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A Leadership Journey Workshop for Girl Scout Daisies

5 FLOWERS, 4 STORIES, 3 CHEERS FOR ANIMALS

This Program Brought to you by GSCNC and R.E.A.C.H.



Building girls' confidence...

- Girl Scout Daisies learn to care for animals and for themselves.
- Girl Scout Daisies get creative
- Girl Scout Daisies tell their own story of caring for animals
- And so much more...



5 FLOWERS, 4 STORIES, 3 CHEERS FOR ANIMALS

Workshop Schedule

January 22, 2011

Program Begins at 10 am and continues until 4 pm

Lead Facilitator: Anna Hunter
Other Volunteers: Dewanna Knight

Location

Camp Brighton Woods, located near Ashton, MD
120 Brighton Dam Road, Brookeville, MD 20833

The Program will be located in the Kitchen of the Brighton Lodge

Schedule for the Day

1000—1015 *Opening Session*
1015—1045 *Team Animal Murals Group Session*
1045—1100 *Birdbaths*
1100—1115 *Animals Need Care, and So Do You*
1115—1130 *All About Me Nests*
1130—1145 *Fly, Fly Away!*
1145—1200 *and Tail Tales*
1200—1230 *Lunch*
1230—1245 *Introduction to Red Robin Projects Group Session*
1245—1300 *Nature Sounds*
1300—1315 *Postcards*
1315—1330 *Tell a Story Without Words*
1330—1345 *Origami*
1345—1400 *Animal Masks*
1400—1415 *Comparing the Caring Group Session*
1415—1445 *Red Robin Project Work Session*
1445—1500 *Japanese Yoga and Snack Group Session*
1500—1545 *Red Robin Project Presentations*
1545—1600 *Closing Session (Awards Presentation)*

5 FLOWERS, 4 STORIES, 3 CHEERS FOR ANIMALS JOURNEY FOR GIRL SCOUT DAISIES

Opening Session

Objective

During the Opening Session, Girl Scout Daisies will be introduced to the program, meet one another, and be divided into smaller working groups (Teams) for rotating through stations. The Girls will receive their Garden Patches during the Opening Session.

Format: Whole Group

Materials

- Garden Patches (one for each Girl Scout Daisy)
- Safety Pins (one for each Girl Scout Daisy)
- Journey Books for the Girl Scouts who ordered theirs during Registration
- Girl Scout Promise written on large paper (or poster board)
- Masking tape or other means to post the Girl Scout Promise poster
- Stuffed animals featured in the book, displayed nearby (optional)

Steps to Complete Activity

1. As girls arrive, have them join form a circle. While waiting to start, girls can explore pages 6-7 of their books to see how many animals they can find. As a group recite the Girl Scout Promise.
2. Have each girl take turns introducing herself and naming one thing she likes about animals. Start them off with an example by saying something like: *My name is Ana. I like that my dog loves fetching a ball.*
3. Introduce the Journey. On this Journey, Girl Scout Daisies learn to care for animals and for themselves. Then they get creative—through murals, dance, drawing, crafts—and tell their story of caring for animals.
4. Introduce the Journey's Awards.
 - ◆ Let the girls know that on this Journey they will have a chance to earn three awards as leaders in Girl Scouts: The Birdbath Award, The Red Robin Award, and the Tula Award.
 - ◆ Each of these awards has a special meaning: The Birdbath Award shows you can care for animals and yourself; The Red Robin Award shows you can use your knowledge and creativity to teach others how to care for animals; and the Tula Award shows that you have gained courage and confidence in teaching others about animal care.
 - ◆ The three awards girls earn fit on a Colorful Garden Patch.
5. Present each girl with her colorful Garden Patch which can be placed on the Daisies' Tunic (or vest) - wherever they like!

Following this session, the girls will move on to: *Team Animal Murals*

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Team Animal Murals

Objective

During this Session, Girl Scout Daisies will work in their Teams to create a Mural that will tell the story of all the animals they will meet on this Journey.

