

Between Earth and Sky Activity Plan 1 The Blue Bucket Award

Purpose: When girls have earned this award, they'll be aware of their feelings and the feelings of those around them. Girls will also develop good relationship skills, resolve conflicts and be considerate and caring to others.

Planning Guides Link: Leadership

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.

- Long Term Planning
 - If you use "Plan Your Daisy Year", share this with the girls at the start of the year. Have them 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.
 - If you are adapting the "Plan Your Daisy Year", 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.
- Short Term Planning
 - 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.



- At the Meeting
 - During the opening, have 1-2 girls share their answers to a get-to-know-you question.
 - Have girls fulfill their kaper chart responsibilities.

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 award or simply try different activities, go for it! There are many ways to complete this award, including: completing the activities as listed in the *Between Earth and Sky* Journey, 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 Blue Bucket Award if:

- They can communicate their feelings.
- They take part in role-playing activities that encourage them to resolve conflicts, negotiate, and be considerate and caring to others.

Girls can continue their *Between Earth and Sky* Journey by earning the remaining awards: The Firefly Award and The Clover Award.

Resources

- This activity plan has been adapted from *It's Your Planet-Love It! Between Earth and Sky*, which can be used for additional information and activities.



Getting Started

Time Allotment: 15 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	Girl Scout Law
<p><i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.</p>	<p><i>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.</i></p>

3. Sing the Girl Scout Daisy Song. Use repeat-after-me or sing as a group if girls know it by heart.

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!

Activity #1: Role-Play

Journey Connection: Sessions 1, 2 and 3-Role-Play

Petal Connection: Considerate and Caring (Spring Green Petal) and Be a Sister to Every Girl Scout (Violet Petal)

Time Allotment: 20 minutes

Steps:

1. Split the girls into three groups. Give each group one of the following scenarios. Each group will work on a role-play for their scenario.
 - Scenario 1: *It has been raining all morning, but the rain has now stopped. You are at a friend's house and you are deciding what to do. One of you wants to stay indoors and draw pictures. The rest of you want to go outdoors and splash in the puddles. No one will change their minds, but you all want to play together. What do you do?*
 - Scenario 2: *Your Girl Scout troop is going on a field trip just for Girl Scouts at the local zoo. You are all excited to see the animals and exhibits and try out activities with your friends.*

When you arrive, you notice that there is a Girl Scout who looks lonely. You find out that she came without her troop and doesn't have anyone to complete the activities with her. What do you do?

- Scenario 3: *You are jumping rope with some friends at the park. A friend walks over and asks to join. One of you says, "I don't want her to play with us. Her shirt is ugly. She needs to go away." The rest of you notice that your friend's feelings have been hurt. What do you do?*
2. Give the girls a few minutes to work on their role-play.
 3. Have each group perform their role-play. Briefly discuss each scenario after each group has had a turn, using the questions below as a guide.
 - What feelings did you see in the role-plays?
 - Did you notice anything that reminded you of the Girl Scout Law?
 - How can you be "considerate and caring" to others?
 - How can you "be a sister to every Girl Scout" and others?

Activity #2: Bucket of Feelings

Journey Connection: Session 1—How We're

Feeling Time Allotment: 15 minutes Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Bucket
- Slips of paper
- Writing utensils

Steps:

1. Invite the girls to make a circle. Have each girl share how she is feeling. She can use words or motions to show a feeling. Explain that there are many types of feelings and sometimes you may experience multiple feelings at once!
2. As a group, brainstorm different types of feelings.
3. As you brainstorm, write the feelings on slips of paper and place them into the bucket.

Activity #3: Flower Power

Journey Connection: Session 3—Science Time: How Plants Drink and

Eat Time Allotment: 15 minutes Prep Needed:

- Gather materials and supplies.
- Make copies of the Plant Parts worksheet (one per girl)

Materials Needed:

- Plant Parts worksheet
- Coloring utensils

Steps:

1. If the girls brainstormed "hungry" or "thirsty" in the last activity, tell them that flowers and plants get thirsty too. Explain to the girls that plants "eat" through their roots. Water travels up the root system, up the stem, and finally to the leaves and petals.
2. Pass out the Plant Parts worksheet. Have girls complete the worksheet and color the flower.

Activity #4: Snack Chat

Journey Connection: Questions link to *Between Earth and Sky* Time



Allotment: 10 minutes

Steps:

1. While enjoying a healthy snack of your choice, here are some things to discuss:
 - What do you like to do when you are happy? Sad? Angry?
 - How does it feel when you and a friend are happy and agree on a game to play?
 - How can you show you are considerate and caring to your family?
 - Did you learn something new today? If so, what?
 - How does it feel to learn something new?

Wrapping Up

Time Allotment: 15

minutes 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. Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. Assign a 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. When the squeeze returns to the girl who started, she says "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass 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.

