



girl scouts nation's capital

Journey Planner

DAISY
GRADES
K-1





5 Flowers, 4 Stories, 3 Cheers for Animals!

Journey Planner for Leaders

This booklet is a guide to help troop leaders complete a Journey while still participating in traditional Girl Scout events and earning petals and leaves. These activities are categorized by:

Traditions—Combine Girl Scout traditions throughout the year with Journey activities.

Earn It!—Earn the Journey awards by completing these activities.

Petal/Leaf Connections—Complement the theme and lessons of the Journey.

Enrichment—Add value to the experience.

This information is divided into seasons to help you plan your year. Read through the entire booklet before you mark your calendars. Some activities may take longer than one meeting, and some activities are to be done outside of the troop meeting. Check with your girls as you get ready for each activity. See if they have already done something similar in school. If they have, encourage them to reflect on it with the troop, count it towards their requirements, and move on to the next part of the Journey.

The best tools for girls and adults on their Journey adventure are *How to Guide Girl Scout Daisies Through 5 Flowers, 4 Stories, 3 Cheers for Animals!** (adult guide) and *It's Your Story-Tell It! A Leadership Journey for 5 Flowers, 4 Stories, 3 Cheers for Animals!** (Journey book). The adult guide has prompts to help leaders guide their troop, and the Journey book has stories, activities, and space for girls to add their reflections as they progress along the Journey.

To complete the *5 Flowers, 4 Stories, 3 Cheers for Animals* Journey, girls must earn three awards: the Birdbath; the Red Robin; the Tula. The Birdbath and Red Robin Awards prepare girls for their Take Action Project, which leads to the Tula Award. The requirements for each award can be found on p. 12 in the adult guide.

In this booklet you will find the requirements for each award on the following pages:

Birdbath Award—p. 2
Red Robin Award—p. 4
Tula Award—p. 5

Be sure to attend your monthly service unit meetings. These meetings are an opportunity to learn how other troops use the Journeys. Consider celebrating Girl Scout traditions together as a service unit.

*Girl Scouts of the USA on an ongoing basis reviews the content of the Journey books. Please check the GSUSA Program Section online (<http://www.girlscouts.org/program/journeys/>) and select the Journey series to see if there are any updates. Corrections or changes will be noted in the "Resource Box." Please note that the majority of Journey books have no corrections.



FALL

Introducing the Journey's Theme

On this Journey, girls learn how caring for animals is similar to caring for themselves. They use their new knowledge and creativity to teach others how to care for animals through their **Take Action Project**. To start this Journey, refer to p. 28 in the adult guide. Girls take a trip with their flower friends across the country by reading four stories found in the Journey book. They gain courage and increase their confidence as they educate and inspire others in their community about animal care through their **Take Action Project**.

Daisies spend the year earning petals that represent the Girl Scout Law. Learning the Promise is a big component. Start your first meeting with learning the Girl Scout Promise. Requirements for earning the Promise Center can be found on p. 8 in the *Daisy Girl's Guide to Girl Scouting*. This is a good time to introduce the Girl Scout Law.

Garden Story Time *Earn It!*

To prepare girls for the **Birdbath Award**, read "A Purr-fect Surprise in the Garden" found on p. 7 in the Journey book.

Directions for the story along with helpful discussion questions can be found on p. 33 under *team talk* and on p. 38 in the adult guide. Daisies will earn the **Birdbath Award** when they are able to name one way they can care for animals and themselves. Consider making the story interactive by reading the hidden animal facts or by adding an enrichment activity alongside the story.



Building a Team Birdbath *Enrichment*

Girls will make and use the Birdbath throughout their Journey to collect ideas about caring for animals and themselves. Directions for building a troop (or individual) Birdbath can be found on p. 32-33.

Use Resources Wisely *Petal Connection*

If you plan on using recycled materials to make the team birdbath consider working on this petal before the activity. Read *Clover's Story* and consider visiting a recycling center or farmer's market. Ask how paper gets recycled and reused. For example, can all paper be recycled? What are some everyday items that are made out of recycled paper? Ask the recycling center if they would be willing to donate any recycled paper for your team Birdbath Activity.



Investiture or Rededication Ceremony

Tradition

This ceremony, held in October or November, is a time to welcome new members, girls or adults, into the Girl Scout family for the first time, and to allow current members to renew their commitment to the Girl Scout Promise and Law. New members receive their Girl Scout pin at this time.

For the ceremony, consider focusing on the law of "considerate and caring," as girls are collecting ideas about caring for animals and themselves. Girls could act out or draw pictures of themselves practicing the law. At this time, girls can earn the Promise Center by reciting the Girl Scout Promise and stating what that means to them. Requirements for earning the Promise Center can be found on p. 8 in the *Daisy Girl's Guide to Girl Scouting*.

