Daisy 5 Flowers, 4 Stories, 3 Cheers for Animals!
Activity Plan 1: Birdbath Award

**Purpose:** When girls have earned this award, they will be able to say “Animals need care; I need care. I can do both.”

**Planning Guides Link:** Leadership

**Activity Plan Length:** 1.5 hours

**Resources and Tips**
- This activity plan has been adapted from *It’s Your Story—Tell It!* 5 Flowers, 4 Stories, 3 Cheers for Animals!, which can be used for additional information and activities.
- *Important snack note:* Please check with parents and girls to see if they have any food allergies. The snack activity calls for peanut butter or a dairy product. Ask parents for alternative options that will work for the activity, if needed.

**Activity #1: Unique Animals**
Journey Connection: Session 4—Fantastical Animals Flip Book
Time Allotment: 15 minutes

**Materials Needed:**
- Note cards
- Coloring utensils
- Tape
- Paper

**Steps:**
1. Create a list of animal body parts (head, arm, leg, ears, tail, etc.) on individual small pieces of paper.
2. Ask the girls the questions below:
   - *What animals have you seen near where you live?*
   - *What is the most unusual animal you’ve ever seen? Where did you see it? What did it look like?*
3. Split the girls into teams, hand out note cards and assign 1–2 animal body parts per girl (depending on the number of girls per group). Instruct girls not to talk to each other and to draw the body part they have on the note card for an animal, real or imaginary.
4. After girls have finished their drawings, have them work as a team to tape the different animal body parts together to create a totally *unique* animal friend.
5. Explain to girls that just like the imaginary animal friends they created, real animals—including people—are unique.
6. Explain how animals all have unique body parts that help them live and survive. Use the list below to give examples of animal traits and compare them to humans.
<table>
<thead>
<tr>
<th>Animal adaptation</th>
<th>What it does</th>
<th>Human equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digging claws</td>
<td>Helps dig</td>
<td>Shovel</td>
</tr>
<tr>
<td>(aardvark, bears)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thick fur</td>
<td>Keeps warm</td>
<td>Fluffy coat</td>
</tr>
<tr>
<td>Penguin feathers</td>
<td>Keeps dry and warm under water</td>
<td>Wetsuit</td>
</tr>
<tr>
<td>Polar bear feet</td>
<td>Spread out weight so they don’t sink in snow</td>
<td>Snow shoes</td>
</tr>
<tr>
<td>Big eyes</td>
<td>See well in the dark</td>
<td>Night vision goggles</td>
</tr>
<tr>
<td>Spots/stripes</td>
<td>Help blend with environment</td>
<td>Camouflage</td>
</tr>
<tr>
<td>Pouch</td>
<td>Holds baby with you</td>
<td>Stroller, baby carrier</td>
</tr>
<tr>
<td>Webbed feet/fins</td>
<td>Help swim</td>
<td>Swim fins</td>
</tr>
<tr>
<td>Wings</td>
<td>Fly</td>
<td>Airplanes, gliders, etc.</td>
</tr>
<tr>
<td>Hard shell/scales</td>
<td>Protects body</td>
<td>Helmet, pads</td>
</tr>
</tbody>
</table>

**Activity #2: Animals Can Talk, Too!**

Journey Connection: Session 2—Caring That Counts: Animals Safe and Sound
Petal Connection: Courageous and Strong (Red Petal)
Time Allotment: 15 minutes

Steps:
1. Tell girls that animals have special tools to help them live and they also have special ways to talk. Every animal has its own way of communicating, just as humans have their way.
2. Invite girls to brainstorm ways that people communicate. Ask how they might show they are happy or sad, how they communicate with their family and how they communicate with someone that cannot hear.
3. Point out that since animals can’t talk like people, they use sounds and actions to communicate. Then, ask girls to brainstorm animal sounds they’ve heard and ask them to imitate those sounds.
4. Tell the girls that just like animals, we use our voices to communicate. We talk to share ideas and express how we feel. Explain how we not only use our voices but our bodies to communicate every day as well.
5. Separate the girls into small groups and have each girl take a turn “saying” something to the rest of the group by using only her body and not any words. Have girls tell the group something by how
they stand, sit, or walk or by an expression on their face and have the rest of the group guess what that girl is trying to “say”.

