What’s this Journey About?
In this Journey the flower friends will tell stories of visits to their homelands. The Daisies will learn to see that differences are what make people, places and animals unique and interesting. The girls should learn that differences and similarities are to be respected and appreciated.

What You Need:

5 Flowers, 4 Stories, 3 Cheers for Animals Girl Book: Each girl needs her own girl book. There are pieces of this that you’ll use with the girls, and other portions may be read by the girls at home.

5 Flowers, 4 Stories, 3 Cheers for Animals Adult Guide: Use this to guide girls through the Journey
Journey Awards

❖ Birdbath Award
Daisies learn to care for animals and for themselves. Daisies earn this award by naming one way they can care for animals and one way they can care for themselves.

❖ Red Robin Award
Daisies use their new knowledge and creativity to teach others how to care for animals. Daisies earn this award by sharing animal care tips with others and by telling the “story of animal care” in a creative way with a Red Robin Project.

❖ Tula Award
Daisies have gained courage and confidence in teaching others about animal care. They share with one another the good feelings they experienced as they taught others in their community about animal care.

Getting Started:
Before you begin this Journey, take a few moments to familiarize yourself with the following session outlines as well as the girl book and adult guide for 5 Flowers, 4 Stories, 3 Cheers for Animals. It is helpful to read pages 8-25 of the adult guide and then read the story in the girl book. Once you have reviewed these, use the session outlines and the adult guide to review each week’s activities. You know your group and some activities might need to be modified before beginning. Of course, you don’t have to follow the guide or booklet word for word—once you get a topic started, listen for where girls want to take it! Use the supply list to prepare for your meeting. Then send an email to the families afterwards to tell them what the girls learned and upcoming events. Consider planning a field trip or two that relate to the Journey. There are a few ideas on page 3 of this packet.

Story Time
This series invites girls into the fun world of storytelling. During this Journey, the Daisies hear the flower friends’ stories and tell their own stories. Storytime is built into many sessions; it would be helpful to find creative ways to tell the stories. You may want to invite in older girls to help you, use hand gestures or different voices for different characters. Don’t be afraid to perform the story! If time doesn’t allow, you might also consider paraphrasing the story or having the girls read at home with their family.

Helping Girls Take the Lead
Here are some easy tips to let the girls take the lead:

• Have girls sign up for roles to lead each part of the meeting including taking attendance, leading the Girl Scout Promise and Law and more!
• Let the girls lead songs and games. You may have to teach them the first time around, but they will get the hang of it very quickly. Also, girls may have their own games and songs to teach you!
• Keep an eye out for girls who have not expressed their opinion during the meeting.
• Initiate a voting system to vote on new ideas so every girl is heard.
Supplies Needed by Week:

All Weeks:
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - adult guide
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - girl book (one for each girl)
- Poster of the Girl Scout Law – use one that shows the flowers and the part of the law they symbolize
- Snack (optional)
- Mural from previous weeks

Week 1
- Beanbag
- Picture of a bald eagle
- A roll of white paper
- White paper (full sheets)
- Crayon/makers
- Feathers
- Glue
- Strips of newspaper and white paper
- A large bowl covered in foil
- A few smaller bowls or cups for the paste mixture
- Water
- Liquid measuring cup
- Color tissue paper (dark brown, light brown, white, yellow and blue)
- Cheap small paintbrushes (foam ones work well)

Week 2
- A few pictures of a lion
- One brown lunch sack or paper bag for each girl
- Sticks, tissue paper, feathers and other supplies for the nest
- Assorted craft materials
- Glue
- White paper
- Markers/crayons

Week 3
- Picture of a robin
- Paper
- Pencils
- Assorted craft materials
- Oranges, cut in half ahead of time.
- Toothpick (for poking holes in the oranges)
- String that is sturdy, but not too thick for the holes created by the tooth picks
- Small bowls for bird feeder materials
• Peanut butter or suet
• Oats, sunflower seeds, peanuts or other food for birds
• Plastic bags
• A craft stick to mix the ingredients together
• Cheerios

**Week 4**
• Picture of a donkey
• Postcard size paper
• Markers or crayons

**Week 5**
• Soft music for yoga (optional)
• Picture of a panda
• Origami paper (at least 2 sheets per girl)
• White paper
• Pencils

**Week 6**
• Picture of an elephant
• Obstacles for the Elephant Parade
• Supplies for the Red Robin Project (crafts, music, etc.)

