

# How to Choose a Girl Scout Daisy Journey

**Purpose:** This guide provides a hands-on way to help girls decide which Journey they would like to work on. Use the sample activities (one from each of the Journey books) to give the girls a feel for each Journey. At the end of the meeting, let the girls decide by incorporating girl choice. A suggested script is marked in blue.

## Supplies Needed:

- Journey map handouts
- A copy of each Daisy Journey book and Adult Guide checked out from a resource center
- Paper bag
- Scarf (or something to use as a blindfold)
- Things found in nature: rocks, stones, twigs, shells, bark, pine cones, acorns, etc.
- Girl-friendly music and a music player
- Nature feels situation cards

## Preparation before the meeting:

*Welcome to the Daisy Flower Garden:* Place the objects found in nature into a paper bag.

*Between Earth and Sky:* Set up a music player, make sure nature feels situation cards are handy.

*5 Flowers, 4 Stories, 3 Cheers for Animals!:* Set up a simple obstacle course by turning over chairs, or blocking off an area to create a simple maze.

## Introduce the Journey books

Today we are going to choose one Girl Scout Journey that we want to work on! There are three we can choose from:

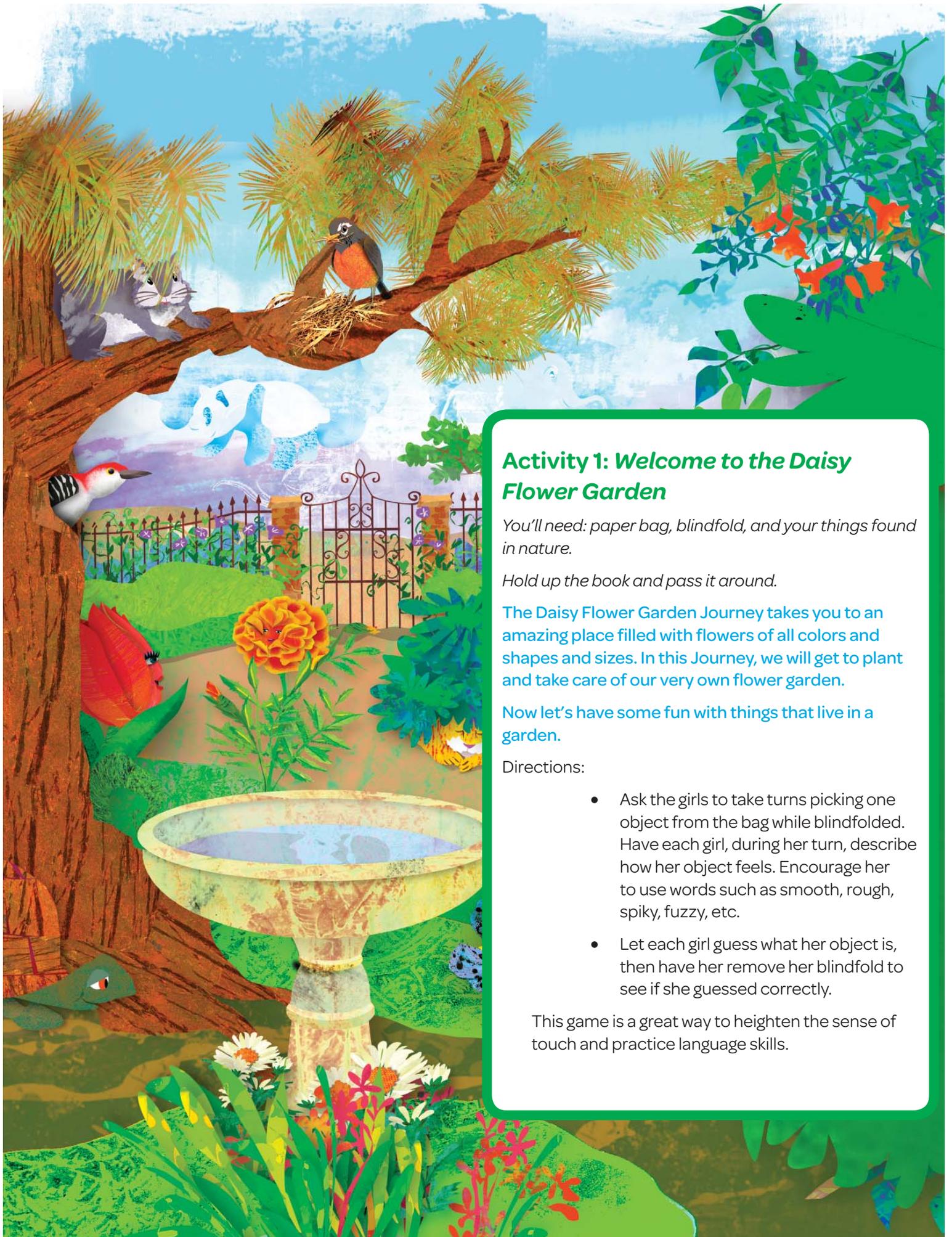
*Welcome to the Daisy Flower Garden*, where we can get to go on a big adventure and meet lots of friends and plant a garden.

