Courageous and Strong Petal Activity Plan 1

**Purpose:** When girls have earned this petal, they’ll know to be courageous and strong.

**Planning Guides Link:** Healthy Living and Creativity

**Fun Patch Link:** Courage

**Activity Plan Length:** 1.5 hours

**Resources**
- This activity plan has been adapted from the *Daisy Girl’s Guide to Girl Scouting*, Tula’s Story: Standing Up for Darla—Courageous and Strong (Red Petal), which can be used for additional information and activities.
- Book Suggestions for Activity #1: Now That’s Strong:
  - *Sadako* by Eleanor Coerr
  - *You Forgot your Skirt, Amelia Bloomer: A Very Improper Story* by Shana Corey

**Activity #1: Now That’s Strong!**
**Petal Connection:** Courageous and Strong (Red Petal)
**Time Allotment:** 10 minutes

**Materials Needed:**
- A short story or comic featuring a strong and courageous female character.

**Steps:**
1. Read a short story featuring a strong and courageous female character. The story can be about someone standing up for a friend, someone helping a person in need or someone overcoming a fear or an obstacle in order to do something great.
2. After reading the story, ask the girls:
   - What does it mean to be courageous? Can anyone be courageous?
   - We usually think of strength in physical terms, but today we’re talking about a different kind of strength. What does it mean for someone to be strong?
   - When did the character show that she was courageous and strong?
   - How do you think she felt when she acted courageously? Do you think she was scared?
   - Can you be scared and courageous at the same time?
   - How can a girl your age show that she is courageous and strong?

**Activity #2: Superhero Me**
**Petal Connection:** Courageous and Strong (Red Petal)
**Time Allotment:** 15 minutes

**Materials Needed:**
- White cardstock or paper (cardstock preferred)
- Drawing and coloring utensils
In Activity #1, girls met a strong and courageous female character, or heroine. Now is their chance to explore their personal characteristics that represent courage.

Steps:
1. Distribute drawing utensils and paper (or superhero template, if using) and direct girls to create superhero versions of themselves.
2. Have girls draw their superhero selves on the paper (or color the template and add in any personal touches). As they do, have them think about the following:
   - What does your superhero self have the power to do? What are her superhero powers? What are her other qualities?
   - How does your superhero self show that she is courageous and strong?
3. When girls are done drawing and coloring their superheroes, ask them to share their superhero selves with the large group, or in small groups, discussing what makes their superhero selves courageous and strong.

**Activity #3: Courage Crowns**
Petal Connection: Courageous and Strong (Red Petal)
Time Allotment: 10 minutes
Materials Needed:
- Paper strips
- Tape
- Writing and coloring utensils
- Optional: Stickers or other decorative items

Steps:
1. Let girls know that they don’t have to be superheroes to be courageous and strong. Ask each girl to think of one or two things she has done that are courageous. Remember, being courageous can be as simple as trying something new. It can be voicing her opinion even if it’s different from her friend’s, or sticking up for a friend on the playground.
2. Have an adult write these things down on each girl’s strip of paper, then allow girls to decorate the strip with crayons, markers or any other decorative items you have.
3. After everyone is finished, tape the ends of the strip together and have the girls wear their Courage Crowns. If time allows, go around the circle and have each girl announce her courageous action.

**Activity #4: Flying With Superhero Girls**
Petal Connection: Courageous and Strong (Red Petal)
Time Allotment: 10 minutes
Prep Needed:

Materials Needed:
- Superheroes from Activity #2 and Courage Crowns from Activity #3
- Courageous and strong signs
- Tape

Steps:
1. Using a plain sheet of paper and a marker, create two signs:
   - Yes! That’s courageous and strong!
• No. That’s not courageous and strong.

2. Clear an open space in your meeting area. Post one sign on one side of the open area, and the other sign on the other side.

3. Direct girls to put on their courage crowns, grab their superhero selves, and form a single-file line in the center of the open space.

