

Girl Scout Daisy Patch Programs

**Presented by:
Girl Scouts of Maine**



Girl Scouts®

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Welcome to the world of Girl Scout Daisies.

This patch booklet is your Leader's Guide to Girl Scouts of Maine's Girl Scout Daisy Patch Program.

The Girl Scout Daisy Patch Program is designed to introduce the girls to the many opportunities available to them as young women. It is designed to allow the girls the opportunity to make choices and set goals for themselves and their troop. It is designed to help the girls reach into the unknown and explore a bit of knowledge in an area they may not know about. At the same time, the program is written so the activities are simple and will allow the girls to feel those important "ah ha" moments of success. Hopefully the program will motivate them to ask many more questions, to try many more activities and to continue in Girl Scouting for the next 12 years.

The activities are broken into six Knowledge categories:

- Girl Scout Knowledge
- Health and Food Knowledge
- Community Knowledge
- Science Knowledge
- Arts Knowledge
- Outdoor Knowledge

Each Knowledge category has one patch that can be earned. The patches are designed to be worked on and earned as a whole troop.

The program model helps the girls develop a sense of balance in their explorations. Each patch has three components: Discover, Connect, and Take Action. Each component offers four suggested activities which may be adapted to best suit your troop.

Girl Scout Knowledge



Do at least one activity from each section to earn your Girl Scout Knowledge Patch.

Discover:

1. Learn the Girl Scout Promise and hear the Girl Scout Law. Be able to say the Girl Scout Promise and share what it means to you.
2. Find out about the founder of Girl Scouts, Juliette Low.
3. Plan and hold an Investiture Ceremony.
4. Learn the Girl Scout handshake, the quiet sign, and about the talking stick.

Credits:

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Booklet design: Dina Eccleston

Public domain information:

“Ake n Drum”

Dog bone recipe

Crystals

Make a cloud

Original Girl Scout Cookie Recipe:

GSUSA Web site

Outdoor Knowledge

Discover:

2. Make a landfill.

Fill a large glass jar with dirt. Add trash and garbage around the edge of the jar so you can see each item.

You might want to add apple peels, egg shells, aluminum foil, glass, part of a diaper, and anything else the girls might think of.

Add water. Observe it every meeting for several months. What is happening to the items you placed in the landfill?

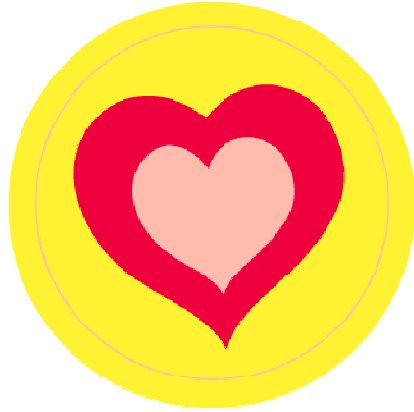
Connect:

1. Find out about Thinking Day and participate in a Thinking Day activity or event.
2. Do something special during Girl Scout Week or celebrate Juliette Low's Birthday.
3. Plan an ending ceremony.
4. Do something with another Girl Scout Daisy Troop.

Take Action:

1. Wear your Girl Scout Daisy uniform to school.
2. Learn to do a Flag Ceremony.
3. Learn and use the Friendship Circle.
4. Share an activity with someone who is not yet a Girl Scout.

Health & Food Knowledge



Do at least one activity from each section to earn your Health and Food Knowledge patch.

Discover:

1. Learn about the food pyramid. Then create a collage of good foods and prepare one of them for snack at one of your meetings.
2. Using the Original Recipe make your own Girl Scout cookies. Decorate them with green and white icing.
3. Learn about food and kitchen safety. Learn the hand washing song. Learn how to tell if food is good. Learn knife safety. Learn stove safety. Learn to set a table.
4. Learn about health around the house. Learn how you can help around the house. Learn to mate socks and fold laundry. For at least a week, practice picking up your dirty clothes and putting away your toys.

Art Knowledge

Discover:

4. Give the girls magazines with good pictures of animals or food. Have them choose a picture, cut it out of the magazine and glue it to a piece of heavy paper.

Let it dry for a few minutes.

Have the girls use hole punches and punch holes around the outside of their picture.

Using a needle and string or yarn, have them sew around their picture.

Connect:

3. Make cardboard stamps: Using corrugated cardboard have the girls cut shapes and glue them to another piece of cardboard. Ink the shape and print it.

Take Action:

3. Cook muffins with steam.

Use any muffin mix or recipe. Follow the direction on the box for making the muffins.

While the girls are making the muffins , pour 4 inches of water into a large pan and bring to a full boil. Pour the muffin mix in to unwaxed paper cups (not muffin papers)—fill cups about 1/4 full and carefully place the paper cups in the pan of water. You will need to wedge the cups in so they will not fall over. Place the lid on the pan and steam until the muffins are cooked.

You can serve with butter or plain.

