

Webster Girl Scouts  
"Daisies"



JUMP INTO

JOURNEYS!



# GIRL SCOUTS

## JUMP INTO JOURNEYS

### Activity Guide - Daisies

#### General Instructions:

This *Jump Into Journeys* Activity Guide is designed to give you and your troop a taste of the activities offered in the Journeys for your grade level. Journeys are the core of the Girl Scout Leadership Experience (GSLE) and provide girls with a national experience - something they have in common with Girl Scouts everywhere.

Journeys are designed to foster the use of the three learning processes: Girl Led, Learning by Doing, and Cooperative Learning. Each Journey offers girls a new adventure, allowing them to Discover, Connect, and Take Action with fun activities, discussions, projects, and more while building skills they need to become a leader in their own lives and community.

*Jump Into Journeys* patch program provides Leaders and Girls the opportunity to:

1. Learn about Journeys and the GSLE.
2. Sample each Journey through the activities in this Guide.
3. Pick a Journey to explore all the way through.

How do you get your patch?

When your troop finishes the patch program:

1. Go to our website [webstergirlscouts.org](http://webstergirlscouts.org)
  - Click "Programs"
  - Click "*Jump Into Journeys*"
2. Click the "Get My Patch" link
3. Fill out the form and submit it to the Service Unit Manager, Christine Osadciw, [cosadciw@gmail.com](mailto:cosadciw@gmail.com) to receive your patches



## Step 1: Educate Yourself

For your troop (or individual girl) to earn the *Jump Into Journeys* patch:

1. Review the interactive Journey maps at <http://girlscouts.org/program/journeys/maps.asp>
2. Explore the Journey descriptions at <http://www.girlscouts.org/program/journeys/>
3. Read through this Guide to familiarize yourself with the activities and gather the materials needed to complete them.
4. Foster the Girl Led, Learning by Doing, and Cooperative Learning processes with your troop as you sample the Journeys.

## Step 2: Explore the Journeys

Each activity in this section introduces one of the three Journeys for the girls' level. To earn the patch, girls must complete all three activities. Each activity will take approximately 10 minutes; with about 5 minutes transition period in between. Girls should have ample time to sample each Journey in a single, one-hour meeting.



## It's Your World – Change It! Welcome to the Daisy Flower Garden

### Daisy Circle, Garden– Style

No materials are needed to do this activity.

This game lets the girls move about - and get the wiggles out - while furthering their understanding of gardens.

1. Gather the girls in a circle and explain to them that no matter where people live – house or apartment, city, suburb, or rural area – gardens are rarely far away. Talk about the gardens that your troop may know about – a flower patch at their school, a garden within a city park, a community garden in their neighborhood.
2. Explain to the girls that they will now play a game where everyone will be critters that live in a garden.
3. Start off by talking about four or five garden critters common to your community. If you live in an urban area and the girls have not had a chance to visit many gardens, likely they will have seen pigeons, small birds like sparrows, and possibly squirrels. Ask the girls if they know, for example, what sound a bird makes (a chirp) and how it moves about (by flapping its wings). Encourage the girls to name some critters on their own by saying something like, “Do you know any other garden critters in our area?” In this way, the girls will have a variety of critter sounds and movements in mind before the game starts.
4. Next, explain that you will call out the name of a garden critter, and all the girls, together, will pretend to be that critter in sound and movement.
5. The girls will continue the critter’s sound/movement until you call out a new critter. Example: You call out “bird” and all the girls chirp and flap their arms. Then you call out “frog” and the girls jump up and down and say, “ribbit, ribbit.” Once the activity gets going and the girls have moved through a few garden critters, consider asking the girls to take turns calling out critter names. You can then join the rest of the girls in making critter sounds and movements.



## It's Your Planet – Love It! Between Earth and Sky

### Take a Walk Outdoors

No materials needed for this activity.

