



Daisy Respect Myself and Others Petal Activity Plan 1

Petal Purpose: When girls have earned this petal, they'll know to respect themselves and those around them.

Planning Guides Link: Global Citizenship and Girl Scout Sisterhood

Fun Patch Link: Appreciation Award

Activity Plan Length: 1.5 hours

Resources

- This activity plan has been adapted from the Daisy *Girl's Guide to Girl Scouting*, Gloria's Story: A Surprise for Lily—Respect Myself and Others (Purple Petal), which can be used for additional information and activities.

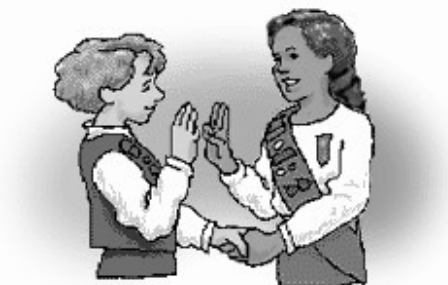
Activity #1: Girl Scout Traditions

Petal Connection: Respect Myself and Others (Purple Petal)

Time Allotment: 10 minutes

Steps:

1. Explain that Girl Scouts has traditions that show respect, including:
 - Girl Scout Quiet Sign: When everyone is talking and it is 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 (holding up 3 fingers, as shown).



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

Petal Connection: Respect Myself and Others (Purple Petal)

Time Allotment: 30 minutes

Materials Needed:

- Plates
- Utensils
- Napkins
- Plate or bowls
- Snack that can be eaten using utensils

Steps:

1. Set the table(s) with plates, napkins and utensils and place snack on the table.
2. Have all the girls stand around the table(s).
3. 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 similar to Simon Says, called Gloria Says that is about good manners.
4. 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.
5. Call out the actions below, or use some of your own.
 - 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.
6. After playing the game, ask girls if there are other table manners that they use that you haven't talked about yet.
7. While enjoying snack, here are some things for girls to discuss:
 - What words can you use to show respect?
 - 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

Petal Connection: Respect Myself and Others (Purple Petal)

Time Allotment: 10 minutes

Steps:

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:
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

Petal Connection: Respect Myself and Others (Purple Petal)

Time Allotment: 10 minutes

Materials Needed:

- Gloria the Morning Glory coloring sheets (1 per girl)
- Coloring utensils

Steps:

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 #4. This coloring sheet will serve as a reminder of the girl's promise.

More to Explore:

- Field Trip Ideas:
 - Visit a local doctor's or dentist's office to learn about taking care of one's body or teeth.
 - 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.

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 name things that they are responsible for doing each day
- They understand that the things they say can affect others
- They understand how to use good manners

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 respecting ourselves and others and have earned the Purple Petal.

We had fun:

- Learning about Girl Scout traditions that show respect, including the Girl Scout handshake and quiet sign
- Practicing good manners, including table manners
- Making a promise to do something to show respect for ourselves and others

Continue the fun at home:

- Ask your Girl Scout what she promised to do to show respect. Help her to keep her promise.
- Talk about good table manners during family meals.
- Read “Gloria’s Story: A Surprise for Lily” 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.



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