Format: Whole Group

Materials

- Mural-size paper
- Masking tape or other means to post the large paper roll on working surface
- Markers, crayons, glue, and assorted craft materials.
- Pictures of animals (one set for each Team): Bald Eagle, Lion, Robin, Elephant, Crane, Panda, Cheetah, Donkey
- Animal Fact Sheets (one set for each Team)
- Welcome to the Daisy Flower Garden poster

Steps to Complete Activity

1. Pass out Team Packets containing mural-size paper, pictures of animals and animal fact sheets. Each Team will make their own mural.
2. Explain to the girls: A mural is a big picture that tells a story. Usually a mural is so big, it covers a whole wall! Our Mural will tell the story of all the animals we meet on this journey.
3. Guide the girls to write "Our Animal Mural" (or another title of their choice) across the top of the mural in large letters. Then invite the girls to use the art materials on hand to create their mural. They can work individually or as a group to place the animal pictures and create a habitat for each on their mural.
4. As the girls place the animals on their mural, an adult will share the animal facts included on each animal's Fact Sheet provided.
 - ◆ Show how each animal is from the same country as one of our Flower friends. (Listed on each Animal Fact Sheet).
 - ◆ Remind the girls to include on their murals the things that help each animal survive: food, clothing, shelter, a water source, etc.
 - ◆ Discuss how caring for animals is similar to caring for yourself.
5. Each Team will read pages 5-13 in the Girl Books.

Following this session, the girls will move on to: *Birdbaths*

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Birdbaths

Objective

During this Session, Girl Scout Daisies will decorate a Team birdbath. The birdbath will hold the Team's Animal Care ideas the girls will learn along the journey.

Format: Whole Group

Materials

- Prepared birdbath for each team
- Colored Tissue Paper and other decorative materials
- White Glue
- Markers, crayons, pencils

Steps to Complete Activity

1. Explain that the Team Birdbath will hold the animal care ideas the girls learn along the journey. Decorating it is a team effort that give the girls a chance to share their skills and knowledge.
2. Tell the girls how the birdbath symbolizes their ability to care for animals and their growing confidence as leaders.
3. Encourage the girls to use the materials provided to create their own unique Team birdbath..

Following this session, the girls will move on to: *Animals Need Care, and So Do You*

5 FLOWERS, 4 STORIES, 3 CHEERS FOR ANIMALS JOURNEY FOR GIRL SCOUT DAISIES

Animals Need Care, and So Do You

Objective

During this Session, Girl Scout Daisies will learn that taking care of animals can be fun, but only if we know how to keep ourselves safe and healthy.

Format: Whole Group

Materials

- Pencils
- Large Sheet of paper
- Marker

Steps to Complete Activity

1. Using the information on pages 72-77 of the Girl book, discuss how animals and people help care for each other.
2. Explain to the girls: Taking care of animals can certainly be fun (just as the flower friends said!), but only if we know how to keep ourselves safe. You might say:
 - ◆ Animals are not people, so they can't talk to us about their needs. Instead, they might bite or scratch as a way to tell us they are not happy or are frightened.
 - ◆ When caring for animals, knowing how to be safe around them is very important.
3. Take out the large sheet of paper so that the Team can create an "Animals Safe and Sound" chart. Begin by drawing a line down the middle of the paper, and labeling one side "Daisies" and the other "Animals."
4. Start a discussion on ways Daisies can keep safe around animals and write all of the ideas on the chart under "Daisies."
5. Next, steer the discussion to discuss the many ways that people can care for animals. Write all of these ideas under "Animals."
6. Have one of the girls fold up the chart in preparation for placing it in the Team Birdbath.
7. Complete the activities on pages 78-70 of the girl book.

Following this session, the girls will move on to: *All About Me Nests*

Time Required: 15 minutes

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All About Me Nests

Objective

During this Session, Girl Scout Daisies will build and decorate a small nest to hold the things they know and learn along this journey that represent how they care for themselves.