4. Start calling out scenarios. Girls should decide if the person in the scenario acted in a courageous and strong way or not. Use the scenarios below or come up with some of your own.
   • If the scenario describes a courageous and strong action, girls should “fly” with their superhero selves to the side of the open space with the “Yes! That’s courageous and strong” sign.
   • If the scenario describes someone not acting in a courageous or strong way, girls should “fly” with their superhero selves to the side of the open space with the “No. That’s NOT courageous and strong” sign.

5. Read each of the scenarios below or create your own. Have the girls return to the center line for each new scenario.
   • Leila is playing tag on the playground and a new girl asks to play. Leila’s friends all say no, but she doesn’t think that’s very nice. Leila says yes and tells her friends to include the new girl.
   • Shayna’s Girl Scout troop announces that they are going to go horseback riding. It sounds like fun, but Shayna’s never been horseback riding before and is nervous about doing something new. Shayna decides to go on the field trip anyway, and ends up having lots of fun.
   • Sam notices some kids playing nearby. A few of them are teasing Avery. Sam sees that Avery looks sad and hurt by the teasing, but she doesn’t want the kids to be mean to her, too! So she pretends she doesn’t see anything and looks away.
   • Maria and Dani are playing in Maria’s backyard. Dani falls and scrapes her knee. Maria makes sure she is okay, and then goes inside to find an adult to help.
   • Maddie has been invited to a roller-skating birthday party. It sounds like fun and she really wants to go; however, Maddie can’t skate very well and doesn’t want to look silly. She decides not to go to the birthday party at all.
   • Ana just moved to town and doesn’t know many people. She sees some kids her age playing outside in her neighborhood, and decides to go say hello and meet the kids.

**Activity #5: Snack Chat and Promise Pals**

Petal Connection: Courageous and Strong (Red Petal)

Time Allotment: 15 minutes

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 courageous and strong. Ideas include:

• Talking to someone new at school
• Trying a new activity
• Sticking up for someone who is not being treated nicely
• Inviting a new friend over to play
• Reminding other kids to play fair if they are not doing so

Have each girl make a promise to the other girls in her group identifying how she will be courageous and strong. The girls in the group are now Promise Pals. If possible, have the small groups check in with one another at another troop meeting to make sure they kept their promises.

**Activity #6: Meeting Tula the Tulip**

Petal Connection: Courageous and Strong (Red Petal)

Time Allotment: 5 minutes
Materials Needed:
- Tula the Tulip coloring sheets (one per girl)
- Coloring utensils

Steps:
1. Have girls color their Tula the Tulip coloring sheets. They can take them home to complete.
2. Girls can write (or have an adult help them write) the thing they promised to do from Activity #5. This coloring sheet will serve as a reminder of the girl’s promise.

More to Explore
- Field Trip Ideas:
  - Visit your local police department and meet some everyday heroes.
  - Visit a place the girls haven’t discovered yet and try out a new activity.
- Speaker Ideas:
  - Invite a firefighter to talk about the courage she shows everyday for her job.
  - Invite an older girl to talk to girls about being a good friend by sticking up for 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 can identify a person who is courageous and strong, either in real life or in a book, movie or TV show
- They understand and demonstrate the ways in which they are personally courageous and strong.

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 courageous and strong and have earned the Red Petal.

We had fun:
- Meeting strong and courageous characters from books, TV and/or movies.
- Creating superhero versions of ourselves and discovering our courageous and strong powers.
- Playing a game to help us learn ways to be courageous and strong in everyday situations.
- Making a promise to do something to show others that we are courageous and strong.

Continue the fun at home:
- Ask your Girl Scout what she promised to do to show that she is courageous and strong. Help her to keep her promise.
• Ask your Girl Scout to share ideas about what she can do at home or school to show she is courageous and strong. Recognize her for her efforts throughout the week.
• Read “Tula’s Story: Standing Up for Darla” in the Girl's Guide to Girl Scouting with your Daisy.

Thank you for bringing your Daisy to Girl Scouts!

This activity plan was adapted from Girl Scouts River Valleys.