

## JUNIOR FLOWERS BADGE – MEETING 2

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

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> <li>Girls recite the Girl Scout Promise + Law.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
20 minutes	Floral Quilling <ul style="list-style-type: none"> <li>Girls create flower artwork.</li> </ul>	<input type="checkbox"/> Paper strips (½" wide x 8½" long) <input type="checkbox"/> Bamboo skewers, thin straws, round toothpicks, or quilling tools <input type="checkbox"/> White glue <input type="checkbox"/> Construction paper or cardstock (one per girl) <input type="checkbox"/> Scissors <input type="checkbox"/> Long strips of newspaper and a paper towel tube, for demo <input type="checkbox"/> (Optional) Tweezers <input type="checkbox"/> (Optional) Template with small circles
20 minutes	Many People Say It With Flowers <ul style="list-style-type: none"> <li>Girls send messages in flower code.</li> </ul>	<input type="checkbox"/> Books or printouts on meanings of flowers <input type="checkbox"/> Examples of state or national flower symbols <input type="checkbox"/> Wildflower guides, seed catalogs, gardening books, or other pictures of flowers <input type="checkbox"/> Paper <input type="checkbox"/> Drawing and coloring utensils <input type="checkbox"/> (Optional) Scrapbook, or binder with page protectors
15 minutes	Chat and Flower Snack <ul style="list-style-type: none"> <li>Girls enjoy a healthy snack while discussing what they have learned.</li> </ul>	<input type="checkbox"/> Small plates <input type="checkbox"/> Food for flower stems (ex. celery sticks, cucumbers, etc.) <input type="checkbox"/> Food for flower petals (ex. apple wedges, orange segments, etc.) <input type="checkbox"/> Food for flower centers (ex. berries, grapes, raisins, etc.) <input type="checkbox"/> Tongs and/or gloves for serving <input type="checkbox"/> Knives, spoons, and/or forks



		<input type="checkbox"/> (Optional) Cream cheese, hummus, ranch dressing, sour cream, fruit dip
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

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

## Activity #1: Floral Quilling

Time: 20 minutes

Badge Connection: Step 4 – Have fun with flowers

Materials Needed: Paper strips (½" wide x 8½" long); bamboo skewers, thin straws, or round toothpicks, or quilling tools; white glue; construction paper or cardstock (one per girl); (optional) tweezers; (optional) template with small circles; scissors; long strips of newspaper and a paper towel tube

Prep Needed:

- Cut paper into ½" wide x 8.5" long strips. You can also buy paper strips already uniformly cut at many craft stores. If you want to do this yourself, you will need to make very straight and very even cuts. We suggest you use a paper trimmer or full size paper cutter, or use a ruler and a craft knife and line the paper 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 online to find examples of the basic quilling shapes and techniques.
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.

#### RESOURCES SUGGESTIONS:

- *Paper Quilling For the First Time* by Alli Bartkowski
- *Beautiful Quilling Step-By-Step* by Diane Crane, Judy Cardinal, Jane Jenkins, and Janet Wilson
- Inna's Creations: <http://gsrv.gs/1NagK0N>
- Origami Resource Center: <http://gsrv.gs/1h35yai>

## Activity #2: Many People Say It With Flowers

Time: 20 minutes

Badge Connection: Step 5 – Send message in flower code

Materials Needed: Books or printouts on meanings of flower; examples of state or national flower symbols; wildflower guides, seed catalogs, gardening books, or other pictures of flowers; paper; drawing and coloring utensils; (optional) scrapbook or binder with page protectors

Prep Needed:

- Check out your local library for books and resources on flowers and/or gardening.
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 or online. 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.

#### RESOURCE SUGGESTIONS:

- *Wildflowers (National Audubon Society First Field Guides)* by Susan Hood
- *Wildflowers of the Tallgrass Prairies: The Upper Midwest* by Sylvan T. Runkel and Dean M. Roosa
- *A Victorian Flower Dictionary* by Mandy Kirby
- *Flower Fairies: The Meaning of Flowers* by Cicely Mary Barker
- *Birds and Blooms of the 50 States* by Anna Branning and Mara Murphy



## Activity #3: Snack Chat

Time: 15 minutes

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

Materials Needed: Small plates; food for flower stems; food for flower petals; food for flower centers; tongs and/or gloves for serving; knives, spoons and/or forks; (optional) dips (i.e. cream cheese, hummus, ranch dressing, sour cream, fruit dip, etc.)

Prep Needed:

- Pre-cut fruits and vegetables before the meeting:
    - Flower stems: celery sticks, cucumbers cut into long sticks, Granny Smith apples
    - Flower petals: apple wedges, orange segments, cucumbers or carrots cut into thin diagonals
    - Flower centers: berries, grapes, raisins, anything cut into circles
  - Spread the pre-cut fruits and vegetables on a table for the girls to pick and choose.
1. Pass out plates and eating utensils to the girls. Give them a few minutes to select some fruits and vegetables and dip if you're serving it.
  2. Have girls make a flower design with the fruit and veggies on their plates.
  3. While enjoying snack, here are some things for girls to talk about:
    - Are there kinds of flowers that have been special in their families, either recently or in the past?
    - Have you ever grown any flowers yourself? Have you known anyone who does? What does it take to make flowers grow?
    - Which of the flower meanings did you find surprising? Which ones made sense to you?

## 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:
  - 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 whose medium or artwork depicts a variety of flowers and plants, such as Chinese brush painting.
  - Invite someone to demonstrate cake decorating floral designs.



## Examples of Flower Meanings



**Azalea**

Take care of yourself for me; fragile passion; Chinese symbol of womanhood



**Basil**

Best wishes; love



**Birds of Paradise**

Magnificence



**Buttercup**

Cheerfulness



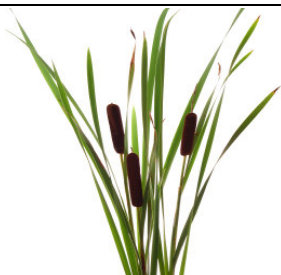
**Calendula**

Joy



**Carnation**

Bonds of affection; health and energy



**Cattail**

Peace; prosperity



**Chamomile**

Patience



**Chrysanthemum**

Cheerfulness; You're a wonderful friend



**Daisy**

Innocence; Loyal love; I share your sentiments



**Dandelion**

Wishes come true



**Fern**

Sincerity







**Forsythia**  
Anticipation



**Gardenia**  
You're lovely; secret love



**Holly**  
Good will; defense; foresight



**Hydrangea**  
Thank you for understanding



**Iris**  
Faith; hope; wisdom; valor



**Lavender**  
Devotion



**Lily of the Valley**  
Sweetness; return to happiness;  
humility



**Magnolia**  
Sweetness; beauty;  
love of nature



**Nasturtium**  
Conquest; victory in battle;  
maternal love; charity; patriotism



**Orchid**  
Love; beauty; refinement



**Rose**  
I love you



**Zinnia**  
Thinking (or in memory of) an  
absent friend



# Local State Flowers

## Minnesota

Pink and white (or showy) lady's slipper



## Wisconsin

Wood violet



## South Dakota

Pasque flower



## Iowa and North Dakota

Wild prairie rose

