

DAISY FRIENDLY AND HELPFUL PETAL

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

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law and sing the Girl Scout Daisy song 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster <input type="checkbox"/> (Optional) Girl Scout Daisy song lyrics poster
10 minutes	Meeting New Friends <ul style="list-style-type: none"> Girls greet each other in a different language. 	None
10 minutes	The Friend Line <ul style="list-style-type: none"> Girls play a game where they identify friendly and unfriendly behaviors. 	<input type="checkbox"/> Masking tape
10 minutes	Snack <ul style="list-style-type: none"> Girls eat a healthy snack and discuss what it means to be friendly and helpful. 	<input type="checkbox"/> Healthy snack
15 minutes	Helpful Hands Bingo <ul style="list-style-type: none"> Girls play a game of Helpful Hands Bingo and identify ways to be friendly and helpful at home. 	<input type="checkbox"/> Helpful Hands Bingo sheets (one for each girl) <input type="checkbox"/> Coloring Utensils <input type="checkbox"/> (Optional) Helpful Hands Bingo sheets to send home
10 minutes	Sunny the Sunflower <ul style="list-style-type: none"> Girls color a Sunny the Sunflower picture and identify a way they can be friendly and helpful to their families. 	<input type="checkbox"/> Sunny the Sunflower coloring sheet <input type="checkbox"/> Coloring utensils
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster, (optional) Girl Scout Daisy song lyrics poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Girl Scout Daisy song.



Activity #1: Meeting New Friends

Time: 10 minutes

Badge Connection: Step 3 – Practice Being Friendly and Helpful

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
Marhaban (pronounced Mar-ha-ban)	Arabic
Namaskar	Bengali
Ni Hao (pronounced nee how)	Chinese (Mandarin)
Bonjour	French
Guten Tag	German
Namaste (pronounced nah-mah-STAY)	Hindi
Ciao (pronounced chow)	Italian
Oi (pronounced oy)	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 is not an even number of girls, encourage 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

Time: 10 minutes

Badge Connection: Step 3 – Practice being friendly and helpful

Materials Needed: Masking tape

Prep Needed:

- Mark a line on the floor with tape long enough for all the girls to stand along in a single-file line.
 - Designate one side of the line 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.)
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.
 4. Discuss any behaviors that the girls have trouble identifying as friendly or not friendly.
 - 5.

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, “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 Ms. Kale, smile, and say hello.
You are 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.

Activity #3: Snack

Time: 15 minutes

Badge Connection: Questions link to theme

Materials Needed: Healthy snack

1. Provide a snack for each girl.
2. While enjoying snack, here are some ideas 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 at home? At school? In Girl Scouts?
 - Why is it important to help others?

Activity #4: Helpful Hands

Time: 15 minutes

Badge Connection: Step 1 – Talk about Sunny’s Story

Materials Needed: Helpful Hands Bingo sheets (one for each girl), coloring utensils

Prep Needed:

- Print copies of the Helpful Hands Bingo sheet.

1. Place coloring utensils in the center of the table and distribute a Helpful Hands Bingo sheet to each girl.
2. Tell the 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 the helpful behaviors on their Bingo sheets. All girls will be “winners” in this cover-all Bingo game.
5. Now, 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.

Activity #5: Sunny the Sunflower

Time: 10 minutes

Badge Connection: Step 2 - Make a mural based on “Sunny’s Story” with your Daisy friends

Materials Needed: Sunny the Sunflower coloring sheet (one for each girl), coloring utensils

Prep Needed:

- Print copies of the Sunny the Sunflower coloring sheet.
1. Have girls color in their Sunny the Sunflower coloring sheets.
 2. As a group, brainstorm some ideas of friendly and helpful things that they could do around their house.
 3. 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: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

