

Clover Petal – Use Resources Wisely

Activity Plan 1

Purpose When girls have earned this petal, they'll know to use resources wisely.

Focus Area Science, Technology, Engineering and Math

Activity Plan Length 1.5 hours

Involve Family and Friends

Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- » **Before the meeting:** Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting. Offer this activity plan as a starting place and point out that they may choose alternative activities using the Customize It! section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.
- » **At home:** Encourage families to ask questions about their girls' petal activities. Some examples that work for any petal include: What did you learn? What surprised you? What does it make you think of trying next?
- » **Throughout the year:** Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.



Girls Take the Lead

- » Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.
- » Have girls ask friends and family to help out with specific meetings or activities.
- » Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
- » Get the girls' input on which petals to choose.
- » Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one petal or journey she's excited about.
- » Ask a family to help lead a petal. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
- » Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.
- » Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.

- » Use a rotating list of helper tasks, called a 'kaper chart', to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.
- » Try to find something in each activity that you can let girls decide or manage.

Customize It

If your group wants to expand work on this petal or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the Daisy Girl's Guide to Girl Scouting, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group.

Girls will know they have earned the Clover Petal if:

- » They can name some natural resources
- » They can name ways to conserve natural resources

Tips and Tools

- » Have the girls bring some recyclable items for the recycling challenge.
- » Check out ways to stay safe using the Safety Activity Checkpoints and Volunteer Essentials.
- » Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact your council.

Resources

Allina Health's Health Powered Kids program provides additional lesson plans that go along well with this petal including: 3 – 8 year olds "Get Out and Enjoy Nature" and "Gardening – Growing Goodness."

www.healthpoweredkids.org (The site will ask you to create an account to access the lessons)

This activity plan has been adapted from the Daisy Girl's Guide to Girl Scouting, Clover's Story: A Visit to the Busy, Buzzy Bees—Use Resources Wisely (Green Petal), which can be used for additional information and activities.

Story suggestions for Activity #1

- » Clover's Story – Daisy Girl's Guide to Girl Scouting
- » The Lorax by Dr Suess
- » Michael Recycle by Ellie Bethel
- » Great Kapok Tree by Lynne Cherry

Pre-meeting Activity

Time N/A

Materials

- Clover coloring pages
- Crayons
- Kaper Chart

1. As girls arrive, have them check the kaper chart for their responsibilities during this meeting.
2. While waiting for the meeting to begin – girls can begin coloring their Clover coloring page. (make sure they put their name on their page)

Opening

Time 10 minutes

Materials Needed Optional: Girl Scout Promise and Law printed out on poster board.

Steps

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

Girl Scout Promise

On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to
respect myself and others, respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

3. Sing the Girl Scout Daisy Song.
(Use repeat-after-me or sing as a group if girls know it by heart. Search Youtube for examples of the song to learn the tune.)

I'm a Girl Scout Daisy Song

I'm a Girl Scout Daisy! Take a look at me.
I'm a Girl Scout Daisy, happy as can be.
We're having fun and sharing each and every day.
I'm a Girl Scout Daisy, Hip, Hip, Hooray!
I'm a Girl Scout Daisy! Take a look at me.
I'm a Girl Scout Daisy, happy as can be.
I'm going on a journey, with friends along the way.
I'm a Girl Scout Daisy, Hip, Hip, Hooray!

Circle Time (Troop Business)

Time 20 minutes

Optional: If your group has snacks, you might choose to serve snacks at the beginning of troop business.

1. Sit in a Daisy Circle (everyone at the same level in chairs or on the floor)
2. Take attendance (as girls grow, have them take turns taking attendance as one of their kapers)
3. Allow each girl to “check in” by sharing their answer to a “get to know you” question or play a getting to know you game. **Tips:** *Let girls know that they have the option to pass if they are feeling shy.) Be sure to help girls learn the Girl Scout quiet sign. You might pass a talking stick or talking piece around the group to indicate whose turn it is to share.*
4. Discuss any decisions that need to be made or announcements after everyone has had a turn to share.

Program Activity #1: Story Time

Time 15 minutes

Prep None

Materials Girl’s Guide to Girl Scouting or another story about using resources wisely (see resource list above)

Steps

1. Read a story about using resources wisely (or a book about what happens when you do not use resources wisely) aloud to the girls.
2. Discuss the story. Ask girls questions based on the story you read. Example questions:
 - What was the resource being used in the book?
 - Did the characters use resources wisely? What happened if they did/didn’t use them wisely?
 - Why is it important to use resources wisely?
 - What was your favorite part of the story?
 - Can you think of other resources we use? How can we use less of them?
 - What are some things we can do to use resources wisely in our troop meetings?

Program Activity #2: Make a Collage

Petal Connection Use Resources Wisely (Green Petal)

Time Allotment 30 minutes

Prep Needed

- » Gather old magazines from families and friends. Colorful magazines, nature magazines and children’s magazines will provide great pictures for girls to choose from.
- » Create a sample collage of your own to show.
- » (Yarn and ribbon remnants are also fun to use in collages)

Materials Needed

- » Old magazines
- » Children’s scissors
- » Glue sticks
- » Construction paper or cardstock
- » Crayons, yarn and ribbon remnants.

