Daisy Friendly and Helpful Petal Activity Plan 1

Purpose: When girls have earned this petal, they'll know how to be friendly and helpful.

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Friendship

Activity Plan Length: 1.5 hours

Resources
- This activity plan has been adapted from the Daisy Girl's Guide to Girl Scouting, Sunny's Story: A Warm Welcome for Suzy—Friendly and Helpful (Yellow Petal), which can be used for additional information and activities.

Activity #1: Meeting New Friends
Petal Connection: Friendly and Helpful (Yellow Petal) Time Allotment: 10 minutes

Steps:
1. Part of being friendly is greeting other people and making them feel welcome. Tell girls that today, they will practice being friendly by mingling, then greeting one another and introducing themselves.
2. Girls will start by walking (or skipping, or hopping) around the room at random, mumbling “mingle, mingle, mingle...,” as they go.
3. After just a bit of mingling, call out one of the “hellos” in the chart below.

<table>
<thead>
<tr>
<th>Greeting</th>
<th>Language</th>
</tr>
</thead>
<tbody>
<tr>
<td>ممّرّجحبدّ (pronounced Mar- ha-ban)</td>
<td>Arabic</td>
</tr>
<tr>
<td>Namaskar</td>
<td>Bengali</td>
</tr>
<tr>
<td>Ni Hao (pronounced nee how)</td>
<td>Chinese (Mandarin)</td>
</tr>
<tr>
<td>Bonjour</td>
<td>French</td>
</tr>
<tr>
<td>Guten Tag</td>
<td>German</td>
</tr>
<tr>
<td>Namaste (pronounced nah-mah-STAY)</td>
<td>Hindi</td>
</tr>
<tr>
<td>Ciao</td>
<td>Italian</td>
</tr>
<tr>
<td>Oi</td>
<td>Portuguese</td>
</tr>
<tr>
<td>Privet (pronounced pree-vyet)</td>
<td>Russian</td>
</tr>
<tr>
<td>Hola</td>
<td>Spanish</td>
</tr>
</tbody>
</table>

4. When girls hear you call out, they should stop where they are and turn and face the person nearest them (note: If there isn’t an even number of girls, permit groups of three).
5. When girls stop and face one another, ask them to introduce themselves with a smile, a handshake and a friendly greeting.
6. Repeat so that girls get to “meet” new people and practice greeting them in a friendly way.

Activity #2: The Friend Line
Petal Connection: Friendly and Helpful (Yellow Petal)
While

Materials Needed:
- Masking tape

Steps:
1. Mark a line on the floor with tape long enough for all the girls to stand along it in a single-file line. Designate one side as “Friendly” and one side as “Not Friendly” (you can do this by creating signs and posting them or you can simply designate sides every time you call out a behavior).
2. Ask the girls to stand single-file along the marked line.
3. Tell girls that you are going to call out some behaviors, or ways that people act. Use the behaviors below or come up with some of your own.
4. Girls should decide if the behavior is friendly or not friendly. If they think it is friendly, they should jump to the “Friendly” side of the line. If they think it is not friendly, they should jump to the “Not Friendly” side of the line.

<table>
<thead>
<tr>
<th>Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>There is a new student in your class. You invite her to play with you and your friends.</td>
</tr>
<tr>
<td>A girl from school smiles and says hello to you on the playground. You don’t say anything and go find your friends.</td>
</tr>
<tr>
<td>Your friend Maddie tells you that you should only play with her and not any of your other friends.</td>
</tr>
<tr>
<td>You invite some kids from your neighborhood over to your house to play. You share your favorite toys with them.</td>
</tr>
<tr>
<td>You are playing tag on the playground and you get “tagged.” You don’t want to be “it” so you shout out, “I don’t want to be it. I’m not playing anymore!”</td>
</tr>
<tr>
<td>Your mom’s friend Mrs. Kale comes over to your house to see your mom. Your mom asks you to open the door. You open the door for Mrs. Kale, smile and say “hello.”</td>
</tr>
<tr>
<td>You’re making teams to play a game at school. You only choose your friends to be on your team and you tell the other kids that you don’t want them on your team.</td>
</tr>
<tr>
<td>Your older sister is so annoying sometimes. Sometimes she bosses you around and makes fun of you, so you make fun of her.</td>
</tr>
<tr>
<td>At a Girl Scout meeting, your friend Celia drops her fruit snacks on the dirty floor. There aren’t any extras. You help Celia pick up and throw away her fruit snacks. Then, you share some of yours with her.</td>
</tr>
<tr>
<td>Your birthday party is coming up and you invited all the girls from your class. A new girl just moved to town and joined your class. You invite her to your party.</td>
</tr>
</tbody>
</table>

