



Lesson Title

Red petal– Courageous and Strong

Lesson Overview:

In this lesson Daisies will work on their Courageous and Strong (red) petal.

- Talk about what it means to be courageous and strong.
- Read or the watch video on being courageous and strong.
- The Daisies will then practice how to be courageous and strong with an at home activity.
- Daisies finish with the Superhero Color Sheet at home activity.



Petal/Try It/Badge

Earn your red petal; Courageous and Strong



Lesson Time

40 minutes



Girl-Led Component

Each Girl Scout will talk about and demonstrate a time when they were courageous and strong.



Special Needs

The Color Sheet activity is optional. Give Daisies this coloring sheet to do at home.



Lesson Title

Red petal– Courageous and Strong

Lesson Delivery

- Greet Daisies and say the Girl Scout Promise and Law. (5 min)
- Ask your Daisies what it means to be "courageous".
 - Do they know what courage means? It means to try something to help you overcome your fear.
 - Ask for examples of times when Daisies have been courageous and strong.
 - Ask about a time when they tried something new or a time that they were afraid to try something, like riding a two-wheeler, learning to swim, going to a new school or even trying brussel sprouts!
- Read/watch *Giraffes Can't Dance* (5 min)
 - Here is a story of a brave giraffe that never gave up on his dream to dance at a party even when everyone said he couldn't.
- Pass out the materials. Explain that they will be making a superhero cuff to reinforce being courageous and strong. (5 min)

Materials Needed

- Book: *Giraffes Can't Dance*: by Giles Andreae
OR [Watch Video](#) (ctrl+ left click)
- Hole puncher
- Yarn/String
- Scissors
- Pencil/Pen
- School glue
- Glitter card stock paper (can be found at any craft store)
- Glow in the dark paint and paintbrush
- Coloring page:
Courageous and Strong



Lesson Title

Red petal– Courageous and Strong

Lesson Delivery

At Home Activity: Superhero Cuffs (20 min)

Step 1:

- Cut a strip of glitter card stock paper about 3 inches in height and long enough to fit your child's wrist. Punch holes in both ends of the strip of paper.

Step 2:

- Draw lightning bolts with a pencil on the reverse side of the glitter paper and then cut them out.

Step 3:

- Glue on the lightning bolts and allow the glue to dry. If you want, as a fun bonus, you can paint glow in the dark paint on the top of the lightning bolts.

Step 4:

- Thread yarn through the holes and tie the band closed in the shape of a cuff.

You are finished and ready to use your superpowers! Super job!

Wrap up activity: Debrief lesson (10 min)

- Ask Daisies what new thing they will try while practicing being courageous and strong.

Materials Needed

- Book: *Giraffes Can't Dance*: by Giles Andreae
- [Watch Video](#) (ctrl+ left click)
- Hole puncher
- Yarn/String
- Scissors
- Pencil/Pen
- School glue
- Glitter card stock paper (can be found at any craft store)
- Glow in the dark paint and paintbrush (optional)
- Coloring page:
Courageous and Strong



Flower Friends





COURAGEOUS & STRONG

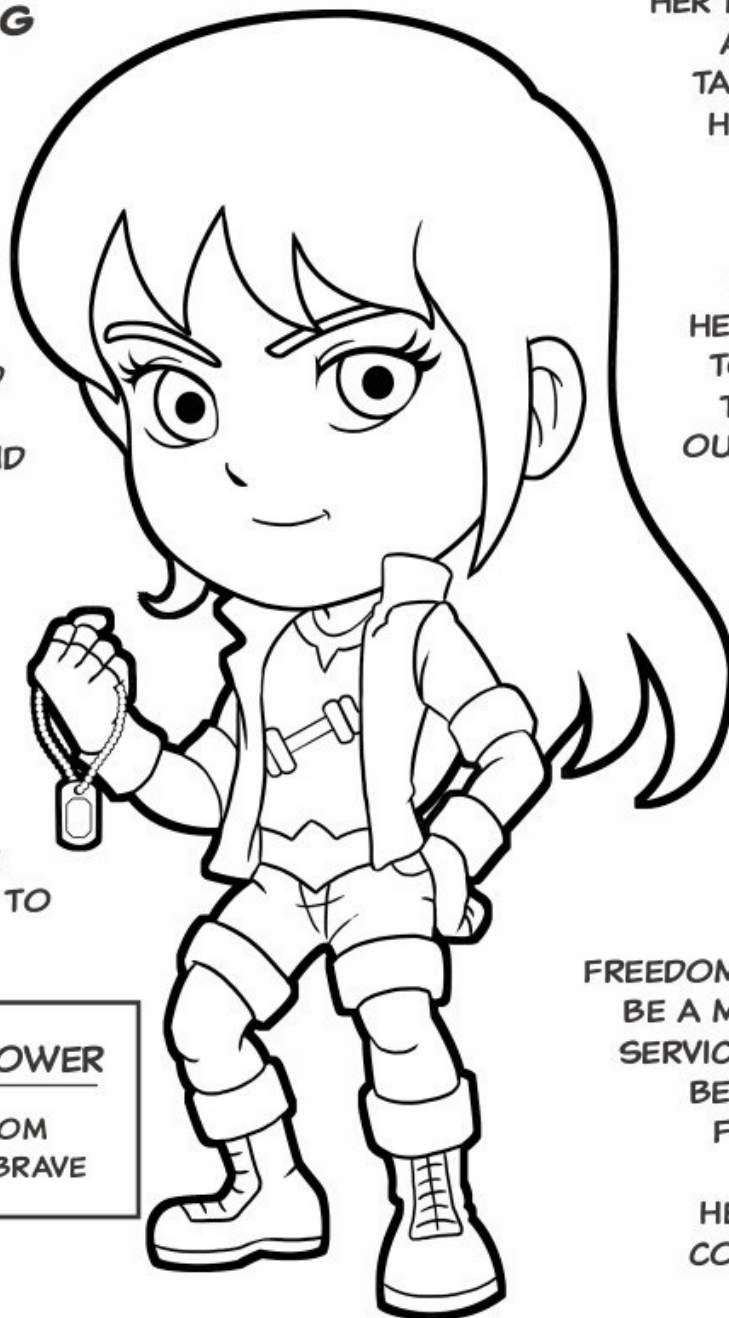
FREEDOM
LOVES
SCIENCE
AND
MATH.

SHE IS
INTERESTED
IN BUGS,
SNAKES AND
REPTILES.

FREEDOM
WOULD
LIKE A
PET
IGUANA
BUT HER
DAD SAYS
THEY MOVE
TOO MUCH TO
GET A PET.

SUPERPOWER

FREEDOM
IS VERY BRAVE



HER DAD WORKS
AT HOME TO
TAKE CARE OF
HER AND HER
LITTLE
BROTHER.

SOMETIMES
HER MOM HAS
TO GO AWAY
TO PROTECT
OUR COUNTRY.

IT MAKES
FREEDOM
SAD BUT
SHE IS
PROUD
OF HER
MOM AND
BRAVE FOR
HER LITTLE
BROTHER.

FREEDOM WANTS TO
BE A MEDIC IN THE
SERVICE AND THEN
BE AN EMT OR
FIREFIGHTER.

HER FAVORITE
COLOR IS RED.