**Week 7**
• Birdbath (made in Week 1)
• Robin (possibly made in Week 1 or you might need to make one)
• Anything the girls may need for their Red Robin Project
• Make a small papier mache or felt Red Robin

**More to Explore – Adding to Your Journey Experience**
• Field Trip Ideas:
  o Visit a place with animals:
    • A local zoo
    • Pet stores, animal shelters or veterinarian offices
  o Find out how animals help humans by visiting a dairy farm
• Speaker Ideas:
  o A veterinarian or someone who works with animals
  o A long-term pet owner
  o People who foster/rescue pets
  o Someone who trains service animals
  o Someone from a local animal shelter or zoo
• Additional Ideas
  o Connect with a local non-profit that helps animals and see if there are any projects the girls could make that would benefit the animals such as dog toys, dog treats and event no-sew dog beds.
GOAL: This week Daisies will begin to identify ways they can care for animals. They will start a Team Animal Mural and create a Team Birdbath.

Supplies:

- 5 Flowers, 4 Stories, 3 Cheers for Animals! - adult guide
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - girl book (one for each girl)
- Poster of the Girl Scout Law – use one that shows the flowers and the part of the law they symbolize
- Snack (optional)
- Beanbag
- Picture of a bald eagle
- A roll of paper for a mural
- White paper (full sheets)
- Crayons/markers
- Feathers
- Glue (for the mural and birdbath)
- Strips of newspaper and white paper
- A large bowl covered in foil
- A few smaller bowls or cups for the paste mixture
- Water
- Liquid measuring cup
- Colored tissue paper (dark brown, light brown, white, yellow and blue)
- Cheap paintbrushes

Before the Meeting:

- You will save time if you prepare the paste and strips of newspaper ahead of time.
- For the final ceremony of this series, you will need a small red robin (see week 7). You may want to create one while the girls are making their birdbath.
- This week has a lot of activities, but please do not save on time by cutting out the team talk.

Activities:

1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart.
2. **Game: Beanbag Icebreaker (8-10 minutes)**
   - Begin by having the girls get into a big circle. The leader begins by tossing the beanbag toward a girl in the circle. The girl who catches the beanbag says her name and something that she likes about animals. Let girls know that they each need to come up with something different. They can describe and animals color, shape, fur, skills, what it likes to eat, etc.

3. **Story Time: “Welcome to this Amazing Animal Adventure” (10 min)**
   - This is a short introduction to the Journey. Read page 5 of the girl book to your troop.
   - After the story, explain that they are about to begin an exciting Girl Scout Journey where they are going to learn all about caring for animals.

4. **Team Animal Mural (25 min)**
   - This team mural will be used throughout the Journey, so it needs to be kept in a safe place.
   - Each week girls will add new animals.
   - If you have a large group you might want to make more than one mural, paint multiple animals each week or have girls work in teams.
   1. Explain what a mural is and why they are making one. For example, “A mural is a big picture that tells a story. Usually a mural is so big, it covers a whole wall! Our mural will be smaller and it will tell the story of all the animals we meet on this journey.”
   2. Using the roll of paper either have the girls write “Our Animal Mural” on the top of the poster or write it in bubble letters ahead of time and let them color the letters.
   3. Once this is finished, show the girls a picture of an eagle and explain that this is the national bird of the United States. Tell them that Bald Eagles build the largest nests of any bird in North America. Then share they are going to work together to create an eagle.
   4. The parts that you will need to make are: a head, body, tail, two wings, two legs and feet. If you have a small group each girl can take one part. If you have a larger group they can either make more than one eagle or have two to three girls work on one part together.
   5. Once each girl has a part, they can draw and color their part it or use feathers and tissue paper. If you decide to use feathers and tissue paper, you may want to pre-cut the shapes out of cardboard or cardstock and hand them out to the girls.
5. Team Birdbath (15 min)
   - The team birdbath is also going to make an appearance at each meeting. Girls are going to add their ideas to the birdbath and take things out each week.

1. Take a large bowl that is similar in shape to a birdbath and cover it with foil.
2. Make your adhesive or papier mache paste by mixing approximately 2 parts white glue with 1 part water.
3. Have the girls apply the paste to strips of newspaper with brushes and add it to the bowl.
4. Once the bowl is well-covered with newspaper, have them add a layer of white paper.
5. After the white paper has been applied, the girls can add colored pieces of tissue paper.