Attend a service unit meeting and talk with other leaders about how they did an investiture or rededication ceremony. Consider planning a service unit-wide ceremony. Read p. 23 in the adult guide to learn more about Girl Scout traditions and ceremonies.

Fall Product Sale Program *Tradition*

The Fall Product Sale program is a Council-sponsored program that combines educational activities with money-earning opportunities for troops. Directed toward family and friends, this program helps troops earn startup money by selling magazine subscriptions, nuts, and candy. The program runs from mid-September to mid-October.

Money Counts *Leaf Connection*

Girls earn this badge by identifying coins and paper money and understanding the value of each. Girls choose an activity and find out how much it costs, and decide to use the money earned towards their **Take Action Project**. As girls interact with friends and families during the Fall Product Sale program, they can practice counting money and share the story of their Journey and how they are supporting their **Take Action Project**.

Encampment or Fall Camping Trip

Tradition/Enrichment

Under the leadership of a camp certified adult, a Daisy troop may participate in an occasional overnight camping experience. Check with your fellow leaders or service unit manager to see if an encampment is planned in your area. If not, consider teaming up with other Daisy troops to plan one. Camping trips are a great opportunity to work on Journeys.

If your girls are not ready to camp overnight, consider going to a Girl Scout camp or a local park for an afternoon. This first step in the progression of outdoor skills will prepare girls for longer camping adventures!

This Journey provides many opportunities for Daisies to get outdoors and explore. The following activities can be found in the adult guide to get girls moving and exploring the environment around them: Sounds of Nature Walk found on pp. 61-63, Role-Play: What Animal Am I? p. 64, and Elephant Parade p. 100.



Confidence Builder: Animals Talk and So Do We

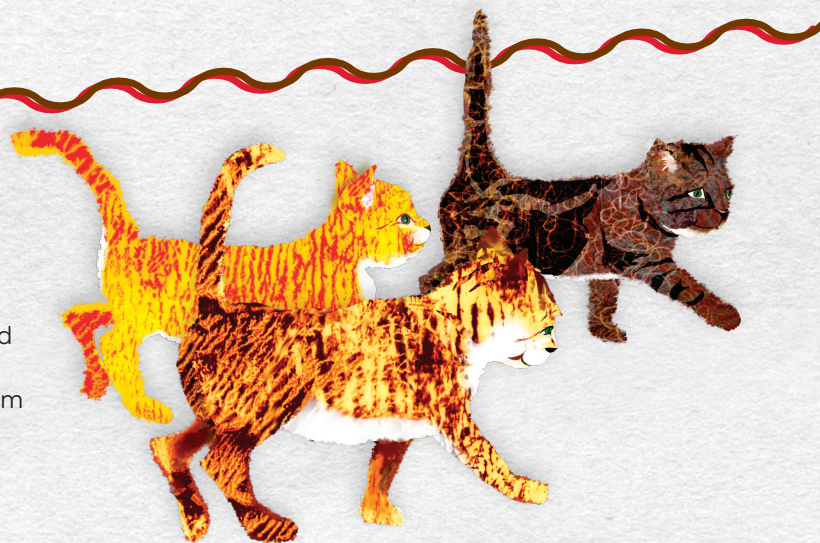
Enrichment

Directions for this activity can be found on p. 65 in the adult guide. You can incorporate this after a field trip or nature walk, or even as a tool to jumpstart a troop discussion. Get girls talking about the many different ways they have seen (or heard) animals communicate. Need an extra boost? Share the mini-story "A Love of Horses," p. 38 in the Journey book.

Founder's Day *Tradition*

Juliette Gordon Low's Birthday (October 31)

The founder of Girl Scouts, Juliette Gordon Low, was born on October 31. Troops often celebrate her birthday. Read the story about Juliette Gordon Low in the *Daisy Girl's Guide to Girl Scouting* on p. 12. Juliette liked to be outdoors exploring her world. Girls can role-play their favorite outdoor activity and identify words that describe how they feel. If your troop does not have time to make this a standalone event, you could do this during your troop meeting closest to the birthday. Consider having a celebration with other troops in your service unit. To learn about Daisy and her animal friends visit p. 62 in the Journey book.



WINTER

Cookie Program *Tradition*

The Cookie Program takes off in the winter and is a wonderful opportunity for girls to make their Journey efforts public. Not only does good customer service mean girls are interacting with new people, it also means that girls develop leadership skills by learning about their products and making decisions about customizing their sale. Cookie booth sales is a time for girls to share how their cookie proceeds can support their Journey **Take Action Project**.

