Start playing music and tell the girls to “fly, fly away!” by dancing, jumping, and moving around the room to the rhythm of the music.
4. Change the song or music every minute and encourage the girls to move differently than they were before. You can also call out a different bird for them to act like, such as a chicken, penguin, or a duck.

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 the local Animal Humane Society, zoo, or a farm to talk to an expert about animals needs and how we can care for them.
- Speaker Ideas
 - Invite someone to bring their uncommon pet and to talk more about how they care for them.
 - Invite an animal expert or educator to come talk more about animals and how they have similar needs that humans have.

Suggestions

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

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 exploring how animals and people have similar traits and needs and have earned the *5 Flowers, 4 Stories, 3 Cheers for Animals!* Journey Birdbath Award.

We had fun:

- Learning how animals have their own way of communicating by imitating their sounds
- Exploring how animals and humans have unique traits to help them survive by creating our own imaginary animal
- Creating and eating our very own nests to learn about the need for a home or shelter

Continue the fun at home:

- If you have a pet, work with your girl to determine your pet's needs and how they are unique.
- Ask your girl how she can care for animals and herself.
- Look at the *5 Flowers, 4 Stories, 3 Cheers for Animals* Journey Book and learn about the adventures of the Flower Friends in "The First Stories" chapter.

Thank you for bringing your Daisy to Girl Scouts!