

DAISY COURAGEOUS AND STRONG PETAL

Purpose: When girls have earned this petal, they'll know how to be courageous and strong.

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	Now That's Strong! <ul style="list-style-type: none"> Girls read a story about a strong and courageous female character. 	<input type="checkbox"/> Picture book or comic featuring a strong and courageous female character
15 minutes	Superhero Me <ul style="list-style-type: none"> Girls create their own superhero selves using their strengths. 	<input type="checkbox"/> White cardstock or paper <input type="checkbox"/> Drawing and coloring utensils <input type="checkbox"/> (Optional) Superhero template (one per girl) <input type="checkbox"/> (Optional) Scissors (one per girl)
10 minutes	Courage Crowns <ul style="list-style-type: none"> Girls create paper crowns that show off their own courageous actions. 	<input type="checkbox"/> Paper (cut into strips) <input type="checkbox"/> Scissors <input type="checkbox"/> Tape <input type="checkbox"/> Writing and coloring utensils <input type="checkbox"/> (Optional) Stickers or other decorative supplies
10 minutes	Flying with Superhero Girls <ul style="list-style-type: none"> Girls practice deciding what actions are courageous and strong. 	<input type="checkbox"/> Superheroes from Activity #1 and Courage Crowns from Activity #3 <input type="checkbox"/> Two sheets of paper <input type="checkbox"/> Marker <input type="checkbox"/> Tape
15 minutes	Snack Chat and Promise Pals <ul style="list-style-type: none"> Girls enjoy a healthy snack and share their promise to be courageous and strong. 	<input type="checkbox"/> Healthy Snack
5 minutes	Meeting Tula the Tulip <ul style="list-style-type: none"> Girls color the Tula the Tulip coloring sheet and write their courageous and strong promise. 	<input type="checkbox"/> Tula the Tulip coloring sheet (one for each girl) <input type="checkbox"/> Coloring utensils
10 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends 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: Now That's Strong!

Time: 10 minutes

Petal Connection: Courageous and Strong (Red Petal)

Materials Needed: Picture book or comic featuring a strong and courageous female character

Prep Needed: None

1. Read the story to the girls.
2. After reading the story, ask the girls:
 - What does it mean to be courageous? Can anyone be courageous?
 - We usually think of your body being strong, but today we're talking about a different kind of strength. What does it mean for someone to be strong?
 - When did the character show that she was courageous and strong?
 - How do you think she felt when she acted courageously? Do you think she was scared?
 - Can you be scared and courageous at the same time?
 - How can a girl your age show that she is courageous and strong?

BOOK SUGGESTIONS:

- *Sadako* by Eleanor Coerr
- *You Forgot Your Skirt, Amelia Bloomer: A Very Improper Story* by Shana Corey
- *Shelia Rae, The Brave* by Kevin Henkes
- *Me...Jane* by Patrick McDonnell
- *Grace For President* by Kelly DiPucchio
- *Wilma Unlimited: How Wilma Rudolph Became the World's Fastest Woman* by Kathleen Krull

NOTES: The picture book or comic can be about someone standing up for a friend, someone helping a person in need, or someone overcoming a fear or an obstacle in order to do something great.

Activity #2: Superhero Me

Time: 15 minutes

Petal Connection: Courageous and Strong (Red Petal)

Materials Needed: White cardstock or paper; drawing and coloring utensils; (optional) superhero template (one for each girl); (optional) scissors (one for each girl)

Prep Needed:

- Gather materials and supplies.
 - (Optional) Print out superhero template.
1. In Activity #1, girls met a strong and courageous female character, or heroine. Now is their chance to explore their own personal characteristics that represent courage.
 2. Distribute drawing utensils and paper (or superhero template, if using) and direct girls to create superhero versions of themselves.
 3. Have girls draw their superhero selves on the paper (or color the template and add in any personal touches). As they do, have them think about the following:
 - What does your superhero self have the power to do? What are her superhero powers? What are her other qualities?



- How does your superhero self show that she is courageous and strong?
4. When girls are done drawing and coloring their superheroes, ask them to share their superhero selves with the large group, or in small groups, discussing what makes their superhero selves courageous and strong.