Is there a *Cookie College* or *Cookie Rally* event happening in your area? These events are a fun way to get together with other troops in the community to practice sales scenarios and build excitement and confidence.

Count It Up *Leaf Connection*

To earn this badge, girls find out how much cookies cost, identify the different kinds of cookies, and set a sales goal. As girls meet their customers during the Cookie program, they can tell them about their **Take Action Project**, or another Girl Scout related activity, and how the money they earn will go towards giving back to the community.

The Power of a Postcard *Earn It!*

To earn the **Red Robin Award** girls choose animal care tips to share with others in a creative way with a **Take Action Project**, also known in this case as a **Red Robin Project**. One way to share is through a postcard. Directions for this activity can be found on p. 71 in the adult guide. Interested in learning more animal care tips for your Red Robin Award? Reference these pages in the Journey book: p. 14, p. 25, p. 27, p. 30, p. 45, p. 62 and pp. 72-73.

Girls present their project through songs, dances, and other creative ways. Reference the following pages for additional information on the **Red Robin Project**: sample Red Robin Projects on p. 76, planning check list on pp. 78-79, and Red Robin Project Planner on p. 75. Remember the most important part of the Red Robin Project is that Daisies have the confidence-building experience of teaching others and have fun sharing their story of what they've learned.



A Visit to the Post Office *Enrichment*

Directions for this activity can be found on p. 70 in the adult guide. Visit your local post office to help connect girls to their community. Before you go, brainstorm with the girls a list of things to ask and look for on their visit. Bring your animal care tips postcards along if you are mailing to friends and families.

A Little Birdie Told Me... *Enrichment*

Take a Journey with Gloria, Tula, Mari, Zinni, and Vi as they discover the art of storytelling. Read along on p. 17 in your Journey book. Afterwards, consider having the girls tell their own story using pp. 24-25 in the Journey book as helpful resources.

DC Step Showcase *Tradition*

Show off your new skills through the art form of step. Your troop could choreograph a show highlighting new skills your girls have learned through their Journey. The DC Step Showcase is held in late winter or early spring; be sure to sign up and start practicing early. If you would like to learn more about the style of step and get some ideas for routines, check out videos from past years' shows on the Girl Scouts Nation's Capital YouTube page—<https://www.youtube.com/user/GSCNC>.

World Thinking Day (February 22)

Tradition

Team up with your service unit to celebrate **World Thinking Day** together. If your troop is working on your **Red Robin Award**, consider using this event to share your animal care tips with other Girl Scouts. Your troop could select Mexico, Japan, Paris, or Africa as a country to highlight. The girls have been reading stories of animals from these countries in their Journey book. As you are sharing your animal facts, help your troop learn about the experiences of Girl Guides in one of these countries. What are they called? How do they say the Promise and Law?





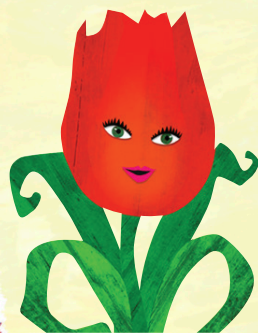
SPRING

Healthy Habits and the Journey

Spring into some fun and healthy living!

There are many ways to introduce healthy living into your troop meetings and Journey. Providing healthy snacks and playing active games with the girls is already part of *5 Flowers, 4 Stories, 3 Cheers for Animals*. Read pp. 31, 40, and 72, in the adult guide and pp. 74 and 75 in the Journey book for some fun snack ideas.

Tula Award Earn It!/Petal Connection



As your troop finishes the **Red Robin Award**, girls should begin working towards the Tula Award. To earn the **Tula Award** girls share with one another the good feelings they experienced as they taught others in their community about animal care. Daisies will learn about being courageous and strong as they share their **Red Robin Project**.

Team Animal Mural Enrichment

This activity allows girls to express their creativity while learning about caring for animals. The team mural can be used as a tool to keep track of the different animals girls learn about during their journey. Directions to start the mural can be found on p. 30 in the adult guide. Additional animals to add to the mural can be found on pp. 38, 45, and 51.