6. Team Talk (10 min)
   - Use page 33 of the adult guide.
   - This is a discussion about ways people care for animals. Have the girls talk about the ideas and then create pictures to show their ideas (Ask the questions before drawing picture.).
     - Have you ever cared for a pet, either your own or a friend's pet? What did you do? What did you like most about caring for the animal(s)? (walk dogs, feed cats, etc.)
     - What is the most unusual animal you've ever seen? Where did you see it? What did it look like? Who takes care of it? Any idea how they take care of the animal- like what they feed it or if they get baths?
     - How are these ways of caring for animals similar to ways that you take care of yourself?
7. Closing Ceremony (10 min)
   - Have each girl capture one or two ways that she can care for animals on a small piece of paper or notecard. She can either write word or draw a picture.
   - Collect the words and pictures and explain that you are going to add them to the birdbath after it dries. So, their notes will be in the birdbath next week when they come back.
   - Friendship circle - A Girl Scout tradition
     o Have the girls form a circle then cross their arms so that their right arm is over their left arm. They then hold the hands of the girls next to them.
     o One girl or leader starts the circle by making a silent wish, then squeezing the hand of the girl on her left.
     o Each girl squeezes the next girl’s hand in turn, until the squeeze “gets back” to the first person.
     o The first person then says “Goodbye Girl Scouts” and the girls can either twist out of the circle or just drop hands.

Optional (If you have additional time)
   - Snack Time – Create Ants on a log from page 75 of the girl book
   - Matching Game – Page 78 of the girl book

Family Follow-Up Email
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We began a new journey experience – 5 Flowers, 4 Stories, 3 Cheers for Animals! The Journey focuses on the importance of caring for animals and for ourselves. We will be working on this Journey for the next several meetings.

We had fun:
   - Making an animal mural. We will continue to work on this during our journey experience.
   - Discussing how people care for animals.
   - Making our team birdbath

Continue the fun at home:
   - If you have a pet, have your Girl Scout help in the care of that animal.
   - See if you can spot people caring for animals over the next few weeks.

Our next meeting will be and we will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Daisy to Girl Scouts!
GOAL: Girls will explore the many ways that caring for animals are like caring for themselves. They will learn about lions and create an “All About Me Nest.”

Supplies:
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - adult guide
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - girl book (one for each girl)
- Poster of the Girl Scout Law – use one that shows the flowers and the part of the law they symbolize
- Snack (optional)
- Mural from previous week
- A few pictures of a lion
- One brown lunch sack or paper bag for each girl
- Sticks, tissue paper, feathers and other supplies for the nest
- Assorted craft materials
- Glue
- White paper
- Markers/crayons

Before the Meeting:
In addition to gathering the supplies, you may want to make an example nest for the girls to see. Check out an example in the adult guide on page 41.

Activities:

1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart.

2. I went to the zoo and… (10 min)
   - Show the girls that you added their notes from the previous week to the birdbath.
   - Tell the girls that they just took a pretend trip to the zoo and saw all kinds of animals. You are going to make sounds and they will guess the animal. After you have gone several times, you can see if one of them wants to volunteer to make the sound. You may also want to add in some claps to give it a rhythm. For example:

   “I went to the zoo and I heard this sound: chirp chirp chirp, tweet tweet tweet.”
   The girls say, “I turned around and saw a bird.” (clap clap)

More animal sound examples:
- Chickens- cluck
- Cows- moo
- Frogs- ribbit
- Ducks- quack
- Horse- neigh
- Tiger- growl/roar
- Owl- hoot
- Pig- oink oink
- Monkey- ooh ooh ooh ah ah ah
3. **Story Time: “A Purr-fect Surprise in the Garden” (15 min)**
   - Read pages 6-13 of the girl book with enthusiasm and consider having the girls act out certain parts of the story. Then follow with questions like this:
     - Tula comforts Vi, who is a little afraid of the cat, by explaining that they cat is really nothing to fear. How do you feel when you meet a new person or a new animal?
     - Tula explains that the cat is meowing because it is probably thirsty or tired. How do you feel when you are hungry, thirsty or tired?
     - The cat needs shelter, water, and food. It also needs to play and get exercise. How are your needs like the cat's needs? How are they different?
     - The flower friends decide that it’s fun to take care of the cat. Describe a time you cared for an animal or a person. How did it make you feel?

4. **Lions (10 min)**
   - We just read about Tula the tulip. Tula’s family is from Iran and she lives in another country called The Netherlands. The lion is a symbol of Iran and the national animal of The Netherlands, so we are going to talk about them for today. Fun facts about lions:
     - A lion cub is born with brown spots on its body, just like the ones you see on a leopard.
     - As a lion club grows up, its spots fade, but light spots often can still be seen on its legs, especially on a lioness, which is another name for a female lion.
     - A group of lions is called a “pride.”
     - What else do we know about lions? Where have you seen them? Do you know anything about lions that you would like to share? Now, let’s pick a lion to add to our team mural!
5. Get Creative – All About Me Nests (10-15 min)
   - Turn to pages 14-15 in the girl books to show them pictures of the nests. If you have space don’t have space to store the girls’ personal nests and add to them each week, you can encourage them to add things that make them feel good about themselves at home.