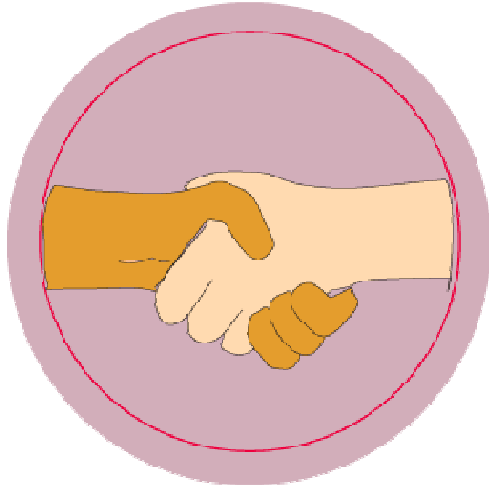
Connect:

1. Try a new healthy food.
2. Set the table at home or at your troop meeting at least three times.
3. Share your Original Girl Scout cookies with another troop.
4. Help your sibling or another child pick up and put away their toys.

Take Action:

1. Learn to jump rope. Learn to run in and out. Learn at least one jump rope rhyme.
2. Design a three minute aerobic workout. Use it at four troop meetings.
3. Learn to play Jump the Creek.
4. Learn to sing “Ake n Drum” and draw a picture of him as you sing.

Community Knowledge



Do at least one activity from each section to earn your Community Knowledge Patch.

Discover:

1. Visit some of your community buildings: the library, police station, or fire station.
2. Learn your address and phone number.
3. Learn how to call 911 and what information they need when they receive a call. Talk about what emergencies might require a 911 call.
4. Learn and practice crossing streets safely.

Science Knowledge

Discover:

2. Have the girls measure $\frac{1}{3}$ cup vinegar into a clear plastic cup. Make sure you place the cup on a paper plate. Then have the girls add 1 Tablespoon Baking Soda. (It should fizz over the top of the cup.) Add 3 raisins. What happened? Watch the raisins.
4. Make crystals:
You will need a clean, clear glass jar, and a bamboo skewer for each girl.
Measure 1 cup of water into a pan and bring it to a boil. Have the girls stir in 1 Tablespoon of sugar at a time, stirring each time until the sugar is dissolved. Continue adding sugar until the water is saturated.

Pour the sugar solution into the jars and have the girls stick their bamboo skewer into the solution.

Set it aside and check it at your next meeting.

Connect:

4. Make a Cloud.
In small groups, with an adult at each group:
Pour two to three inches of boiling water in the bottom of a glass jar. Put the lid on the jar. Place ice cubes in a plastic bag and place the bag of ice on top of the metal jar lid.

Wait a few minutes. Can you see a cloud. You may need to turn the lights off, so the room is dark for the cloud to be easily seen.

Community Knowledge

Connect:

1. Dog Bone recipe

2 cups whole wheat flour
1/2 cup corn meal
6 Tablespoons oil
2/3 cup water

Measure ingredients into a bowl and stir until mixed.
On a lightly floured board, roll dough 1/4 inch thick
Cut with cookie cutter.
Bake at 350° for 35 to 40 minutes.

If you are having the girls measure the oil, it is much less messy if you put the oil in a mustard or ketchup squeeze bottle so the girls have control of the flow.

6 Tablespoons is 3/8 of a cup.

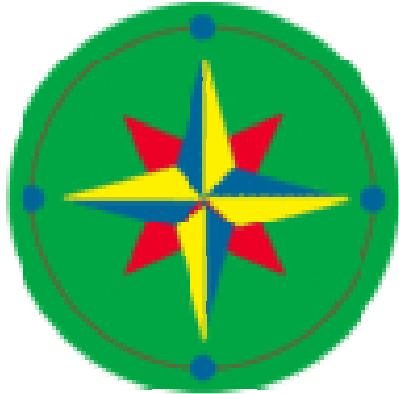
Connect:

1. Take a walking tour of your neighborhood. How many houses are on each street? Are there any special buildings on the streets you walked? Are there stop lights or stop signs at the corners? How many different plants did you see? How many houses had a pet?
2. Visit your local hospital. Find out what people do there.
3. Invite someone to share stories about your community.
4. Find out how many kinds of churches are in your community. How are they the same/different?

Take Action:

1. Build your community. Using boxes or paper have the girls map where things go. (Leaders will need to draw the streets in for the girls.)
2. Plant flowers outside of your meeting place.
3. Create a book about your community. Give it to your school library.
4. Make dog bones for your local animal shelter.

Science Knowledge



Do at least one activity from each section to earn your Girl Scout Daisy Science Knowledge Patch.

Discover:

1. Make bread. Why did it rise?
2. Dance raisins in vinegar and baking soda.
3. Plant seeds in plastic bags to see how they have grown. Transplant the seeds into a pot with dirt and see if you can keep them alive.
4. Make crystals using sugar and water.

Health & Food Knowledge

Discover:

2. Original Girl Scout Cookie Recipe 1922

1 cup butter
1 cup sugar
2 Tablespoons milk
2 eggs
1 teaspoon vanilla

Cream these five ingredients together in a bowl. Add
2 cups flour
2 teaspoons baking powder
1 teaspoon salt
Stir until mixed

For best cutting results chill dough for a couple hours.
Roll dough to about 1/8 inch and cut into cookies (original cookies were in the shape of the trefoil).
Bake in 350 ° oven for 6 to 8 minutes.
Decorate with sugar or icing.