Activity #3: Courage Crowns

Time: 10 minutes

Petal Connection: Courageous and Strong (Red Petal)

Materials Needed: Paper (cut into strips), tape, scissors, writing and coloring utensils, (optional) stickers or other decorative items

Prep Needed:

- Cut a strip of paper for each girl that is long enough to wrap around her head.
1. Let girls know that they don't have to be superheroes to be courageous and strong. Ask each girl to think of one or two things she has done that are courageous. Remember, being courageous can be as simple as trying something new. It can be voicing her opinion even if it's different from her friend's, or sticking up for a friend on the playground.
 2. Have an adult write these things down on each girl's strip of paper, then allow girls to decorate the strip with crayons, markers, or any other decorative items you have.
 3. After everyone is finished, tape the ends of the strip together and have the girls wear their Courage Crowns. If time allows, go around the circle and have each girl announce her courageous action.

Activity #4: Flying with Superhero Girls

Time: 10 minutes

Petal Connection: Courageous and Strong (Red Petal)

Materials Needed: Superheroes from Activity #2, Courage Crowns from Activity #3, two sheets of paper, and a marker

Prep Needed:

- Using the marker, write "Courageous and Strong" on one sheet of paper and "NOT Courageous and Strong" on the other. Clear an open space in your meeting area, and place one sign on one side of the open area and the other sign on the other side of the open area.
1. Direct girls to put on their courage crowns, grab their superhero selves, and form a single-file line in the center of the open space.
 2. Let them know that you are going to call out a scenario. Girls should decide if the person in the scenario acted in a courageous and strong way or not. Use the scenarios below or come up with some of your own.
 - If the scenario describes a courageous and strong action, girls should "fly" with their superhero selves to the side of the open space with the "Courageous and Strong" sign.
 - If the scenario describes someone not acting in a courageous or strong way, girls should "fly" with their superhero selves to the side of the open space with the "NOT Courageous and Strong" sign.
 3. Read each of the scenarios below or create your own. Have the girls return to the centerline for each new scenario.

Situations
Leila is playing tag on the playground and a new girl asks to play. Leila's friends all say no, but she doesn't think that's very nice. Leila says yes and tells her friends to include the new girl.
Shayna's Girl Scout troop announces that they are going to go horseback riding. It sounds like fun, but Shayna's never been horseback riding before and is nervous about doing something new. Shayna decides to go on the field trip anyway, and ends up having lots of fun.
Sam notices some kids playing nearby. A few of them are teasing Avery. Sam sees that Avery looks sad and hurt by the teasing, but she doesn't want the kids to be mean to her, too! So she pretends she doesn't see anything and looks away.



Maria and Dani are playing in Maria's backyard. Dani falls and scrapes her knee. Maria makes sure she is okay, and then goes inside to find an adult to help.

Maddie has been invited to a roller-skating birthday party. It sounds like fun and she really wants to go; however, Maddie can't skate very well and doesn't want to look silly. She decides not to go to the birthday party at all.

Ana just moved to town and doesn't know many people. She sees some kids her age playing outside in her neighborhood, and decides to go say hello and meet the kids.

4. Optional: If the girls do not easily identify some actions or characteristics as courageous and strong, you may want to call a break from the game and do a role-play exercise with the girls and their superhero selves.

Activity #5: Snack Chat and Promise Pals

Time: 15 minutes

Petal Connection: Courageous and Strong (Red Petal)

Materials Needed: Healthy snack

1. While enjoying snack, have each girl share with the group one thing that she is going to do at home or at school to show others that she is courageous and strong. Ideas include:
 - Talking to someone new at school
 - Trying a new activity
 - Sticking up for someone who is not being treated nicely
 - Inviting a new friend over to play
 - Reminding other kids to play fair if they are not doing so
2. Have each girl make a promise to the other girls in her group identifying how she will be courageous and strong. The girls in the group are now Promise Pals.
3. If possible, have the small groups check in with one another at another troop meeting to make sure they kept their promises.

Activity #6: Meeting Tula the Tulip

Time: 5 minutes

Petal Connection: Courageous and Strong (Red Petal)

Materials Needed: Tula the Tulip coloring sheets (one for each girl), coloring utensils

1. Have girls color their Tula the Tulip coloring sheets.
2. Girls can write (or have an adult help them write) the thing they promised to do from Activity #5. This coloring sheet will serve as a reminder of the girl's promise.