1. Pass out the paper bags and set out the supplies
2. Show the girls how to scrunch their bag into a nest shape. You might need to rip the sides slightly.
3. Then give the girls time to decorate their nests. Encourage them to reflect themselves in the nest and include things that make them happy.

6. Caring for Myself (5-10 min)
   - Have each girl draw a picture of herself doing something that shows how she takes care of herself. Examples include, brushing your teeth, taking a shower, reading before bed, playing, etc. If there is a girl who doesn’t like to draw, she can write instead. If you have time, have the girls share their drawings. Then have the girls fold up their drawings and place them inside their nest.

7. Closing (5-10 minutes)
   - Have the girls share one way they plan to care for themselves or animals during the next week. Encourage them to bring a picture or photo next week, or encourage them to care for themselves or an animal.
   - Friendship circle - A Girl Scout tradition
     - Have the girls form a circle then cross their arms so that their right arm is over their left arm. They then hold the hands of the girls next to them.
     - One girl or leader starts the circle by making a silent wish, then squeezing the hand of the girl on her left.
     - Each girl squeezes the next girl’s hand in turn, until the squeeze “gets back” to the first person.
     - The first person then says “Goodbye Girl Scouts” and the girls can either twist out of the circle or just drop hands.
Optional (If you have additional time)

- Animals Safe and Sound (with Guest Speaker) – Pages 39-40 of the adult guide
- Snack Time – Eat Like a Rabbit – Page 40 of the adult guide
- Take a walk around your meeting space to see if girls can find any nests.

Family Follow-Up Email
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We continued our journey experience – 5 Flowers, 4 Stories, 3 Cheers for Animals!

We had fun:
- Making a nest.
- Drawing pictures of us taking care of ourselves.

Continue the fun at home:
- Help your Daisy see how she is caring for herself between now and our next meeting.
- Look for nests in your yard or while taking a walk in your neighborhood.

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Daisy to Girl Scouts!
GOAL: The girls use their imagination and problem solving skills as they continue to explore how the needs of animals are similar to their own. They will learn about Robins and make up a new story together.

Supplies:

- 5 Flowers, 4 Stories, 3 Cheers for Animals! - adult guide
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - girl book (one for each girl)
- Poster of the Girl Scout Law – use one that shows the flowers and the part of the law they symbolize
- Snack (optional)
- Mural from previous weeks
- Picture of a robin
- Paper
- Pencils
- Assorted craft materials
- Oranges, cut in half ahead of time.
- Toothpick (for poking holes in the oranges)
- String that is sturdy, but not too thick for the holes created by the tooth picks
- Small bowls for bird feeder materials
- Peanut butter or suet
- Oats, sunflower seeds, peanuts or other food for birds
- Plastic bags
- A craft stick to mix the ingredients together
- Cheerios

Activities:

1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart

2. Game: Animal Tag (10 min)
   - As in classic tag, everyone runs around avoiding the person who is it. In this version, when a player is tagged, the person who is “it” assigns them an animal. For example, “You’re a monkey.” The tagged person must stand where she is and act like that animal until another player tags (frees) her or the game ends.

3. Story Time: “The First Stories” (15 min)
   - Ask the girls to give one example of how they cared for themselves or an animal during the past week. Allow them to write these actions down and add them to the team birdbath. Praise them for doing a good job of taking care of themselves and animals and begin reading the story on pages 16-23 of the girl book. If you have older girls at the same site, you could see if they would
volunteer to read the story to girls in small groups. After reading the story lead a short discussion:

- In the story today, the flower friends notice what makes them special. What’s special and unique about you? Do you speak more than one language? Do you know magic tricks? Are you a great dancer? Go around the circle and give girls the chance to share.
- Robin shares how she became red. Think about what you just shared about yourself, and describe how you became that way.

4. Robins (10 min)

- We just read about Robin, the red robin. Let’s learn some more fun facts about robins:
  - Robins are songbirds. They love to sing and will even sing in the middle of a cold, winter night!
  - The robin’s diet is principally worms, spiders and other insects, but they also have a sweet tooth and may eat things like cake, especially fruit cake, coconut cake and uncooked pastry.
  - When the male robin has found a mate, he will strengthen their bond by bringing the female food, such as worms and caterpillars.