*Between Earth and Sky*, where we can travel far and wide and learn about the outdoors, from the earth to the sky, and everything in between; and

*5 Flowers, 4 Stories, Three Cheers for Animals!*, where we can learn about how caring for animals is fun and important and discover all the ways to keep animals safe and happy.

Today we are going to try one activity relating to each Journey book to help us learn a little bit about each book. After we do our activities we'll take a vote to decide which Journey we want to take next.





## Activity 1: Welcome to the Daisy Flower Garden

*You'll need: paper bag, blindfold, and your things found in nature.*

*Hold up the book and pass it around.*

The Daisy Flower Garden Journey takes you to an amazing place filled with flowers of all colors and shapes and sizes. In this Journey, we will get to plant and take care of our very own flower garden.

Now let's have some fun with things that live in a garden.

Directions:

- Ask the girls to take turns picking one object from the bag while blindfolded. Have each girl, during her turn, describe how her object feels. Encourage her to use words such as smooth, rough, spiky, fuzzy, etc.
- Let each girl guess what her object is, then have her remove her blindfold to see if she guessed correctly.

This game is a great way to heighten the sense of touch and practice language skills.

## Activity 2: *Between Earth and Sky*

You'll need: "Nature Feels" situation cards, a caller, music and a music player.

Hold up the book and pass it around.

