

DAISY CONSIDERATE AND CARING PETAL

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

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 | Getting the Feel of Things <ul style="list-style-type: none"> Girls will recognize and identify other people's feelings. | <input type="checkbox"/> Various feelings written on scraps of paper <input type="checkbox"/> Paper bag, bowl, or other type of container to hold scraps of paper |
| 15 minutes | Listen Up <ul style="list-style-type: none"> Girls will pair up for a listening/guiding activity. | <input type="checkbox"/> Small objects or tokens <input type="checkbox"/> Bandanas/blindfolds |
| 20 minutes | The Art of Sharing <ul style="list-style-type: none"> Girls will share supplies to make fun art work. | <input type="checkbox"/> Newspaper <input type="checkbox"/> Paper <input type="checkbox"/> Coloring utensils <input type="checkbox"/> (Optional) Paint and/or other craft supplies <input type="checkbox"/> (Optional) Bell or timer |
| 10 minutes | Snack Chat & Promise Pals <ul style="list-style-type: none"> Girls will have snack and make a promise about how they will be considerate and caring. | <input type="checkbox"/> Healthy snack |
| 10 minutes | Meeting Zinni the Zinnia <ul style="list-style-type: none"> Girls will color Zinni the Zinnia Coloring Sheet. | <input type="checkbox"/> Zinni the Zinnia coloring sheet (one per girl) <input type="checkbox"/> Coloring utensils |
| 10 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: Getting the Feel of Things

Time: 10 minutes

Petal Connection: Considerate and Caring (Spring Green Petal)

Materials Needed: Feelings written on scraps of paper (at least one per girl); paper bag; bowl or other type of container to hold scraps of paper

Prep Needed:

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

NOTE: Some girls may need help reading the emotions and ideas on how to act them out.

Activity #2: Listen Up!

Time: 15 minutes

Petal Connection: Considerate and Caring (Spring Green Petal)

Materials Needed: Small objects or tokens, such as coins, pencils, or scraps of paper; bandanna or other item to use as blindfolds

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 about 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 are 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 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?

NOTE: If girls are blindfolded, make sure they are in a safe space (i.e. have them seated while the talker is hiding the object.)

Activity #3: The Art of Sharing

Time: 20 minutes



Petal Connection: Considerate and Caring (Spring Green Petal)

Materials Needed: Paper; coloring utensils; (optional) paint and/or other craft supplies; (optional) other creative materials; bell or timer

Prep Needed:

- Cover tables with newspaper.
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: If there's time, ask girls to share their artistic creations with each other.

Activity #4: Snack Chat & Promise Pals

Time: 10 minutes

Petal Connection: Considerate and Caring (Spring Green 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 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

Time: 10 minutes

Petal Connection: Considerate and Caring (Spring Green Petal)

Materials Needed: Zinni the Zinnia coloring sheets (one per girl); coloring utensils

Prep Needed:

- Print copies of Zinni the Zinnia coloring sheet.
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: 10 minutes

Materials Needed: (Optional) Make New Friends lyrics poster

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





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

