

Girl Scouts

DAISY PATCH PROGRAMS



Welcome to the world of Girl Scout Daisies!



This booklet is your guide to Girl Scouts of Maine's Daisy Patch Program.

The Girl Scout Daisy Patch Program is designed to put Daisy Girl Scouts in the driving seat, allowing them to make choices, set goals and explore all the exciting opportunities available to them. The activities are simple but still challenge the girls, giving them those all-important "ah ha" moments of success. The goal of the Daisy Patch Program is to motivate girls to ask more questions, try new activities, and inspire them to continue in Girl Scouting for the next 12 years!

The activities are broken into six **Knowledge** categories:

- Girl Scout Knowledge
- Community Knowledge
- Art Knowledge
- Health & Food Knowledge
- Science Knowledge
- Outdoor Knowledge

There is a patch for each knowledge category, and each is designed to be worked on and earned as a whole troop.

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

** The Daisy Patch program is a fun patch program and is not meant to replace the Girls' Guide to Girl Scouting and the Girl Scout Journeys programs, which come with their own activities and badges.*



Girl Scout Knowledge Patch



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

1. Discover:

- 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.
- Find out about the founder of Girl Scouts, Juliette Gordon Low.
- Learn the Girl Scout handshake, the quiet sign, the talking stick, and the friendship circle.**
- Make your own Girl Scout cookies using the original recipe! Decorate them with green and white icing.**

2. Connect:

- Learn about Thinking Day and participate in a Thinking Day activity or event.**
- Do something special during Girl Scout Week or celebrate Juliette Gordon Low's Birthday.**
- Plan and hold an Investiture or Rededication Ceremony.**
- Do something with another Girl Scout Daisy Troop.
- Be a sister to every Girl Scout by sharing your original Girl Scout cookies with another troop.**

3. Take Action:

- Wear your Girl Scout Daisy uniform to school.
- Learn to do a Flag Ceremony.
- Share an activity with someone who is not yet a Girl Scout.
- Learn about the Girl Scout tradition of SWAPS. Create a SWAP to exchange with another Girl Scout.

*** More information about this is available in the resource section.*



Health & Food Knowledge Patch



Do at least one activity from each section to earn your Health & Food Knowledge Patch.

1. Discover:

- Learn about eating a balanced diet with “choose my plate,” and create a collage of good foods.**
- Learn why it is important to wash your hands to stay healthy. Sing a hand washing song.
- Learn at least one jump rope rhyme, and learn to jump rope to it.**



2. Connect:

- Create a list of fun games and activities you can do by yourself or with friends to stay healthy; both inside and outside.
- Try a new healthy food and prepare it as a snack to share with your troop or friends.
- Learn at least three yoga moves to keep you healthy and relaxed. Practice your yoga with a friend or others in your troop.
- Teach three friends or troop members how to correctly wash their hands.

3. Take Action:

- Design a three minute aerobic workout. Use it at four troop meetings.
- Learn to sing “Ake n Drum,” and draw a picture of him as you sing.**
- Create a song or poster about healthy living (eating healthy food, staying active, etc.), and share it with others.

*** More information about this is available in the resource section.*

Community Knowledge Patch



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

1. Discover:

- Visit a few of your community buildings; the library, police station, fire station, post office or town/city hall.
- Learn your address and phone number. Find your street on a map.
- Learn and practice crossing streets safely.



2. Connect:

- Take a walking tour of your neighborhood. How many houses are on each street? Are there any special buildings on the streets you explored? Are there stop lights or stop signs at the corners? How many different plants did you see? How many houses had a pet outside?
- Visit your local hospital or animal shelter. Find out what people do there.
- Invite someone to share stories about your community.
- Find out how many kinds of churches and places of worship are in your community. How are they similar/different?

3. Take Action:

- Build your community using boxes or paper you have on hand. Have the girls map where things go. (Leaders may need to draw the streets in for the girls.)
- Plant flowers outside of your meeting place.
- Create a book about your community. Give it to your school library.
- Make dog bones for your local animal shelter.**

*** More information about this is available in the resource section.*

Science Knowledge Patch



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

1. Discover:

- Bake muffins. Why did they rise while in the oven?*
- Plant seeds in plastic bags to see how they have grown. Transplant the seeds into a pot with dirt and care for the seedlings.
- Try a belly button science activity! Lay on your belly outside and observe nature for at least one minute. Write or draw a picture of what you see.
- Make a cloud.**



2. Connect:

- Make butter for your muffins.
- Invite a science teacher to visit your troop and share with you about what scientists do.
- Learn about two branches of science. Do an activity from each of them.

3. Take Action:

- Visit one of the following museums: Maine Discovery Museum, Children's Museum & Theatre of Maine, Maine Wildlife Park, Children's Discovery Museum, or the Coastal Children's Museum.
- Create a machine using blocks, Tinker Toys, or household items. Give it a name, and share what it does and how it works.
- Go on a scavenger hunt for things that use electricity, gas, sun, or air.

** More information about this is available in the resource section.



Art Knowledge Patch



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

1. Discover:

- Create something using paper maché.**
- Make a simple musical instrument and play a song on it.
- Learn about primary and secondary colors. Create a piece of art using secondary colors.



