



## Discover Your Journey... It's Your World, Change It! Daisy Flower Garden Taster Activity

### Daisy Circle, Garden– Style

No materials needed to do this activity

This game lets the girls move about—and get the wiggles out—while furthering their understanding of gardens.

1. Gather the girls in a circle and explain to them that no matter where people live – house or apartment, city, suburb, or rural area – gardens are rarely far away. Talk about the gardens that your troop/group may know about – a flower patch at their school, a garden within a city park, a community garden in their neighborhood.
2. Explain to the girls that they'll now play a game where they will be the critters that live in a garden.
3. Start off by talking about four or five garden critters common to your community. If you live in an urban area and the girls have not had a chance to visit many gardens, likely they will have seen pigeons, small birds like sparrows, and possibly squirrels. Ask the girls if they know, for example, what sound a bird makes (a chirp) and how it moves about (by flapping its wings). Encourage the girls to name some critters on their own by saying something like, "Do you know any other garden critters in our area?" In this way, the girls will have a variety of critter sounds and movements in mind before the game starts.
4. Next, explain that you will call out the name of a garden critter, and all the girls, together, will pretend to be that critter in sound and movement.
5. The girls will continue the critter's sound/movement until you call out a new critter. Example: You call out "bird" and all the girls chirp and flap their arms. Then you call out "frog" and the girls jump up and down and say, "ribbit, ribbit." Once the activity gets going and the girls have moved through a few garden critters, consider asking the girls to take turns calling out critter names. You can then join the rest of the girls in making critter sounds and movements.

**Ordinary girls can do extraordinary things!**



## Discover Your Journey... It's Your Planet– Love It! Daisy: Between Earth and Sky Taster Activity

### Take a Walk Outdoors

**Materials for this activity:** Access to an outdoor area with fallen leaves, twigs, seeds or nuts. Crayons and paper

If possible get the girls outside for a short walk in nature.

Before this outdoor adventure begins, take some time to explain Leave No Trace (LNT) practices. LNT is a way to enjoy nature without disturbing it. Let the girls know that they can pick up natural items that have fallen to the ground, but that they should not pluck or pick, or otherwise disturb living things. That means not disturbing any plants or wildlife, including homes, such as nests or burrows; even if they might appear to be abandoned.

- While out, have the girls each collect one natural item. The only catch is that they must all collect the same type of item such as a fallen leaf, acorn, pinecone, or twig.
- First guide the girls through a **group decision** about what they will collect. Let them know that when they get back inside they will draw the item they collected.
- To get the team decision going, you might ask: *Who has an idea about what we should collect?*

If the girls have many ideas, help guide them to reach a **group decision**. You might ask : *Who is willing to change her mind about what we should collect? Who can offer a good reason for some of us to change our minds?* Check for bruised feelings if the team decision doesn't go the way some girls wanted.

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## Discover Your Journey... It's Your Story—Tell It! Daisy: 3 Cheers for Animals Taster Activity

### Decorate Your Strong Shell!

**Materials for this activity:** Turtle shell, next page, crayons or markers.

Let the girls know that confidence can be like a shell (just like a turtle has!) that protects them and always keeps them strong and feeling great about themselves. You might say something like, *Just imagine that every time you wear this shell, it's easy to believe in yourself and your ability to do great things!* Then say:

- Do you ever think, “I just can’t do it” or “Maybe I shouldn’t even try”? We all think these things sometimes, but with this shell protecting you will remember all the strength and all the skills you have inside you!
- Let’s think about what keeps you feeling good and strong (things like your family, your friends, your pets, learning about yourself, trying new activities, knowing everyone is special in her own way). Now, with pictures or words, let’s each of us put all of the things that make us feel good and strong on our shells.

Once the girls have decorated their shells, ask them to talk about what they put on the shells. Ask: *Do other girls have something on their shells that might keep you strong, too? Add it to your shell!* You might say: *Take this shell home and keep it in a special place. Whenever you look at it, remember all the strength and all the skills you have inside you. With these strengths and skills, you can always do great things!*

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