

DAISY RESPECT MYSELF AND OTHERS PETAL

Petal Purpose: When girls have earned this petal, they'll know how to respect themselves and others.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law and sing the Girl Scout Daisy song. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster <input type="checkbox"/> (Optional) Girl Scout Daisy song lyrics poster
10 minutes	Girl Scout Traditions <ul style="list-style-type: none"> Girls learn and practice the Girl Scout traditions that show respect to others. 	None
30 minutes	Gloria Says Manners and Snack Chat <ul style="list-style-type: none"> Girls enjoy a healthy snack while practicing their table manners. 	<input type="checkbox"/> Healthy snack that can be eaten with utensils <input type="checkbox"/> Plates <input type="checkbox"/> Silverware <input type="checkbox"/> Napkins <input type="checkbox"/> Serving dish
10 minutes	Promise Pals <ul style="list-style-type: none"> Girls make and share their promises to show respect for themselves and others. 	None
10 minutes	Meeting Gloria the Morning Glory <ul style="list-style-type: none"> Girls color Gloria the Morning Glory coloring sheets and write their respect yourself and others promise. 	<input type="checkbox"/> Gloria the Morning Glory coloring sheets (one for each girl) <input type="checkbox"/> Coloring utensils
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster, (optional) Girl Scout Daisy song lyrics poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Girl Scout Daisy song.

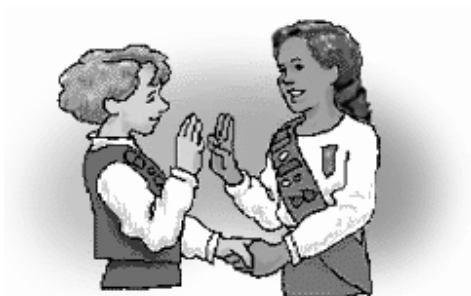


Activity #1: Girl Scout Traditions

Time: 10 minutes

Badge Connection: Girls learn how to respect themselves and others

1. Explain that Girl Scouts has traditions—things that Girl Scouts have done for many years—that show respect, including:
 - Girl Scout Quiet Sign: When everyone is talking and it's time to be quiet, someone raises her right hand and stops talking. As others see her hand in the air, they raise their right hands and stop talking, too.
 - Girl Scout Handshake: Girls shake with their left hands and make the Girl Scout sign with their right hands.



2. Practice using the Girl Scout Quiet Sign and Girl Scout Handshake. When girls practice the Girl Scout handshake, have them introduce themselves to one another.
3. Ask girls how these Girl Scout traditions help them show respect for others.

Activity #2: Gloria Says Manners and Snack Chat

Time: 30 minutes

Badge Connection: Girls learn how to respect themselves and others

Materials Needed: Plates, serving dish, silverware, napkins, healthy snack that can be eaten with utensils

Prep Needed:

- You will need a table large enough to accommodate all your girls and a chair for each girl. (If you have a very large group, you can also have two or more tables.)
 - At each chair, have a place setting for each girl (plate, napkin, and utensils.) Put the snack on a serving dish in the middle of the table.
1. Have all the girls stand around the table.
 2. Tell girls that Gloria the Morning Glory is the flower that represents the part of the Girl Scout Law about respecting yourself and others. Explain that they will play a game that's similar to "Simon Says", called "Gloria Says" that is about good manners.
 3. Explain the rules of the game:
 - The goal of the game is to do things that are polite or use good manners, and to not do things that are impolite and use bad manners.
 - You will call out an action. If a girl thinks the action is polite and shows good manners, she should do the action. If she thinks the action is impolite and shows bad manners she should just sit still. For example, if you say, "Greet someone by saying hello," girls should turn to the girl next to them and say hello. If you say, "Chew with your mouth open," girls should sit still.
 - Optional: Have the girls sit out if they make a mistake.
 4. Call out the actions below, or use some of your own.

Actions



Quietly pull your chair away from the table and sit down.
Reach over and grab snack.
Put your napkin in your lap.
Ask the person sitting by the snack to please pass the snack around the table.
Eat your snack as soon as you get it.
Say please and thank you.
Take a bite of your snack and chew with your mouth open.
Take a bit of your snack and chew with your mouth closed.
Stick out your tongue at someone near you.
Ask someone sitting next to you what her favorite snack is.

5. After playing the game, ask girls if there are other table manners that they use that you haven't talked about yet.
6. While enjoying snack, here are some things for girls to discuss:
 - What words can you use to show respect? *Please. Thank You. You're Welcome.*
 - What can you do to show that you respect yourself?
 - How can you show good manners at home and at school?

Activity #3: Promise Pals

Time: 10 minutes

Badge Connection: Girls learn how to respect themselves and others

1. Split girls into small groups of two to four girls.
2. Have each girl share with her group one thing that she is going to do at home or at school to show respect for herself and others. Ideas include:
 - Brushing your teeth every morning and night
 - Using good manners at the table
 - Listening to friends and what they have to say
 - Making healthy choices:
 - Eating a good breakfast
 - Choosing healthy snacks
 - Getting exercise everyday
3. Have each girl make a promise to the other girls in her group identifying how she will respect herself and others. The girls in the group are now Promise Pals.
4. If possible, have the groups check in with each other at another meeting to see if they kept their promises.

Activity #4: Meeting Gloria the Morning Glory

Time: 10 minutes

Badge Connection: Girls learn how to respect themselves and others

Materials Needed: Gloria the Morning Glory coloring sheet (one for each girl), coloring utensils

Prep Needed:

- Print off copies of Gloria the Morning Glory coloring sheet.
 - Gather materials and supplies.
1. Have girls color in their Gloria the Morning Glory coloring sheets.
 2. Girls can write (or have an adult help them write) the thing they promised to do from Activity #3. This coloring sheet will serve as a reminder of the girl's promise.



Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Visit a local doctor's or dentist's office to learn about taking care of one's body.
 - Have girls write thank you notes for parents, teachers, police officers, firefighters, or other important people in their lives, and deliver the notes to show appreciation for everything that they do.
- Speaker Ideas:
 - Invite a doctor, nurse, or dentist to talk to girls about taking care of themselves.
 - Invite an older girl to talk about ways to girls can show respect for themselves and others.





I'm Gloria the Morning Glory. I respect myself and others!