- Have the girls add the picture of a robin as well as some of the items a robin eats to your team mural.

5. Spin-a-Tale (15 min)

- Now we are going to make up our own story together! Can someone share how the Robin became red?
- The Robin story is a special kind of folktale that answers the question “Why?” but is not a true story.
- Begin the story with the how an animal got to be the way it is, for example, how a zebra got its stripes or why bees buzz in people’s ears. Go around in the circle and have girls add on the story until it ends. If you have a way to record the story and play it back, that may be fun for the girls.
6. Natural Bird Feeders (15 min)
1. Cut the orange in half
2. Eat the insides (or discard them)
3. Use a toothpick to punch 4 holes in the sides of the orange.
4. String through two pieces of string, making a cross through the middle. You can wait to tie them.
5. Mix together peanut butter with oats, sunflower seeds, peanuts or other food for birds and put it inside the orange.
6. Make sure there is some peanut butter on the top layer for the bird seed to stick to it. Use a spoon to add the bird seed.
7. Add cheerios to the strings and tie them all together.
8. Put in a plastic bag so girls can take them home.

Peanut Butter alternatives: (1) Sunbutter looks like peanut butter but is made out of sunflower. It is sold in grocery stores. (2) Suet is sold in supermarkets and in discount stores in the bird seed and bird feeder area. You can also get it at your supermarket if you ask the meat department manager to save some for you. Suet is the fat that is cut off of beef before it is packaged and sold. Suet is a good food for birds in the cold weather because of its high calorie content that provides a lot of energy for them.

7. Closing (10 minutes)
- Encourage them to think about more ways they can care for animals or themselves and add it to the birdbath anytime and have a friendship circle where the girls each give each other a genuine compliment.
- Friendship circle - A Girl Scout tradition
  - Have the girls form a circle then cross their arms so that their right arm is over their left arm. They then hold the hands of the girls next to them.
  - One girl or leader starts the circle by making a silent wish, then squeezing the hand of the girl on her left.
  - Each girl squeezes the next girl’s hand in turn, until the squeeze “gets back” to the first person.
  - The first person then says “Goodbye Girl Scouts” and the girls can either twist out of the circle or just drop hands.
Optional (If you have additional time)

- Do the activity Fly, Fly Away – Page 47 of the adult guide.
- Session 4 – Pages 50-61 of the adult guide – If you need to fill additional weeks, consider adding this session. You will see that the adult guide suggests splitting up the “First Stories” chapter from Session 3.
- You can also add Snack Time – Incredible, Edible Nest – Page 46 of the adult guide or Apple Ladybugs – Page 56 of the adult guide.

Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We continued our journey experience – 5 Flowers, 4 Stories, 3 Cheers for Animals!

We had fun:
- Making up our own animal stories.
- Making birdfeeders.

Continue the fun at home:
- Read a story like *How the Leopard Lost Its Spots* or *Why Mosquitoes Buss in People’s Ears*.
- Hang up your birdfeeder.

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Daisy to Girl Scouts!
GOAL: Girls continue to explore the needs of animals and begin to focus on specific animal needs in their communities.

Supplies:
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - adult guide
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - girl book (one for each girl)
- Poster of the Girl Scout Law – use one that shows the flowers and the part of the law they symbolize
- Snack (optional)
- Mural from previous weeks
- Picture of a donkey
- Postcard size paper
- Markers or crayons

Activities:

1. **Opening (5-10 minutes)**
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart

2. **Game: Animal Groups (10 minutes)**
   - In this game girls will be looking for other animals in her animal group/herd. Depending on the size of your troop, pick 3-4 animals. Walk around the circle and whisper one of the animals in each girl’s ear. Tell the girls to look for the other members of their pack without speaking, just making the sounds of their animal.

3. **Story Time (15 minutes)**
   - Read “Zinni’s Story,” pages 29-35 of the girl book. After the story is over, add a picture of the donkey to your mural and share a few fun facts:
     - Donkeys are related to horses and zebras.
     - Donkeys are slower than and not as strong as horses, but they are very smart.
   - Now we are going to add a donkey to our team mural. Invite the girls to write words on the mural to describe the donkey. They can also say a word for phrase about how they feel when they think about the donkey and add that too.
4. Choices, Choices (10 min)

- This activity is about making decisions. Girls are learning to compromise by recognizing what they say and do affects other people. They must consider and balance their own needs as well as others for everyone to be happy in the end. First divide the group in half. Move one group to one side and the second to the other side. Read the scenarios below to each group and then break them into pairs to begin discussing how to resolve the situation. After they have talked about this for a few minutes, ask one pair from each group to come up and role play their solution. Then others from their larger group can share if they came up with a different solution. You may also want to give some other problem solving options, like taking the dog for a really short walk before and after the block party.