Steps

1. Pass out magazines and a sheet of construction paper for each girl.
2. Tell the girls that they are going to re-use magazines to create something new. They are going to create a picture called a collage by cutting out pictures and putting them together to make a new picture.
3. Have girls find 5-6 pictures that they like in the magazines and cut them out. **Tip:** *have the girls tear out the whole page when they find a picture they like and then cut out the picture. This will make it easier to store and continue using the magazine*
4. Once they have their 5-6 pictures, they will glue them to the paper in any way that looks beautiful to them. Encourage them to overlap.
5. Next, use crayons and yarn or ribbon scraps to continue decorating their artwork.
6. Make sure they sign and date their artwork. **Tip:** *Girls this age may have difficulty holding conversations and working on their project at the same time. While girls are working, have them work quietly and play music in the background.*

Clean Up

Time Allotment 10 minutes

Have all girls clean up the meeting space. One girl may be assigned the kaper of “leading” the clean-up time or being the clean-up “checker.” **A Girl Scout always leaves a place better than she found it.**

Closing

Time 5 minutes

Use this closing or another option that the girls have chosen. **Tip:** Don't skip the closing. A closing ceremony is part of the meeting structure that puts the exclamation point at the end and makes being part of Girl Scouts a special place to belong.

Materials Needed Optional - Make New Friends printed on poster board

Steps

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Closing reflection: Ask each girl to share one thing she will do to use resources wisely
3. Assign one girl to start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. **Options:** *Have each girl make a wish after her hand has been squeezed and before she passes the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.*
4. Finish by Singing “Make New Friends.” (you can search on Youtube or www.gsmusic.com for the tune)

Make New Friends

Make new friends, but keep the old.
One is silver, and the other gold.
A circle is round, it has no end.
That's how long, I want to be your friend.

5. When the song ends say, “Goodbye (or goodnight) Girl Scouts” and open the circle by turning to the right and facing outward without letting go of hands. (this symbolizes that even though we are leaving, our circle of friends is always with us.)

6. Send girls home with the Clover coloring page (they may or may not have started coloring this as the pre-meeting activity) and their collage.

Optional Additional Activity: Recycling Challenge

Time 15 minutes

Prep Needed

- » Gather materials and supplies
- » Spread recyclables around the floor of your meeting room

Materials Needed

- » Various recyclable materials including: paper, plastic bottles, glass bottles, aluminum cans, etc.
- » Small recycling bins or a recyclables sorter (note: You can use small trashcans, cardboard boxes, paper grocery bags or even trash bags. Be sure to label your "bins" with words and pictures so the girls know which one is which.)

Steps

1. Explain to the girls that a great way to use resources wisely is to recycle items. When you put items in a recycling bin, they are broken down and used to make new items. While they are sometimes recycled into the same kind of item, they may be made into something completely different.
2. Explain that your meeting space has been "polluted" and it's up to the girls to clean it up. Split the girls into two teams and line up on opposite sides of the room.
3. The teams will compete in a relay race to clean the meeting space.
 - To start, a girl from each team will pick up one piece of trash and put it in the correct recycling bin.
 - She will then go back to her team and the next girl will go until all the trash is cleaned up.
 - After all the items are picked up, go through all the types of recyclables and make sure they are in the correct container.
 - If they aren't, have the girls decide as a group where they should go.

More to Explore

Field Trip Ideas

- » Visit your local recycling center.
- » Visit a local or state park and talk to the rangers or Parks and Recreation staff about how they use resources wisely.
- » Local garden or farmer's market. (Ask about how the gardener or farmer uses resources wisely to grow plants. Find out what they do if they have too many vegetables to eat or sell.)
- » Guest Speaker Ideas:
 - » Invite a forester or Department of Natural Resources employee to talk about taking care of trees, water and other natural resources.
 - » Invite someone who was alive during the Great Depression or World War II to talk about why and how they had to conserve resources during that time.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible petal-earning activities? Please email volunteerlearning@girlscoutsaz.org

Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- » When and where you will be meeting next
- » What activities you will do at the next meeting
- » Family help or assistance that is needed
- » Supplies or materials that girls will need to bring to the next meeting
- » Reminders about important dates and upcoming activities

Sample Email

Hello Girl Scout Families:

We had a wonderful time today learning about using resources wisely and have earned the Green Petal. We had fun:

- Reading a story about using resources wisely
- Reusing old materials to create a new piece of art.

Continue the fun at home:

- Ask your Girl Scout what she will do to use resources wisely.
- Cook a meal with your Daisy using a recipe that uses leftovers.
- Come up with a fun craft project to make together with “trash” items found around your house.

Thank you for bringing your Daisy to Girl Scouts!

Adapted from Girl Scouts River Valleys planning pages. Many thanks to Girl Scouts River Valleys for sharing these resources with their sister Girl Scouts.





I'm Clover. I use resources wisely!