



Daisy Resect Myself and Others Petal – Life Skills

Note: This line of the Girl Scout Law and Daisy petal is represented by the Daisy Flower Garden character Gloria, the Morning Glory. The petal award itself is the purple petal. There are ten petals, each representing a line in the Girl Scout Law.

Notes for Adults

When you *Respect Yourself*, you take care of yourself. This can mean a lot of different things – here are some options to discuss with your Daisy:

- Understanding that it takes time & practice to do many things
- Eating healthy foods
- Making sure you get up and play each day
- Washing up and brushing your teeth
- Washing your hands for 20-30 seconds. Hint: Try reciting the Girl Scout Promise four times while you wash your hands.
- Trying your best

Respecting Others also can mean a lot of different things. Here are some ideas:

- Using a tissue when you your sneeze or cough and throwing it away keeps germs away from others
- Listening to other people’s ideas
- Compromising or taking turns
- Using good manners
- Taking a cue from the way their face and body looks and reacting appropriately. Does their face look sad, mad, or scared?
- Understanding that sometimes people need time alone or to focus on their own project.

Girl Scouting at home with caregivers:

Ask your Daisy to name some of the ways they keep themselves healthy. Use their ideas, your own, and those above to discuss. Make a list of their ideas.

Ask your Daisy to illustrate the ideas. If you have access to a printer, you can male two copies, cut the ideas apart and make a memory game.

Challenge them to commit to doing one thing to show respect for themselves and others- they can draw pictures and make a checklist. “At the end of the day, think back - did I do this? If you did, give the day a check mark.”

Activity 1: Watch Gloria’s Story Video.

Discuss: In the story, how did Gloria show respect for herself? How did she show respect for others?

Activity 2. Showing respect at meal time.

Daisys can play this *respect others* activity at family mealtime:

During the meal, an adult will ask each person at the table if an action (listed below or include your own) is showing good or bad manners. Each person answers. At the end, discuss whether people agreed or disagreed with some of the answers. Can good manners look different, depending on where you are and who you are with? Are there other ways that we show respect that we didn't mention?

Sample Manners:

- Chew with your mouth open
- Greet someone by saying "Hello"
- Say please and thank you
- Get up from the table during the meal without asking
- Stick out your tongue at someone
- Put a napkin in your lap
- Make funny noises while you drink
- Grab someone else's food
- Ask to be excused from the table when finished eating
- Help clear the table

Activity 3 Practice respecting yourself and others

Make a thank you note for someone who gave you a present, or helped you in some way.

What I'll need:

- *Paper*
- *Markers or Crayons*
- *Pencil to write the note*

Additional Resources related to this petal

Virtual Resource Links - Watch together or apart and follow up with a conversation.

Scholastic:

Go to <https://watchandlearn.scholastic.com/> During the Covid-19 crisis, you can use this free. Use this username: **Learning20** | password: **Clifford**

These are some of the videos and read-along books that go along with "respecting ourselves and others" and "respecting authority".

Here are some resources that focus on respecting yourself

From <https://bookflix.digital.scholastic.com/>

- *Crazy Hair Day & Let's Be Friends*
- *Each Kindness & It Starts with Me*
- *The Gym Teacher and Keeping Fit*

From the Watch and Learn Library:

- *No More Germs*
- *Food Fuel*
- *Can You be a Good Friend?*

From GSUSA:

Gloria's Story: A Surprise for Lily – Join the Flower Friends as they prepare for and go to a birthday party.

Gloria the Morning Glory Coloring Sheet (at the end of this document)

Other Sources Online:

Eating Balanced Diet, You Tube - <https://www.youtube.com/watch?v=mMHVEFWNLmc>

SciShow Kids You Tube 5 *Fabulous Food Groups* -

<https://www.youtube.com/watch?v=L9ymkJK2OCU>

Healthy Living Game – help a girl get ready for a day of surfing by making healthy choices.

<https://www.bing.com/videos/search?pc=MOZI&q=kids+stay+healthy+videos&ru=%2fsearch%3fform%3dMOZSBR%26pc%3dMOZI%26q%3dkids%2bstay%2bhealthy%2bvideos&view=detail&mmscn=vwrc&mid=C754C166BC6D87C87A65C754C166BC6D87C87A65&FORM=WRVORC>

Germs, Germs, Germs – animated- why wash your hands

<https://www.youtube.com/watch?v=uMbCZfb5k3M>

Keep Your Hands to Yourself – animated - <https://www.youtube.com/watch?v=8iTPPh1d2j8>

Using Polite Words – animated (has box with key words using Sign Language)-

<https://www.youtube.com/watch?v=efkCkHENTkw>

Five ways to show respect animated -

<https://www.bing.com/videos/search?q=showing+repectful+kids&view=detail&mid=71ACEC2059E1638AAAD971ACEC2059E1638AAAD9&FORM=VIRE>

What Makes a Good Friend- animated song -

<https://www.bing.com/videos/search?q=being+a+good+friend+kids&view=detail&mid=1A47F8C01D865870FA9F1A47F8C01D865870FA9F&FORM=VIRE>

The Daisy Petals are sold as a set. They include the Promise Center and the ten Petals, each representing a part of the Girl Scout Law. Here is a link to the online shop.

<https://www.girlscoutshop.com/Daisy-Petals-Set>.



I'm Gloria the Morning Glory. I respect myself and others!