**Scenario 1: Monica and Nevaeh**

Nevaeh and Monica were playing in the park when they hear a sad little “chirp, chirp” sound coming from the woods. They follow the sound and discover a baby bird on the ground. They look up and see the chick has fallen from a nest in one of the trees.

“Poor little baby bird,” cries Monica. “Let’s get it back in its nest with its mommy,” she suggests.

“Maybe we should tell my mom,” says Nevaeh. “I’m not sure if we should touch it, even though it looks like it wants to get back to its nest right away.”

“But the branch is so close, and the baby is so sad,” says Monica.

*Take on the roles of Monica and Nevaeh and decide together what you will do: Lift the bird back into its nest or tell Nevaeh’s mom.*
4. The Power of the Postcard (20 Minutes)
   - Use page 71 of the adult guide.
   - You might want to bring a few examples of postcards if possible.
   - Have them brainstorm who they could send the postcard to before they begin. For example maybe their grandma has a cat and they might want to send her a postcard about caring for cats.

5. Birdbath Ceremony (10 minutes)
   - Have the girls get into a circle and say one way they can care for animals and one way they can care for themselves. They have already done this before, but it reinforces what they have learned to show that they earned the award. When they have finished, congratulate them on earning their Birdbath Award by learning how to take care of animals and themselves. Have the girl repeat after you, “Animals need care; I need care. I can do both.” After this is finished, encourage girls to continue caring for animals and adding their ideas for caring for themselves and others throughout the Journey.

5. Closing: Friendship Circle (5 min)
   - Give each Daisy a ¼ sheet of paper and ask them to draw pictures and write about how their decision to help or not help made them feel. Then have them place their drawings and words in the Team Birdbath.
   - Friendship circle - A Girl Scout tradition
     - Have the girls form a circle then cross their arms so that their right arm is over their left arm. They then hold the hands of the girls next to them.
     - One girl or leader starts the circle by making a silent wish, then squeezing the hand of the girl on her left.
     - Each girl squeezes the next girl’s hand in turn, until the squeeze “gets back” to the first person.
     - The first person then says “Goodbye Girl Scouts” and the girls can either twist out of the circle or just drop hands.

Scenario 2: Jessie and Destiny

Two friends, Jessie and Destiny, are walking to a block party in their neighborhood. They are very excited. “I can’t wait to play games,” says Jessie.

“I can’t wait to ride the rides!” Destiny says.

Jessie’s 90 year old neighbor calls out to the girls as they walk by and explains that she isn’t feeling well today. She asks, “Will you please walk my dog right now?”

*Take on the roles of Jessie and Destiny and decide together what you will do: Walk the dog and be late to the block party, or tell Mrs. Smith that you can’t walk her dog.*
Optional (If you have additional time)

- Snack - Apple Snacks and Quesadillas – Page 72 of the adult guide
- Comparing the Caring – Page 72-73
- Session 5 – Pages 62-67 of the adult guide – If you need to fill additional weeks, consider adding this session.

Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We continued our journey experience – 5 Flowers, 4 Stories, 3 Cheers for Animals!

We had fun:
- Making postcards about caring for animals.
- Learning to make choices
- Earning our Birdbath Award

Continue the fun at home:
- Continuing encouraging your daughter to care for herself.

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Daisy to Girl Scouts!
GOAL: Girls continue to explore how caring for animals resembles caring for themselves. Girls learn to take care of themselves through yoga.

Supplies:
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - adult guide
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - girl book (one for each girl)
- Poster of the Girl Scout Law – use one that shows the flowers and the part of the law they symbolize
- Snack (optional)
- Mural from previous weeks
- Soft music for yoga (optional)
- Picture of a panda
- Origami paper (at least 2 sheets per girl)
- White paper
- Pencils

Before the Meeting:
Practice the yoga poses and making the origami ahead of time. Origami may be difficult for girls this age. However, if you have practiced several times and can teach them, the activity will go much more smoothly. You may also want to create a few of your own animal riddles as examples.