5. Discuss any behaviors that the girls have trouble identifying as friendly or not friendly.

Activity #3: Snack Chat
Petal Connection: Questions link to petal theme
Time Allotment: 15 minutes

While enjoying snack, here are some things for girls to discuss:
- How does it feel when someone is friendly to you? How does it feel when someone is unfriendly?
• What are some things you can do to make people feel welcomed and included?
• What do you do to help out at home? At school? In Girl Scouts?
• Why is it important to help others?

Activity #4: Helpful Hands
Petal Connection: Friendly and Helpful (Yellow Petal) Time
Allotment: 15 minutes
Materials Needed:
• Helpful Hands BINGO sheets (one per girl)
• Coloring utensils

Steps:
1. Place coloring utensils in the center of the table and distribute a Helpful Hands BINGO sheet to each girl.
2. Tell girls that you are going to read them a situation, or explain something that could happen. In each of the situations, someone needs a helping hand. Use the situations provided below.
   • Your little brother or sister is crying. How can you help?
   • Your dad is going to do the laundry. How can you help?
   • Your mom is trying to get dinner ready for your family. How can you help?
   • You just played with your dog outside and he got really dirty and messy. How can you help?
   • You just had an after-school snack with a friend. You notice that you left a lot of crumbs on the floor. How can you help?
   • Your grandma did the laundry and there is a pile of your clean clothes in the laundry room. How can you help?
   • Recycling is a good way for people to take care of the planet. How can you help?
   • You spilled your juice on the kitchen floor. How can you help?
   • Your dad usually does the grocery shopping for your family. This time, there is a really big grocery list of items to get. How can you help?
3. Girls should look at their sheets and circle the helpful action she could take in response to the situation. For example, if you read, “Recycling is a good way for people to take care of the planet. How can you help?” girls would find the picture of the girl with the recycling bin and circle it.
4. Continue playing until girls have circled all of the helpful behaviors on their BINGO sheets. All girls will be “winners” in this game.
5. Next, ask the girls which of those helpful behaviors they can personally do at home or at school. How can they be helpful hands? Ask them to try and do at least one helpful thing during the next week.

Activity #5: Sunny the Sunflower
Petal Connection: Friendly and Helpful (Yellow Petal) Time
Allotment: 10 minutes
Materials Needed:
• Sunny the Sunflower coloring sheets (one per girl)
• Coloring utensils

Steps:
1. Have girls color in their Sunny the Sunflower coloring sheets.
2. Girls can write (or have an adult help them write) the friendly and helpful things they are going to try and do during the next couple of weeks. This coloring sheet will serve as a reminder of each
girl’s commitment to act friendly and helpful.

**More to Explore**

- **Field Trip Ideas:**
  - Take part in a local service opportunity, such as cleaning up a park or serving a meal at a shelter.

- **Speaker Ideas:**
  - Invite someone who works or volunteers with a charitable organization to talk to girls about the importance of helping others.
  - Invite an older girl to talk to girls about being a good friend to others.

**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 identify several ways to be helpful at school, Girl Scouts or at home; they select and carry out one way
  - They identify several ways to be friendly and welcoming to others; they select and carry out one way

**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

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**Hello Girl Scout Families:**

We had a wonderful time today learning about being friendly and helpful and have earned the Yellow Petal.

We had fun:

- Learning ways to be friendly and inclusive of others.
- Playing games about friendly and helpful behaviors that we can do at home and school.

Continue the fun at home:

- Ask your Girl Scout what helpful behavior she committed to try during the next week. Help her follow through.
- Ask your Girl Scout to share ideas for what she can do to help at home.
- Read “Sunny’s Story: A Warm Welcome for Suzy” in the *Girl’s Guide to Girl Scouting* with your Daisy to continue the conversation about being friendly and helpful.

Thank you for bringing your Daisy to Girl Scouts!

*This activity plan was adapted from Girl Scouts River Valleys.*
I’m Sunny the Sunflower. I’m friendly and helpful!