



*Taken from the Volunteer Toolkit Badge Year for Juniors
Flowers 2*

Overview

Note to Volunteers

You will need to bring a variety of real flowers to the meeting. Or better yet, hold meeting in place where girls can observe flowers--a backyard garden or nursery is ideal. (Make sure girls don't pick or touch flowers.)

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason, scripting is included for guiding girls through a meeting; these "lines" are under the heading "SAY." However, you know your girls best. If you feel you don't need the script, do what makes sense for you and your girls.

Prepare Ahead

- Get your badges [here](#).
- Print a PDF of three different famous paintings of flowers, such as:
 - Monet's Blue Water Lilies
 - Georgia O'Keefe's Oriental Poppies
 - Andy Warhol's Flowers
 - Vincent van Gogh's Sunflowers
- Print a PDF of the Girls Scout Promise and Law, one for each girl.
- Find recycled glass or plastic bottles, or mason jars, one for each girl.

Get Help from Your Friends and Family Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting.

Ask your network to help:

make snacks

- welcome girls to the meeting
- supply materials for the session

Meeting Length

90 minutes



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The times given for each activity will be different, depending on how many girls are in the troop. Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led! And what do you do if you only have an hour for the meeting? Simply omit some of the activities.

Materials

Activity 1: As Girls Arrive

- Magazines (preferably home, outdoor or garden focused)
- Paper
- Markers, crayons
- Scissors
- Glue

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law
- Variety of different kinds of flowers

Activity 3: Flower Power

- Flowers
- Sketch paper
- Colored pencils
- Poster board with a diagram of a flower
- Magnifying glasses, enough for girls to share

Activity 4: Raining Rainbows

- White flowers (carnations work well)
- 4 small cups of water per girl
- Food coloring
- Knife (to be used by the adults)

Activity 5: Nose Buds

- Blindfold for each girl
- Index cards



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- Pens
- Five flowers that have a strong smell – some examples are:
 - Roses
 - Gardenias
 - Carnations
 - Hyacinth
 - Honeysuckle
 - Jasmine
 - Lilies

Activity 6: Snack Break: Sneaky Fruit Flowers

- Sliced apples
- Hibiscus iced tea
- Apple blossom, real or photo
- Hibiscus tea bag and image of hibiscus flower (or real one)

Activity 7: Purple Pillows

- Dried lavender or potpourri
- Small squares of material with bonding tape or fabric glue
- Bonding tape or fabric glue

Activity 8: Closing Ceremony

- None

Detailed Activity Plan

Activity 1: As Girls Arrive

Time Allotment

10 minutes

Materials

- Paper
- Markers and crayons
- PDFs of three famous flower paintings



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Steps

As girls arrive, have them draw their own version of a famous flower painting.

SAY:

- *As you arrive, take a few minutes to look at some famous artists and how they painted flowers. Choose one that you like, and make your own version.*

Activity 2: Opening Ceremony

Time Allotment

10 minutes

Materials

- PDF of Girl Scout Promise and Law

Steps

Gather girls in a circle. Welcome them to the Flowers meeting.

Girls say the Girl Scout Promise and the Girl Scout Law together.

SAY:

- *We are back finishing up our Flowers badge. Last time we learned about how a flower works. Today, we are going to learn about how flowers can make people feel better in different ways.*
- *As you came in, you drew your own portrait of flowers. Let's go around the room and show your artwork, and why you drew it like you did.*

[show art]

- *Even though we were all using the same famous flower paintings, all of our drawings are unique. That is the same with flowers. Even those that are the same, have unique qualities that are interesting to learn more about.*



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Activity 3: Flower Foolin'

15 minutes

Materials

- Different color tissue paper
- Tape
- Pipe cleaners

Steps

Create tissue paper flowers.

SAY:

- *Sometimes you can't get outside to enjoy the flowers. When that happens, you can try using artificial flowers to brighten someone's day, or even make some flowers yourself! We are going to make tissue paper flowers.*
- *First stack 3-4 pieces of tissue paper on top of each other.*
- *Then, starting at one end, fold all the papers over about an inch.*
- *Then, flip the papers over and fold up another inch, so you are making a paper fan.*
- *Once you've finished folding, place a piece of tape around the middle of your fan.*
- *Then, wrap a pipe cleaner around the taped part of your fan, and twist the pipe cleaner so it tightly holds the paper.*
- *Next, starting with a corner, gently pull the top layer of paper up from the folds toward the center of the fan.*
- *Go all the way around the first layer of paper, so it is all sticking up. Then, do the next layer.*
- *As you go, feel free to bend and pull the paper a bit to get it to look like petals. Once you've brought all the layers up, shape it into a flower shape, with the pipe cleaner being your stem.*

Activity 4: Reading Roses

Time allotment

10 minutes

Materials



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Flowers 2*

- A few different kinds of flowers that have different petals
- Contact paper
- Scissors
- Glitter

Steps

Make a bookmark out of flowers.

