

5 FLOWERS, 4 STORIES, 3 CHEERS FOR ANIMALS! – MEETING 2

Badge Purpose: When girls have earned this award, they can use their new knowledge and creativity to teach others how to care for animals.

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	Caring for Others <ul style="list-style-type: none"> Girls compare the best way to take care of themselves and the best way to take care of pets. 	<input type="checkbox"/> Poster board or large writing space <input type="checkbox"/> Writing utensils
15 minutes	Rest! <ul style="list-style-type: none"> Girls practice restful yoga poses. 	<input type="checkbox"/> (Optional) Calming music or sounds of nature <input type="checkbox"/> (Optional) Music playing device
15 minutes	Apple Ladybug Snacks <ul style="list-style-type: none"> Girls eat a healthy snack. 	<input type="checkbox"/> Apples (½ apple for each girl) <input type="checkbox"/> Pretzel sticks <input type="checkbox"/> Peanut butter or Greek yogurt <input type="checkbox"/> Raisins <input type="checkbox"/> Paper plates <input type="checkbox"/> Spoons/forks <input type="checkbox"/> Water and/or other beverage <input type="checkbox"/> Napkins
20 minutes	Friendly Animal Helper Postcards <ul style="list-style-type: none"> Girls design a postcard depicting how they can take care of animals. 	<input type="checkbox"/> Postcard-size paper <input type="checkbox"/> Coloring utensils <input type="checkbox"/> Craft supplies (i.e. googly eyes, glitter, glue, scraps of fabric, scissors)
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: Caring for Others

Time: 10 minutes

Journey Connection: Session 6 – Comparing the Caring

Materials Needed: Poster board or large writing space, writing utensils

Prep Needed:

- Create a poster or a checklist with two columns: one side marked “Daisies” and the other marked “Animals.”
1. Explain to the girls that taking care of animals can certainly be fun, but only if we know how to keep ourselves safe.
 - Animals are not people, so they can’t talk to us about their needs.
 - Instead, they might bite or scratch to tell us they are not happy or are frightened.
 - When caring for animals, knowing how to be safe around them is very important.
 2. Ask the girls how they can keep themselves safe around animals and write their ideas on the “Daisies” side of the chart.
 - What should you do to stay safe when you are playing with a cat or dog?
 - How should you act around squirrels or chipmunks or other animals you might see in a park?
 - Suppose you are at a dog park. How should you act around the pets there?
 3. Then ask the girls how they might be able to care for animals and keep them safe on the “Animals” side of the chart. You can also ask the girls how animals can receive better care in their community and write down their ideas.
 - What does our community need to make life better for animals?
 - How can we, as Daisies, help with making these things better?
 - How can we care for stray or homeless cats or dogs that we might see in our community?
 - Why should people adopt pets from a shelter in our community?
 - What wild animals in our community need our care, and how can we care for them?

Activity #2: Rest!

Time: 15 minutes

Journey Connection: Session 7 – Inspired by Animals

Materials Needed: (Optional) Calming music or sounds of nature music, (optional) music playing device

1. All creatures, humans and animals, need their rest! Ask the girls to brainstorm some ways that animals rest and relax. What do they do to rest and relax?
2. Tell the girls that now they will all take some time to rest and relax with yoga.
3. Some yoga poses to try:
 - The Butterfly: Sitting down, press the bottoms of your feet together. Keep your back straight. Now, gently rock your knees up and down, just like butterfly wings!
 - The Turtle: Curl up on the floor. Tuck your knees under your tummy and bring your forehead down to rest on the floor in front of your knees, place the palms of your hands flat out in front of you, and take a few deep breaths. Pretend to be a turtle looking out of his shell.
 - The Cobra: Lay down with your belly touching the floor. Place your palms flat on the floor next to your shoulders. Lift your head and shoulders off the ground, and hiss like a snake.

Activity #3: Apple Ladybugs Snack

Time: 15 minutes

Journey Connection: Session 2 – Caring That Counts

Materials Needed: Paper plates, spoons/forks, apples (½ apple for each girl), pretzel sticks, peanut butter or Greek yogurt, raisins, water, napkins

Prep Needed:



- Cut apples vertically so they are cut from top to bottom (pole to pole.)
1. Give the girls one half of an apple and have them place the apple flat side down on the plate.
 2. Ask the girls to dab some peanut butter or other topping on the skin side of the apple halves and then put raisins on those spots.
 3. Use the pretzel sticks to make antennae by putting one end of the pretzel stick into a raisin, then pressing the other end into the apple.
 4. Enjoy your ladybugs!

NOTE: Take note of any possible allergies. Substitute different foods that will work best for your troop.

Activity #4: Friendly Animal Helper Postcards

Time: 20 minutes

Journey Connection: Session 6 – A Postcard is Worth a Thousand Words

Materials Needed: Postcard size paper; coloring utensils; craft supplies (i.e. googly eyes, glitter, glue, scraps of fabric, scissors)

1. Ask the girls to brainstorm things they have learned about taking care of animal friends and others. Ask the girls how it makes them feel to take care of animals.
2. Explain to the girls that they will be designing postcards to send to a family member or friend that share what they have learned. Share with the girls that on one side, they will draw a picture of taking care of an animal. On the other side, they will write about the picture they drew and how it makes them feel to help an animal in need.
3. If there's time, encourage the girls to share their postcards with the group.

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 your local animal shelter to find out what goes into caring for pets.
 - Visit the office of a veterinarian to meet a person who takes care of animals for a career.
- Speaker Ideas:
 - Invite a veterinarian to talk to your girls about the importance of caring for animals.
 - Invite a girl's pet (and parent) to the meeting to talk about the responsibilities of being a pet owner.

