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Daisy Considerate and Caring Petal Activity Plan 1

Purpose: When girls have earned this petal, they'll know to be considerate and caring.

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Considerate

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 in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
 - Offer this activity plan as a starting place and 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' petal activities. Some examples that work for any petal include: What did you learn? What surprised you? What does it make you think of trying next?
- Throughout the year:
 - Suggest to families ways that girls can 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 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. 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 petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Daisy Girl's Guide to Girl Scouting*, 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 award if:

- They understand that listening, caring, and sharing are all part of being a good friend
- They know what it means to be considerate and can demonstrate specific ways to be considerate of others
- They identify and practice specific ways to show that they care for someone

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 the *Daisy Girl's Guide to Girl Scouting*, *Zinni's Story: The Art of Sharing—Considerate and Caring* (Spring Green Petal), which can be used for additional information and activities.

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
<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.	<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, make the world a better place, and be a sister to every Girl Scout.

3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

Girl Scout Daisy Song
<i>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!</i>
<i>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!</i>

Activity #1: Getting the Feel of Things

Petal Connection: Considerate and Caring (Spring Green Petal)

Time Allotment: 10 minutes

Prep Needed:

- Gather materials and supplies.
- In a container, place scraps of paper with different feelings written on them, such as excited, angry, happy and sad.

Materials Needed:

- Paper bag, bowl or other type of container
- Feelings written on scraps of paper (at least one per girl)

Steps:

1. Being considerate means that you think and care about how others feel. Play this game to help girls recognize and identify other people's feelings.
2. Have girls (or pairs of girls) take turns picking a piece of paper out of the container.
3. Instruct them to try and express the emotion on the paper to the rest of the group without using any words.

4. The group should try to guess the feeling.

Activity #2: Listen Up!

Petal Connection: Considerate and Caring (Spring Green Petal)

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Small objects or tokens, such as coins, pencils or scraps of paper
- Optional: bandanna or other items to serve as blindfolds

Steps:

1. Listening is another important part of being a good friend. A good listener is an active listener. She's someone who shows that she really cares what people are saying. She does this by giving her full attention to the speaker, not interrupting and asking good questions. Try this activity to engage girls in active listening.
2. Partner girls up and give each pair a small token or object.
3. Instruct one girl in each pair to close her eyes or put on a bandanna with the help of her partner or an adult. This girl will be the listener.
4. The other girl will be the talker. Once the listeners have closed their eyes or been blindfolded, the talkers should place their small tokens somewhere in the room. They shouldn't be hidden in tricky spots, but should be a bit out of the way. Tell the talkers that they should remember where they placed their tokens.
5. Once the tokens have been placed, it is the talker's job to lead her partner to the hidden token by giving verbal instructions.
6. Once the tokens have been found, have girls switch roles and repeat.
7. After the activity is complete, discuss the role that listening played in this activity.
 - Why was listening so important?
 - How were you a good listener?
 - Was it hard to be an active listener?
 - What might make it easier to be an even better listener?
 - When you're having a real conversation with someone, what are some things you can do to show you're really listening and care about what he or she is saying?

Activity #3: The Art of Sharing

Petal Connection: Considerate and Caring (Spring Green Petal)

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.
- Cover tables with newspaper.

Materials Needed:

- Paper
- Crayons
- Markers
- Optional: paint, other creative materials, bell

Steps:

1. Ask the girls to help you set up tables with paper, crayons, markers, paints, etc.
2. Tell girls to sit down and start making art.

3. Every two to four minutes, ring a bell (or make a bell-like sound). When the bell rings, girls should trade whatever they're using to make their art with the Daisy sitting next to them.
4. Point out how fun it is to see how their art changes as they share different supplies.
5. At the end of the activity, tell girls that sharing is another way of caring for their friends. Ask girls if they have ideas for other ways to care for friends.
6. Optional: ask girls to share their artistic creations with each other.

Activity #4: Snack Chat and Promise Pals

Petal Connection: Considerate and Caring (Spring Green Petal)

Time Allotment: 10 minutes

Steps:

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 considerate and caring. Ideas include:
 - Telling a friend why she likes her.
 - Being nicer to a brother or sister.
 - Sharing her toys with a friend or sibling.
 - Listening to someone without interrupting.
 - Asking a friend/sibling what game they want to play and then playing it.
2. Have each girl make a promise to the other girls in her group identifying how she will be considerate and caring. 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 #5: Meeting Zinni the Zinnia

Petal Connection: Considerate and Caring (Spring Green Petal)

Time Allotment: 5 minutes

Prep Needed:

- Print off copies of Zinni the Zinnia coloring sheets.
- Gather materials and supplies.

Materials Needed:

- Zinni the Zinnia coloring sheets (one per girl)
- Coloring utensils

Steps:

1. Have girls color their Zinni the Zinnia coloring sheets.
2. Girls can write (or have an adult help them write) what they promised to do from Activity #4. This coloring sheet will serve as a reminder of the girl's promise.

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 one 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 each girl make a wish after her hand has been squeezed and before she passes 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 a local youth theater group and see how they use body language, facial expressions and voices to express feelings.
 - Volunteer at a local charitable organization together.
- Speaker Ideas:
 - Invite a doctor, nurse or social worker to your meeting to talk about the role that caring plays in their professional responsibilities.

Suggestions

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

Family Follow-Up Email

Use the email below as a template to let families know what girls 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 learning about being considerate and caring and have earned the Spring Green Petal:

We had fun:

- Playing games to help us recognize others' feelings and be active listeners
- Creating works of art by sharing materials and ideas
- Making a promise to do something to show that we are considerate and caring

Continue the fun at home:

- Ask your Girl Scout what she promised to do to be considerate and caring. Help her keep her promise.
- Create a list of things your Daisy can do at home to show she is considerate and caring. Recognize your Daisy for the considerate and caring things she does.
- Look through the *Girl's Guide to Girl Scouting* with your girl to find other activities you can try at home.

Thank you for bringing your Daisy to Girl Scouts!



I'm Zinni the Zinnia. I'm considerate and caring!