SAY:

- *Another way to keep flowers close even when it might be bad weather outside, is to make a fun flower bookmark. Have a grown-up help you cut a piece of contact paper.*
- *Peel the backing off, so the paper is sticky. Then pick a few petals off different flowers, and drop them onto the paper. You can also use glitter to make the bookmark really sparkle. Fold the contact paper in half to it traps the glitter and flower petals inside. Then, trim the edges to the right size.*
- *Is there someone who might love your bookmark? Save it as a gift for them!*

Activity 5: All About That Vase

Time Allotment

15 minutes

- Tissue paper
- Scissors
- Mod Podge (all-in-one glue, sealer, finish, available at craft stores)
- Paint brushes
- Recycled plastic soda bottles or mason jars

Steps

Decorate a bottle or container with tissue paper, to make it more colorful – girls can use it to hold their flowers.

SAY:



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- *What is holding your beautiful flowers can be just as important as the flowers themselves. Let's make a beautiful vase that we can display flowers in! First, decide what kind of design you might want on your vase. Then, using the tissue paper, cut out shapes, squares or little pieces to attached to the vase.*
- *Using your paintbrush, paint Mod Podge on the tissue paper (coating it) and stick it to the bottle. Don't worry about it showing – after you've covered the container in tissue paper, coat the entire thing with a few brushes of Mod Podge, and let it dry.*

Activity 6: Final Arrangements

Time Allotment

20 minutes

Materials

- Variety of flowers
- Water
- Scissors
- Paper
- Markers/crayons

Steps

Each girl will make a floral arrangement in her new vase.

SAY:

- *Have you ever been to a flower shop to see a florist arranging flowers? There are so many ways you can be creative with making flowers. It's an art!*
- *Flowers are also symbols that send a specific message when you give them.*
- *You probably all know the meaning of a bouquet of roses! Love? Romance? Valentine's Day?*
- *Flowers have meaning in Girl Scouting, too. The Daisies have a garden full of Flower Friends who help them learn the Girl Scout Law.*
- *Create a floral arrangement using the flowers that are here. You can also use your tissue flowers, too! Mix colors, heights, and shapes however you want.*
- *Think about what you want your arrangement to say. You may want to use them to cheer someone up who is sick or feeling down. Or for a parent or sibling for a birthday. Or to thank someone, like a friend, who did something nice for you.*



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- *Decide who you want to make your arrangement for and draw a card to go with it.*

Activity 7: Crack the Seeds

Time Allotment

10 minutes

Materials

- Sunflower seeds, pumpkin seeds
- Other healthy snacks to share
- Juice and water

Steps

As the girls eat the sunflower and pumpkin seeds, talk about how some flowers are fruits in disguise.

SAY:

- *Did you know that as we are eating your seeds, that these came from a sunflower and a pumpkin?*
- *To get the sunflower seeds from the sunflower itself, farmers have to wait until the petals become dry and the flower starts to slump. Then, the farmer cuts the stem and lets the sunflower hang upside down to dry. Then, the farmer can rub the head of the flower and the seeds will come out.*
- *Do you know that some things we think are vegetables are actually a fruit? For example: tomatoes, pumpkins, cucumbers, green/yellow/red peppers, olives, yams, and avocados.*
 - *Have you ever eaten seeds before?*
 - *Do you know how to roast seeds?*
 - *What other fruits have seeds? (Watermelon, grapes)*

Activity 8: Closing Ceremony



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Time Allotment

5 minutes

Materials

Flowers badges, one for each girl

Steps

Girls form a friendship circle and sing a song.

SAY:

- *Today we learned about how to make cool gifts and presents from flowers – when we give them out, they make others feel better. I hope you had a great time learning about flowers, and the next time you see some, you think about what’s really going on behind those petals.*
- *Congratulations on earning your Flowers badge!*

Ask a girl to end the ceremony by starting the friendship squeeze.