Activities:

1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart

2. Yoga (10 min)
   - Turn on relaxing music and teach the girls 3 fun yoga postures that will be incorporated into story time (pages 50-51 of the girl book, page 84 of the adult guide). Remind them to start with a deep breath in and end with a deep breath out.
3. Story Time: “Gloria’s Story - Dancing Through Japan” (15 min)
   - Read pages 41-47 of the girl book. Also see page 84 of the adult guide. It will explain how to incorporate the yoga poses.
   - In the story, Gloria introduced us to the Panda. Here are some fun facts about the Panda:
     o Giant Pandas are known and loved all around the world, but pandas are very rare. There are only about 1,000 of them still living in the wild.
     o Giant Pandas aren’t giant when they are born. Newborn pandas are about the size of a stick of butter. But they grow to be about 5 or 6 feet tall and weigh 275 pounds.
     o Giant Pandas eat bamboo. They eat about 80 pounds of it every day. They spend about 16 hours a day eating! That’s more than half a day!
   - Now we are going to add a panda to our team mural. Invite the girls to write words on the mural to describe the panda (cute, cuddly, big, eats a lot, etc.). They can also say a word or phrase about how they feel when they think about the panda and add that too.

4. Origami Cat (20 min)

5. Animal Riddle Poem (10-15 min)
   - Begin by having the whole group create a riddle poem together. The goal is to describe the animal without saying the animal’s name. After you have created a riddle as a group, have the girls create their own or work together in small groups to create another riddle. Take time for the girls to share their riddles with everyone to see if they can guess the animal.

Line 1: Describe how the animal looks.     Soft and furry,
Line 2: Describe or write out the sound the animal makes. Meow meow all day long
Line 3: Describe the animal’s actions. Loves to play with yarn
Line 4: End with “Who am I?” Who am I?
6. Closing: Friendship Circle (5 min)
   • Friendship circle - A Girl Scout tradition
     o Have the girls form a circle then cross their arms so that their right arm is over their left arm. They then hold the hands of the girls next to them.
     o One girl or leader starts the circle by making a silent wish, then squeezing the hand of the girl on her left.
     o Each girl squeezes the next girl’s hand in turn, until the squeeze “gets back” to the first person.
     o The first person then says “Goodbye Girl Scouts” and the girls can either twist out of the circle or just drop hands.

Optional (If you have additional time)
• Fruits from Japan – Page 85 of the adult guide

Family Follow-Up Email
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We continued our journey experience – 5 Flowers, 4 Stories, 3 Cheers for Animals!

We had fun:
• Making origami cats
• Trying yoga

Continue the fun at home:
• Make additional origami figures
• Help your Daisy come up with ways she could teach others about caring for animals. We will begin our Red Robin Project at our next meeting.
• Trying yoga as a family

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Daisy to Girl Scouts!
Week 6: Red Robin Project

GOAL: Girls strengthen their communication skills as they begin their Red Robin Project.

Supplies:
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - adult guide
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - girl book (one for each girl)
- Poster of the Girl Scout Law – use one that shows the flowers and the part of the law they symbolize
- Snack (optional)
- Mural from previous weeks
- Picture of an elephant
- Obstacles for the Elephant Parade
- Supplies for the Red Robin Project (crafts, music, etc.)

Before the Meeting:
- In this session, girls will begin planning their Red Robin Project. It is an opportunity for girls to use their new knowledge and creativity to teach others how to care for animals. The girls choose animal care tips to share with others and tell this story of animal care in a creative way.
- To get started, review the following before the meeting:
  o A small explanation is available on page 86 of the adult guide.
  o Pages 75-81 in the adult guide provide a planning resource for you to lead the girls. They select a project at the end of sample Session 7 in the adult guide.
  o The goal of the project is to have the girls teach others how to care for animals.

Activities:

1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart

2. Elephant Parade (20 min)
   - This game gives each girl the chance to be the leader. Set up by creating an obstacle course.
     If you are able to take the girls outside, this activity may be more fun. To play this game, have girls link arms like elephants link tails and go through the maze. 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 you have set up. The person in the lead needs to help the other girls make it through the maze safely by clearly giving directions. Everyone else has to trust where the leader is taking them. If there is time, it may also be fun to have the girls try to gallop or skip with their arms linked. After playing, ask the girls:
     o What was it like to lead?
     o How did it feel to have to trust one of your sister Daisies so completely?
     o Were you able to trust the leaders? Why or why not?
     o Why is trust important?
3. Story Time: “Rumbles and Roars” & “Home, Sweet Home” (15 min)
   - **Read pages 55-61 and then finish the book by reading 65-71.** In the story, Mari saw mother elephants taking care of their babies. Here are some fun facts about elephants:
     o An elephant can eat 300 pounds of food in one day!
     o An adult elephant’s trunk is about 7 feet long. That’s as long as some of the world’s tallest basketball players!
     o Elephants have ivory tusks that grow throughout their entire lives.
   - Now add an elephant to your animal mural!