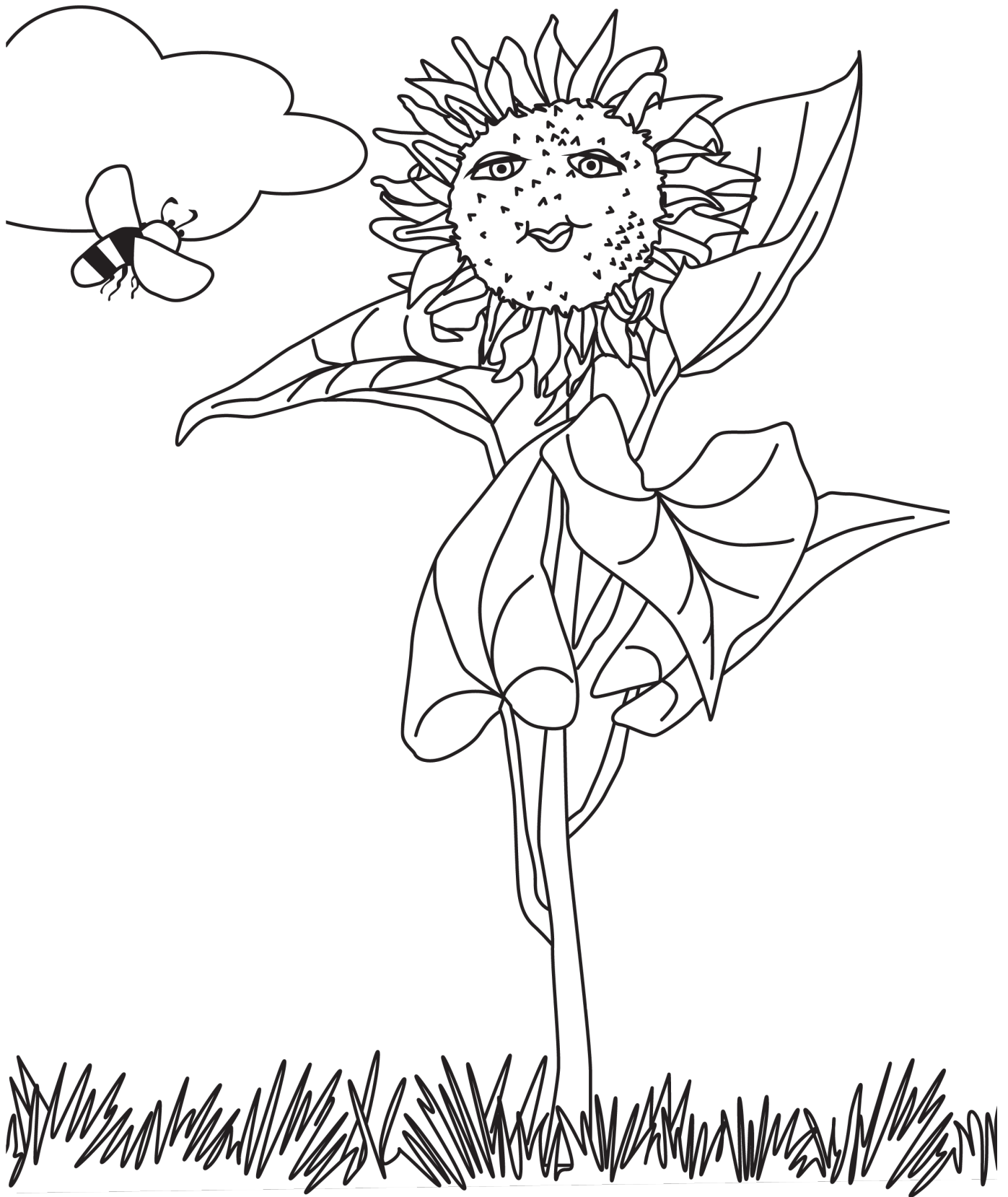
- Field Trip Ideas:
 - Take part in a local service opportunity, such as cleaning up a park or serving a meal at a shelter.
- Speaker Ideas:
 - Invite someone who works or volunteers with a charitable organization to talk to girls about the importance of helping others.
 - Invite an older girl to talk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





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I'm Sunny the Sunflower. I'm friendly and helpful!