Take Action:

4. “Ake n Drum”

There was a man lived in the moon, in the moon in the moon
There was a man lived in the moon and his name was Ake n Drum
And he played upon his ladle, ladle, ladle,
He played upon his ladle and his name was Ake n Drum.
His head was made of a squash, a squash, a squash (the girls should name the food)
His head was made of squash, and his name was Ake n Drum.

Continue adding to him—each item should be a food. Draw him as you go.

Girl Scout Knowledge

Discover:

2. Check with your Council Web site for resources about the life of Juliette Low.
3. An Investiture Ceremony is the welcoming of a girl into Girl Scouts. It is the first time she makes her Promise before a group of people. Girls receive their Girl Scout Daisy membership pin at this time.
4. Girl Scout Handshake: Make the Girl Scout sign with your right hand and shake hands with your left hand; this is backwards to a usual handshake.

Girl Scout Quiet Sign: The saying is “When the hand goes up, the mouth goes shut.” Raise your right hand and wait for the girls to calm down. Some people place their left hand over their mouth as a visual reminder. Once the hand is up the leader is not supposed to speak and remind the girls of what they are to do.

Connect:

1. Thinking Day is February 22nd. It is a day that Girl Scouts and Girl Guides around the world take some time to “think” about the greater community of Girl Scouting. It is also Lord Baden Powell’s birthday.
2. Girl Scout week is in March. The week is the week that has March 12th in it. March 12, 1912, is the date of the first Girl Scout meeting.

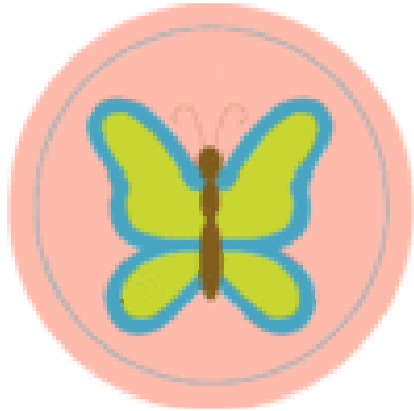
Connect:

1. Make butter for your bread.
2. Ask a science teacher to visit your troop and tell you about what scientists do.
3. Learn about two branches of science. Do an activity from each of them.
4. Make a cloud.

Take Action:

1. Visit a Discovery, Children’s, or Science Museum.
2. Create a machine using blocks, Tinker Toys, or household items. Give it a name, and share what it does and how it does it.
3. Cook muffins with steam for your snack.
4. Go on a scavenger hunt for things that use electricity, gas, sun, or air.

Art Knowledge



Leader Resources

Do at least one activity in each section to earn your Girl Scout Daisy Art Knowledge Patch.

Discover:

1. Make something using paper mache.
2. Make a simple musical instrument and play a song on it.
3. Learn about primary and secondary colors. Mix your secondary colors and create a piece of art.
4. Make your own sewing card and learn how to sew.

Connect:

1. Make a texture box that you can put your hand in but you can't see in. Pass around the texture boxes and try to guess what is in each one.
2. Read *The Mitten* by Jan Brett, and then sew a mitten. Leaders will want to pre-cut and punch the mittens. Learn needle safety and then see if you can thread your own needle.
3. Experiment with rubber stamps you buy and stamps you make yourself. Using different shapes of card board glue them together and make your own stamps.
4. Learn at least one song that has actions. Teach it to someone.

Take Action:

1. Learn to march or move to music.
2. Learn three new songs.
3. Create a mural of activities you like to do.
4. Share your songs or a craft with someone in your community, at a nursing home, with school friends, or at a community event.

Outdoor Knowledge



Do at least one activity from each section to earn your Girl Scout Daisy Outdoor Knowledge Patch.

Discover:

1. Identify two types of trees. Can you figure out how you know which is the north side of a tree?
2. Make a “landfill” and observe it over a two or three month period to see what happens.
3. Learn about taking care of the environment. Plan a simple outdoor snack. Spread your blankets and eat. After your snack check out under the blankets. How did sitting on blankets change the grass?
4. Discover shapes in the out of doors. Take a walk and see how many different shapes you can see in nature.

Connect:

1. Find a place you can visit once a month and observe how it changes. Do any animals or insects live there? How do you know? Keep a journal of pictures of how your place changed.
2. Do a silent sit. Sit in a circle facing out and without talking for two minutes listen to all that is going around you. Share what you heard.
3. Go on a walk and find 10 signs that people have been there. How would you make changes in what the people have done?
4. Learn about the animals that live in the out of doors. Why are they called wild animals? Learn the safety rules of feeding and touching wild animals.

Take Action:

1. Go on a picnic. Plan some activities to do after you eat.
2. Go on a short hike. Before you go make sure you have the proper footwear, water, and a snack.
3. Help lay a fire. Have an adult light the fire and once it is ready roast a marshmallow and make a s'more.
4. Go on a scavenger hunt. Find at least 20 items in nature.