Before this outdoor adventure begins, take some time to explain Leave No Trace (LNT) practices. LNT is a way to enjoy nature without disturbing it. Tell the girls that they can pick up natural items that have fallen to the ground, but that they should not pluck or pick, or otherwise disturb living things. That means not disturbing any plants or wildlife, including homes, such as nests or burrows; even if they might appear to be abandoned.

1. Divide the girls into teams of two. Instruct each team to collect one natural item – they must work together to decide what to collect. Explain that after each team has collected an item, the teams will be sorting the items into three groups: earth, sky, and in between. Each team will explain why their item fits in a particular category. (Resist giving examples of each category – let the girls explore that for themselves.)
2. If any of the teams have trouble deciding what to select, guide them through the decision making process. Ask the girls if they feel strongly about their choice and to explain why. Suggest that they may want to consider searching for an item on which they can agree, or using a random process to decide (a number between 1 and 10).
3. Have each team decide which group (earth/sky/between) their item belongs in and explain why they put it into that group. Some items may fit into more than one group. For example, a pinecone grows on a tree that is in the ground, but it falls from the sky – or is it somewhere in between? Explain that just like the natural items, people belong in many different groups – daughter, student, Girl Scout. Ask what other groups they belong to.
4. Return the items to where they were found. On the walk back to your meeting place, ask the girls to suggest ways that items that seem to fit in only one category might move to another. For example, what if the rock was a piece of asteroid that fell from the sky?



## It's Your Story – Tell It! 3 Cheers for Animals!

### Decorate Your Strong Shell!

**Materials for this activity:** Turtle shell activity sheet (attached), crayons or markers.

Let the girls know that confidence can be like a shell (just like a turtle has!) that protects them and always keeps them strong and feeling great about themselves. For example, say something like, *Just imagine that every time you wear this shell, it's easy to believe in yourself and your ability to do great things!* Then say:

1. Do you ever think, “I just can’t do it” or “Maybe I shouldn’t even try?” We all think these things sometimes, but with this shell protecting you, you will remember all the strength and all the skills you have inside you!
2. Let’s think about what keeps you feeling good and strong (things like your family, your friends, your pets, learning about yourself, trying new activities, knowing everyone is special in her own way). Now, with pictures or words, let’s each of us put all of the things that make us feel good and strong on our shells.

Once the girls have decorated their shells, ask them to talk about what they put on the shells. Ask: Do other girls have something on their shells that might keep you strong, too? Add it to your shell! You might say: Take this shell home and keep it in a special place. Whenever you look at it, remember all the strength and all the skills you have inside you. With these strengths and skills, you can always do great things!

### Step 3: Pick a Journey

**Materials for this activity:** worksheet with pictures (attached) representing each Journey (cut these to separate them), tape, two stickers for each girl (use left-over stickers from other projects).

Explain to the girls that each of the activities provided a taste of a different Girl Scout Daisy Journey and that they must now decide on which Journey they want to take first. Most troops/groups are able to complete at least two and many explore all three Journeys before bridging to the next program level.

1. Show the girls each image and tell them which activity matches the picture.
2. Tape the pictures up in different parts of the room.
3. Explain the voting process to the girls:
  - a. Each girl has two votes, which she may use any way she wants – she may choose to put a sticker on the two activities she liked the best or she may put both stickers on one activity. Encourage the girls to vote as they choose and to try not to be influenced by their friends.
  - b. Count up the number of votes for each Journey. The Journey with the most votes will be the first Journey the girls undertake.
  - c. Explain to the girls that they will have the opportunity to choose their next Journey when they have finished the first one.

### Additional Resources:

- ❖ Skills Badge sets designed specifically to support your Journey.
- ❖ Girls Guide to Girl Scouting
- ❖ Check Events page on the GSWNY.org website for Journey-related workshops and events – and for additional training courses for adult volunteers
- ❖ Search the web to see what activities other troops/groups are doing for your Journey
- ❖ Explore your community to find ways to customize your Journey.