6. After all the girls in each group have had a turn, have them talk about how their “body language” can sometimes actually change the way they feel. Point out that sometimes, if they act a certain way, such as dragging their feet or slumping their shoulders, they might actually feel more tired or sad. And sometimes, just smiling and laughing can make everyone feel better.

**Activity #3: Incredible, Edible Nests Snack**  
Journey Connection: Session 2—Caring That Counts  
Petal Connection: Friendly and Helpful (Yellow Petal)  
Time Allotment: 15 minutes

Materials Needed:
- 8 oz. plastic cups or small plastic bowls
- Plastic spoons/forks
- Shredded raw carrots
- Pretzel sticks
- Peanut butter, cottage cheese, hummus, or plain yogurt (1/4 cup-1/2 cup per girl)
- Water or other beverage
- Napkins

Steps:
1. Ask the girls if they know what basic needs every person has (i.e. food, shelter, care). Then compare those needs to that of animals and how animals get those needs met. Example: Rabbits get food from plants, shelter from the ground and plants, and care from one another or a human friend.
2. Ask the girls about what animals they know live in nests. After girls share, tell them they will be making a nest of their own—to eat!
3. Mix carrots with peanut butter or other binding food listed above.
4. Shape mixture into cup and cover with pretzel sticks to make it look like a nest. Enjoy!
5. While enjoying snack, here are some things for girls to talk about:
   - What can you do to help the animals around you?
   - What can you do to help the people around you?

**Activity #4: Fly Little Bird!**  
Journey Connection: Session 2—Tail  
Tales Time Allotment: 10 minutes

Materials Needed:
- Different colored party streamers
- Music with assorted rhythms
1. Tell the girls that they are going to pretend to be a bird so they can spread their wings and “fly” like a robin.
2. Give each girl two long strips of streamers and have them practice flapping their wings and making shapes like circles with their arms.
3. Start playing music and tell the girls to “fly, fly away!” by dancing, jumping, and moving around
the room to the rhythm of the music.
4. Change the song or music every minute and encourage the girls to move differently than they were before. You can also call out a different bird for them to act like, such as a chicken, penguin, or a duck.

More to Explore
- Field Trip Ideas
  - Visit the local Animal Humane Society, zoo, or a farm to talk to an expert about animals needs and how we can care for them.
- Speaker Ideas
  - Invite someone to bring their uncommon pet and to talk more about how they care for them.
  - Invite an animal expert or educator to come talk more about animals and how they have similar needs that humans have.

Customize It!: If your group wants to expand work on this award or simply try different activities, go for it! There are many ways to complete this award, including: completing the activities as listed in the 5 Flowers, 4 Stories, 3 Cheers for Animals! Journey, 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 Discover Key if:
- They can name one way they care for animals
- They can name one way they can care for themselves
- They talk about how important it is for animals and people to be cared for

Girls can continue their 5 Flowers, 4 Stories, 3 Cheers for Animals! Journey by earning the Red Robin Award and the Tula Award.

Family Follow Up-Email
Use the email below as a template to let families know what you 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 exploring how animals and people have similar traits and needs and have earned the 5 Flowers, 4 Stories, 3 Cheers for Animals! Journey Birdbath Award.

We had fun:
- Learning how animals have their own way of communicating by imitating their sounds
- Exploring how animals and humans have unique traits to help them survive by creating our own imaginary animal
- Creating and eating our very own nests to learn about the need for a home or shelter

Continue the fun at home:
• If you have a pet, work with your girl to determine your pet’s needs and how they are unique.
• Ask your girl how she can care for animals and herself.
• Look at the *5 Flowers, 4 Stories, 3 Cheers for Animals* Journey Book and learn about the adventures of the Flower Friends in “The First Stories” chapter.

Thank you for bringing your Daisy to Girl Scouts!

*This activity plan was adapted from Girl Scouts River Valleys.*