2. Connect:

- 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.
- 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 practice threading your own needle.
- Experiment with store bought rubber stamps and stamps you make yourself. Make your own stamps using different shapes of cardboard.**
- Learn at least one song that has actions. Teach it to someone.

3. Take Action:

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

*** More information about this is available in the resource section.*



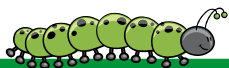
Outdoor Knowledge Patch



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

1. Discover:

- Identify two types of trees. How can you tell the difference between two trees? Make a rubbing of the leaves and label them.
- Make a “landfill,” and observe it over a two or three month period to see what happens.**
- Learn about taking care of the environment. Plan a simple outdoor snack. Spread your blanket and eat. After your snack, check out under the blanket. How did sitting on the blanket change the grass?
- Discover shapes in the outdoors. Take a walk and see how many different shapes you can see in nature.



2. Connect:



- 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 documenting how your place changed.
- Do a silent sit. Sit in a circle (facing out and without talking, for two minutes), and listen to all that is going on around you. Share what you heard.
- Go on a walk and find 10 signs that show people have been there. How would you make changes in what the people have done to the environment?
- Learn about the animals that live in the outdoors. Why are they called “wild animals?” Learn the safety rules around wild animals.

3. Take Action:

- Go on a picnic. Plan some activities to do after you eat.
- Go on a short hike or nature walk. Before you go make sure you have water, a snack and the proper footwear.
- Create a song, skit or poster about how to take care of nature. Share it with others.

*** More information about this is available in the resource section.*





Leader Resources



Girl Scout Knowledge

Discover:

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.

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 or remind the girls of what they are to do.

Original Girl Scout Cookie Recipe - 1922:

- Stir together these three dry ingredients in a bowl and set aside.

2 cups flour 2 teaspoons baking powder
1 teaspoon salt

- Mix these five ingredients together in a bowl until creamy.

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

- Add the dry ingredients to the creamy and stir together 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 - 8 minutes. Decorate with sugar or icing.

Connect:

Thinking Day is February 22nd. It is a day that Girl Scouts and Girl Guides around the world take time to “think” about the greater community of Girl Scouting.

Girl Scout Week is always the week of March 12th. The Girl Scouts Birthday and Anniversary of the first meeting is March 12, 1912.

Health & Food Knowledge

Discover:

www.choosemyplate.gov

Jump Rope Rhyme: Teddy Bear

Teddy bear, teddy bear,
Turn around.
Teddy bear, teddy bear,
Touch the ground.
Teddy bear, teddy bear,
Show your shoe.
Teddy bear, teddy bear,
That will do.

Teddy bear, teddy bear,
Go upstairs.
Teddy bear, teddy bear,
Say your prayers.
Teddy bear, teddy bear,
Turn out the light.
Teddy bear, teddy bear,
Say good night.

Take Action:

“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 Ake n Drum—each item should be a food.
Draw him as you go.



Community Knowledge

Connect:

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 a cookie cutter.
- Bake at 350° for 35 to 40 minutes.

Tip: 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.

**Treats!?!
Where???**



Science Knowledge

Discover:

Blueberry Muffins recipe

1/2 cup butter or margarine, at room temp
1 cup granulated sugar
2 large eggs
1 teaspoon vanilla
2 teaspoons baking powder
1/4 teaspoon salt
2 cups all-purpose flour
1/2 cup milk
2 1/2 cups fresh or frozen blueberries

- Heat oven to 375°.
- Grease 18 regular-size muffin cups (or 12 large size muffins).
- In bowl, mix butter until creamy. Add sugar and beat until fluffy.
- Add eggs one at a time while mixing.
- Mix in vanilla, baking powder and salt.
- With spoon, fold in half of flour and half of milk into batter; Repeat.
- Add blueberries.
- Spoon into muffin cups and sprinkle sugar on top of each muffin.
- Bake 15 to 20 minutes, until golden brown and springy to touch

recipe located at: www.food.com

Connect:

Make a Cloud

In small groups, with an adult at each group:
Pour 2-3 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 for the cloud to be easily seen.



Art Knowledge

Discover:

Paper Maché Paste recipe

Water and Flour

Mix together 1 part flour and 2 parts water. Keep mixing until there are very few lumps left. The paste should be the consistency of white glue. When making your paper maché project, use 4 layers of paper strips covered in the paste.

Paste can be stored in a covered container in the refrigerator for a few days.

Tip: If the smell of the paste is too much for you, add a few sprinkles of cinnamon to make it nicer.

Connect:

Make cardboard stamps

Girls can cut shapes out of corrugated cardboard to make their stamps. Glue the flat of a plastic bottle cap to the center of the cardboard stamp to make a handle. Press the cut-out into washable paint and then onto a piece of paper.



Outdoor Knowledge

Discover:

Make a landfill

Fill a large glass jar with dirt. Add trash and garbage around the inside edge of the jar so that 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 the jar at every meeting for several months. What is happening to the items you placed in the landfill?