4. Red Robin Project Planning (20 min)
   - This is a Take Action Project that allows the Daisies to share what they have learned on this Journey and to educate others about caring for animals. Here are steps to determining your troop’s project. If you have a large troop, you might consider breaking the girls up into small groups.

1. Find an audience:
   - Other Girl Scouts
   - Other kids (not in Girl Scouts) at the same site
   - Parents of the Daisies
   - Or split your Daisy group into two groups (present to each other)
   - See if they could share their project during the school day

2. Decide on an animal care message: If they are struggling for ideas, have them draw ideas out of the birdbath or look at their team mural.
3. Create your project: The girls can find any creative way to share their message or teach their idea. Here are some examples:
   - Teach safety tips (ask if it’s safe before petting a dog)
   - Fun Do-It-Yourself project (birdfeeders)
   - Create a performance showing how to care for animals.

4. Practice for next week: You may want to take notes on the project(s) to help Daisies set up the following week.

5. Closing: Friendship Circle (5 min)
   - Friendship circle - A Girl Scout tradition
     o Have the girls form a circle then cross their arms so that their right arm is over their left arm. They then hold the hands of the girls next to them.
     o One girl or leader starts the circle by making a silent wish, then squeezing the hand of the girl on her left.
     o Each girl squeezes the next girl’s hand in turn, until the squeeze “gets back” to the first person.
     o The first person then says “Goodbye Girl Scouts” and the girls can either twist out of the circle or just drop hands.

Optional (If you have additional time)
   - Animal Masks (Page 101 of the adult guide)

Family Follow-Up Email
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We continued our journey experience – 5 Flowers, 4 Stories, 3 Cheers for Animals!

We had fun:
   - Working on our Red Robin Project
   - Talking about elephants

Continue the fun at home:
   - Ask your daughter about her Red Robin project.

Our next meeting will be          and we will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Daisy to Girl Scouts!
Week 7: Teach Others with Confidence

GOAL: Girls educate and inspire others on animal care, building their own confidence along the way. Girls will complete their Red Robin Projects and earn their awards.

Supplies
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - adult guide
- 5 Flowers, 4 Stories, 3 Cheers for Animals! - girl book (one for each girl)
- Poster of the Girl Scout Law – use one that shows the flowers and the part of the law they symbolize
- Snack (optional)
- Mural from previous weeks
- Birdbath (made in Week 1)
- Robin (possibly made in Week 1 or you might need to make one)
- Anything the girls may need for their Red Robin Project
- Make a small papier mache or felt Red Robin

Before the Meeting:
- At this meeting the girls will be sharing what they've learned during the Journey. They will be completing their Red Robin project and Tula Award.
- For both activities, it would be helpful to have an audience. You might have them invite parents, another troop or have the girls present to each other.
- You could also consider making the meeting a troop party and serve snacks.

Activities:

1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart

2. Musical Animal Acts (10 min)
   - This is a fun variation of musical chairs. When the music stops, the girl without a chair must pick the name of an animal out of a hat and act it out as the other girls guess what it is.
   - If you have another troop or family present, have them join you.

3. Set-up Red Robin Project (10 min)
   - Home, Sweet Home pages 65-71 of the girl book
   - Page 106 of the adult guide has some processing question.

4. Complete Red Robin Project (30 min)

5. Tula Award (10 min)
   - Using page 107 of the adult guide, have each girl share how caring for animals makes her feel. They can also share one things they've learned during your Journey.
   - Place a red robin (or another small bird) on the birdbath to symbolize the end of the journey.
6. **Closing: Friendship Circle (5 min)**
   - Give the girls the Journey awards.
   - Friendship circle - A Girl Scout tradition
     - Have the girls form a circle then cross their arms so that their right arm is over their left arm. They then hold the hands of the girls next to them.
     - One girl or leader starts the circle by making a silent wish, then squeezing the hand of the girl on her left.
     - Each girl squeezes the next girl's hand in turn, until the squeeze “gets back” to the first person.
     - The first person then says “Goodbye Girl Scouts” and the girls can either twist out of the circle or just drop hands.

**Family Follow-Up Email**
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We completed our journey experience – 5 Flowers, 4 Stories, 3 Cheers for Animals!

We had fun:
- Completing our Red Robin project
- Earning our Tula Award

Continue the fun at home:
- Have your daughter present her Red Robin project to another family member.

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Daisy to Girl Scouts!