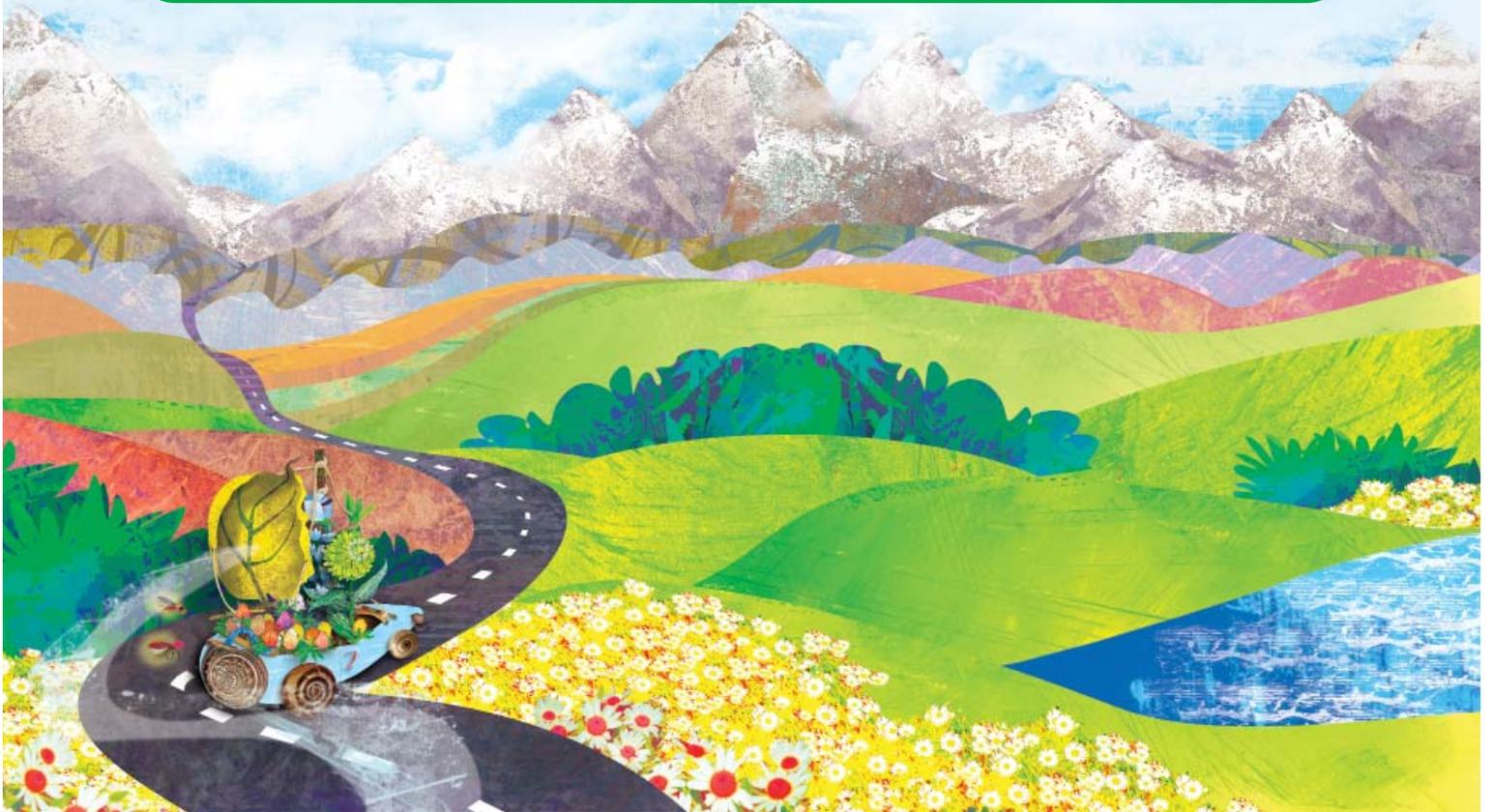
This Journey is called *Between Earth and Sky*. It is all about exploring nature. Have you ever wondered how a snake feels when it rains? Or wondered what a rabbit eats on a beautiful, sunny day? Let's do an activity that will help get us thinking and feeling like nature does. The goal is to get moving and grooving like the nature around you. Let's see how well you can do!

Directions:

- One adult or program aid will be the caller. She will read one of the "Nature Feels" situation cards at a time out loud to the group. Some might seem pretty silly, but they're all fun to try.
- Give the girls get a second to think about how they will follow the instruction.
- Start the music, and everyone acts out the situation on the "Nature Feels" card. When the music stops, girls must freeze! Everyone tries her best not to move until a new card is read.
- If they've completed all the cards and someone can think of a creative idea for a new "Nature Feels" situation, speak up and have the group try it out!

Tips for adults:

Some of the "Nature Feels" cards don't have a specific identifiable action. Encourage girls to be creative with their movements. Don't worry if their movements don't really make sense, that's part of the fun!



### Activity 3: 5 Flowers, 4 Stories, 3 Cheers for Animals

You'll need:

Hold up the book and pass it around.

The third Journey is called *5 Flowers, 4 Stories, 3 Cheers for Animals!* This is the Journey that is all about learning how we can help animals and how taking care of animals is just like taking care of ourselves. Now, we are going to create an elephant parade.

Elephants talk to one another by making rumbling sounds. In this game of trust, your sister Daisies are depending on the parade leader's ability to communicate clearly and get them safely through the maze. They are putting their trust in you!

Directions:

- Show the girls how to link arms just like elephants link tails.
- Explain that in this game of trust, each girl will take turns leading the rest of the Daisies through the simple maze of obstacles that is set up.
- Suggest that the girls use directions such as "walk five steps toward the windows" or "take one step forward" to get them through the maze. Let them know that this is a great chance for them to show what they can do when they team up!
- After the girls have each taken a turn leading a group through the maze, direct the girls to keep their arms linked and lead one another in various movements, such as galloping or skipping, as they work cooperatively to stay linked while moving in sync.

### Putting it to a vote

Now that we've had a chance to sample a little bit of each Journey, it's up to you girls to decide which one we want to do next year. You can choose between *The Daisy Flower Garden*, *Between Earth and Sky*, or *5 Flowers, 4 Stories, 3 Cheers for Animals!*

Then, put it to a vote and let the Daisies know which Journey they'll be taking next.