More to Explore

- Field Trip Ideas:
 - Go to a movie or play and discuss whether or not you saw characters being considerate and caring or addressing conflict and compromise.
 - Do a service project and talk about how it feels to help others.
- Speaker Ideas:
 - Invite family members to your meeting to do the activities with you.
 - Invite a school counselor to your meeting to talk about expressing feelings.

Family Follow-Up Email

Use the email on the next page as a template to let families know what you 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



Hello Girl Scout Families:

We had a wonderful time today discovering our feelings and have earned the Blue Bucket Award.

We had fun:

- Role-playing scenes showing how to be considerate and caring and how to resolve conflicts with friends
- Creating a bucket of feelings
- Learning about the parts of a flower

Continue the fun at home:

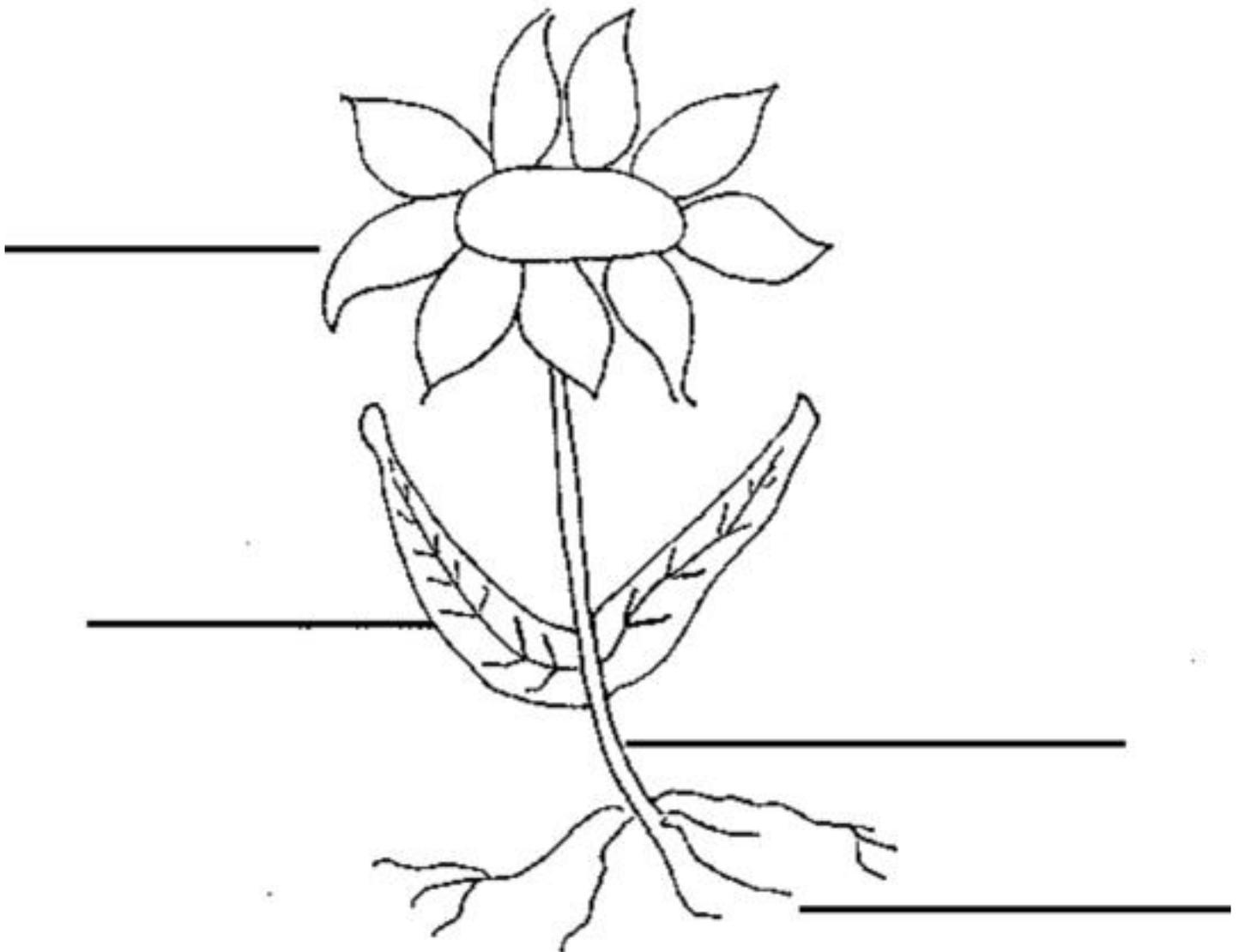
- Talk to your Girl Scout about her feelings and emotions.
- Water a wilted plant and watch what happens.
- Look at the *Between Earth and Sky* Journey book and read about the adventures of the flower

friends. Thank you for bringing your Daisy to Girl Scouts!

Plant Parts

Can you fill in the blanks with the correct words?

stem flower leaf roots



Name: _____