Girl Scout Week Tradition

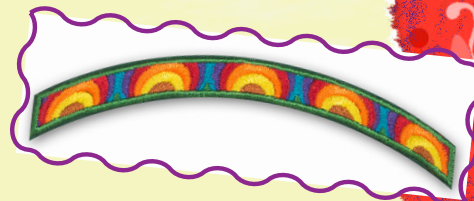
Girl Scout Week is celebrated each March, starting with Girl Scout Sunday and ending with Girl Scout Sabbath on Saturday. The week includes Girl Scout Birthday, March 12. Girl Scout Sunday and Girl Scout Sabbath give girls an opportunity to attend their place of worship and be recognized as a Girl Scout. Girls can host an informational table and talk about Girl Scouts and their Journey. Girls can earn the My Promise, My Faith pin by completing the steps listed on p. 20 in the *Daisy Girl's Guide to Girl Scouting*. Other religious recognitions can be earned through faith-based programs. Visit http://www.praypub.org/partner_gsusa.htm for a list of programs that correspond with each girls' faith.

Busy Squirrels Song and Dance Enrichment

Directions for this activity can be found on p. 56 in the adult guide. Lyrics for the song can be found on pp. 58-59. Get girls up and moving while practicing the art of storytelling. Girls may decide to present their **Red Robin Project** with music and dance.

Bridging Tradition

As your Girl Scout year comes to an end, it is time to celebrate all of your troop's accomplishments. By combining a bridging ceremony with a Journey award ceremony, girls share with friends and family members their Journey experiences from the year. Check with your service unit team to see if other troops would be interested in having a joint awards ceremony.



A bridging ceremony celebrates the progress from one level in Girl Scouts to the next. Daisies who have completed first grade can Bridge to Brownies. Requirements for the Bridge to Girl Scout Brownie award can be found in the *Daisy Girl's Guide to Girl Scouting* on pp. 22-23.

Consider presenting your **Take Action Project/Red Robin Project** as a part of the bridging ceremony.

Take pictures of your celebration. You can post your photos and a short description on our Council's Facebook page at: [Facebook.com/GSCNC](https://www.facebook.com/GSCNC).



SUMMER

Sleep-Away Camps and Day Camps Tradition

Our Council offers many opportunities for girls to enjoy sleep-away camp and day camps. Camp registration opens up in January, so let your troop parents know about the option early. Daisies who have completed kindergarten may independently participate at day camp and in sleepaway camp experiences lasting up to three nights. Daisies who have completed first grade may independently participate in sleepaway camp experiences lasting four or more nights.

While at camp, girls can earn petals, learn songs and games, and discover new stories and friends. Find out what girls did at camp to see how they grew as leaders, and compare their completed camp activities with those in the Journey. Have them talk about their experiences at your first troop meeting in the fall.

Getting girls together over the summer can be tricky. But if you are able to meet consider working on a petal and other activities from the Journey.



Additional Animal-Care Resources Enrichment

Take a look at these resources on p. 61 of your adult guide to continue learning about animal care. Encourage girls to explore these resources with their families and friends.

Fly, Fly Away Enrichment

Directions for this activity can be found on p. 47 in the adult guide. This activity can be done indoors or at a local park. Girls will move their bodies around like birds through dancing, skipping, running, etc. to music.

Animal Masks Enrichment

Directions for this activity can be found on p. 101 in the adult guide. This activity is a great way to use any remaining troop art supplies. Girls create masks of the animals they have learned about throughout their journey.

Japanese Garden Yoga Enrichment

Directions for this activity can be found on pp. 50-51 in the journey book. This activity can be done both indoors and outdoors and will get the girls moving around like animals. Consider putting on some quiet music to help with relaxation.

Community Journey Resources for 5 Flowers, 4 Stories, 3 Cheers for Animals:



National Aquarium

<http://www.aqua.org/>

Visit the National Aquarium in Baltimore to learn how to care for our animal friends in the water. Pre-scheduled tours and field trips are offered. Visit the website for more information.



Smithsonian National Zoological Park

<http://nationalzoo.si.edu/>

Girls can explore the many animals found within the zoo. Consider planning the trip as part of the final celebration in the Journey.



Prince William County Animal Shelter

<http://www.pwcgov.org/government/dept/police/animalcontrol/Pages/default.aspx>

Take a field trip to an animal shelter to learn about animal care from an expert. Visit the shelter veterinary care to highlight the similarities between an animal hospital and a hospital for people. If you do not live in Prince William County, contact your county's animal shelter.



Rock Creek Park

<http://www.nps.gov/rocr/index.htm>

Rock Creek Park offers many hiking trails and picnic areas for visitors to enjoy the outdoors. Consider taking some of your troop meetings and activities outside.



Upcycle Creative Reuse Center

<http://www.upcyclecrc.org/>

UpCycle is a non-profit organization that collects and redistributes reusable materials for art and learning purposes. They provide programs for Girl Scouts which allow the girls to create something new from something old.



When preparing for a Girl Scout activity, always begin with the Safety Activity Checkpoints to determine if the activity is appropriate for your level of girls.