



Daisy Considerate and Caring Petal Activity Plan 1

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

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Considerate

Activity Plan Length: 1.5 hours

Resources

- This activity plan has been adapted from the Daisy *Girl's Guide to Girl Scouting*, Zinni's Story: The Art of Sharing—Considerate and Caring (Spring Green Petal), which can be used for additional information and activities.

Activity #1: Getting the Feel of Things

Petal Connection: Considerate and Caring (Spring Green Petal)

Time Allotment: 10 minutes

Materials Needed:

- Paper bag, bowl or other type of container
- Feelings written on scraps of paper (at least one per girl)
- Container

Steps:

1. In a container, place scraps of paper with different feelings written on them, such as excited, angry, happy and sad.
2. 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.
3. Have girls (or pairs of girls) take turns picking a piece of paper out of the container.
4. Instruct them to try and express the emotion on the paper to the rest of the group without using any words. The group should try to guess the feeling.

Activity #2: Listen Up!

Petal Connection: Considerate and Caring (Spring Green Petal)

Time Allotment: 15 minutes

Materials Needed:

- Small objects or tokens, such as coins, pencils or scraps of paper
- Optional: bandanna or other items to serve as blindfolds

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 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.

Steps:

1. Partner girls up and give each pair a small token or object.
2. 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.
3. The other girl will be the talker. Once the listeners have closed their eyes or been 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 that they should remember where they placed their tokens.
4. Once the tokens have been placed, it is the talker's job to lead her partner to the hidden token by giving verbal instructions.
5. Once the tokens have been found, have girls switch roles and repeat.
6. 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?

Activity #3: The Art of Sharing

Petal Connection: Considerate and Caring (Spring Green Petal)

Time Allotment: 20 minutes

Materials Needed:

- Paper
- Crayons, markers, and/or paint
- Newspaper
- Bell or other noisemaker

Steps:

1. Cover tables with newspaper.
2. Ask the girls to help you set up tables with paper, crayons, markers, paints, etc.
3. Girls will sit down and start making art.
4. Every two to four minutes, ring a bell. When the bell rings, girls should trade whatever they're using to make their art with the Daisy sitting next to them.
5. Point out how fun it is to see how their art changes as they share different supplies.
6. 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.
7. Ask girls to share their artistic creations with each other.

Activity #4: Snack Chat and Promise Pals

Petal Connection: Considerate and Caring (Spring Green Petal)

Time Allotment: 10 minutes

While enjoying a 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.

Have each girl make a promise to the other girls in her group identifying how she will be considerate and caring.

Activity #5: Meeting Zinni the Zinnia

Petal Connection: Considerate and Caring (Spring Green Petal)

Time Allotment: 5 minutes

Steps:

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.

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.

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 understand that listening, caring, and sharing are all part of being a good friend
- They know what it means to be considerate and can demonstrate specific ways to be considerate of others
- They identify and practice specific ways to show that they care for someone

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 considerate and caring and have earned the Spring Green Petal:

We had fun:

- Playing games to help us recognize others' feelings and be active listeners
- Creating works of art by sharing materials and ideas
- Making a promise to do something to show that we are considerate and caring

Continue the fun at home:

- Ask your Girl Scout what she promised to do to be considerate and caring. Help her keep her promise.
- Create a list of things your Daisy can do at home to show she is considerate and caring. Recognize your Daisy for the considerate and caring things she does.
- Look through the *Girl's Guide to Girl Scouting* with your girl to find other activities you can try at home.

Thank you for bringing your Daisy to Girl Scouts!

This activity guide was adapted from Girl Scouts River Valleys.



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