Wrapping Up

Time: 10 minutes

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

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

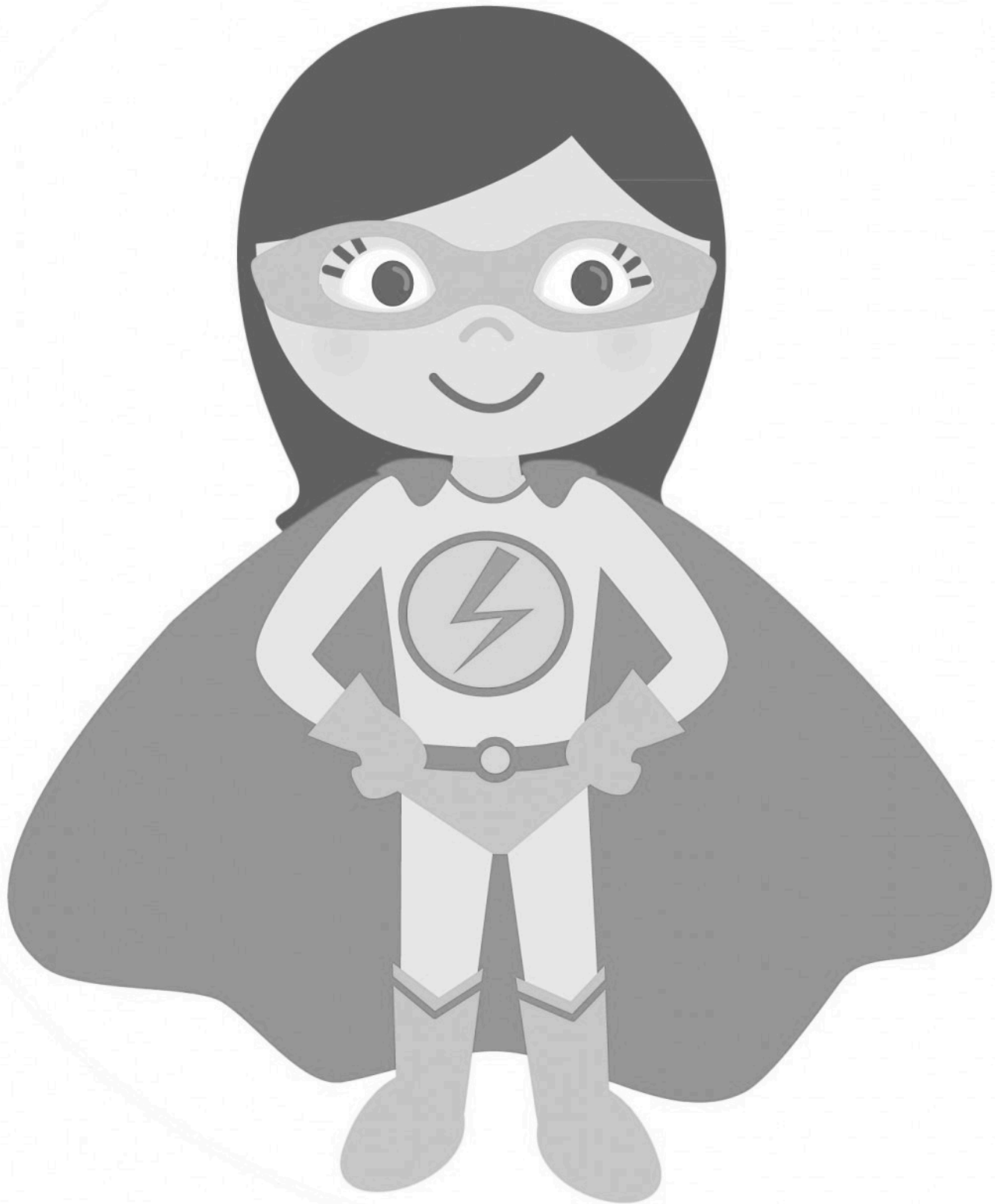
More to Explore

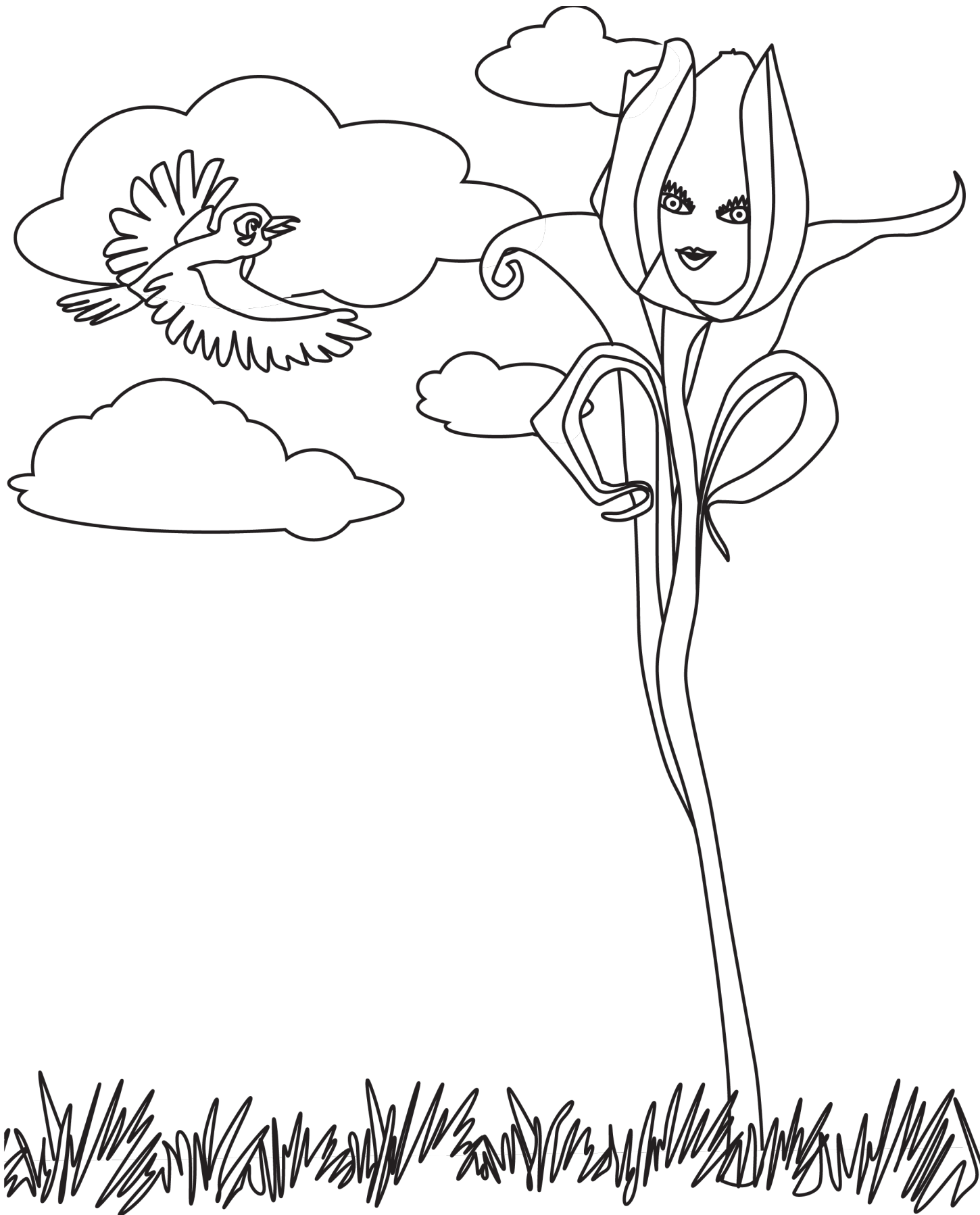
- Field Trip Ideas:
 - Visit your local fire station or police department and meet some everyday heroes.



- Visit a place girls haven't discovered yet and try out a new activity.
- Speaker Ideas:
 - Invite a firefighter or policewoman to talk about the courage she shows every day for her job.
 - Invite an older girl to talk to girls about being a good friend by sticking up for others.
- Allina Health's Health Powered Kids program provides additional lesson plans that go along well with this petal, including "Power-Up With Snacks!," "Your Happy Heart," and "Move It! The Importance of Daily Exercise." Visit: healthpoweredkids.org/girlscouts/daisy







I'm Tula the Tulip. I'm courageous and strong!