Format: Whole Group

Materials

- Paper bags, one for each girl
- Assorted decorating material (fabric, cotton, wool, ribbon, glitter, yarn, shredded paper, etc)
- White Glue
- Plain white paper for drawing
- Markers or crayons

Steps to Complete Activity

1. Have each girl create a drawing that shows how she takes care of herself.
2. While the girls are drawing, pass out the paper bags. Write each girl's name on the bottom of her bag.
3. Help each girl scrunch her bag into a nest shape, by rolling down the top of the bag.
4. Invite the girls to use the craft materials on hand to decorate their nests as they like.
5. Point out examples of nests on pages 14-15 of the girl book.
6. Have the girls share their drawings, then place them into their All About Me Nests.

Following this session, the girls will move on to: *Fly, Fly Away!*

5 FLOWERS, 4 STORIES, 3 CHEERS FOR ANIMALS JOURNEY FOR GIRL SCOUT DAISIES

Fly, Fly Away!

Objective

During this Session, Girl Scout Daisies will practice communication skills while problem-solving, compromising, and being considerate to others through role-playing activities. Then, they will use their imaginations to spread their wings and “fly” like Robin.

Format: Whole Group

Materials

- Role playing scenario cards
- Crepe Paper streamers, cut into arm’s length strips
- Music
- CD player
- Drawing paper
- Crayons or markers

Steps to Complete Activity

1. Ask the girls to pair up for some role-play about making decisions. Read one of the scenario cards and let them play out the decision they would make ... Have each pair present their solutions to the group.
2. Have girls draw pictures and write captions under them to describe how their decision to help or not help made them feel, and put them in the Team Birdbath.
3. Have each girl choose three streamers for each “wing.” Then show them how to clasp the streamers together in each hand.
4. Have them practice moving their arms up and down. Show them how to make circles or other shapes with their wings.
5. When they are ready, turn on the music and invite the girls to “fly, fly away!” by dancing skipping, running, etc., to the rhythm as they hold their crepe paper wings at shoulder height, and let them move through the air.
6. Change the music every minute or so to encourage the girls to move in time to the new beat. Invite another girl to lead the flock each time the music changes.
7. For an added challenge, call out the names of birds and suggest that the girls move like each bird. (Examples: waddle like a penguin, hover like a hummingbird, run like a roadrunner, stand like a flamingo.)
8. Have the girls add a picture of ‘dancing’ to their All About Me Nests.

Following this session, the girls will move on to: *Tail Tales*

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Tail Tales

Objective

During this Session, Girl Scout Daisies will learn about pourquoi tales. They will use cooperative learning and their imagination to make up their own pourquoi tale.

Format: Whole Group

Materials

- Pencil and Paper or recording device to capture the girls' story.
- Examples of Pourquoi stories, such as *How the Leopard Lost its Spots* and *Why Mosquitoes Buzz in People's Ears*.

Steps to Complete Activity

1. Invite the girls to sit in a circle. Read pages 16-23 in Girl Book
2. After reading the story, encourage girls to discuss what makes them special. Use prompts like these to get them talking:
 - ♦ In the story today, the flower friends notice what makes them special. What's special and unique about you? Do you speak another language? Do you know magic tricks?
 - ♦ Robin shares how she became red. Think about what you just shared about yourself, and describe how you became that way. If you speak another language, for example, how did you learn it?.
3. Explain that Robin's story is a special kind of folktale, called a "Pourquoi," tale. Pourquoi is a French word for "why," and pourquoi tales are old legends that explain why certain things happened, usually things having to do with animals and the natural world. These stories may answer the question "why?" but are not true stories.
4. Share some examples of famous pourquoi stories, then start a story about how an animal got to be the way it is and invite the girls to continue the story, with each girl adding a new part, until they've gone all the way around the circle and made up their own pourquoi tale.
Have one of the adults in the group 'record' the story for the girls, so they can place it in their Team Birdbath.

Following this session, the girls will break for Lunch

5 FLOWERS, 4 STORIES, 3 CHEERS FOR ANIMALS JOURNEY FOR GIRL SCOUT DAISIES

Introduction to the Red Robin Project

Objective

During this Session, Girl Scout Daisies will learn what it takes to plan and carry out a Red Robin Project.

Format: Whole Group

Materials

- Copies of Red Robin Project Planner , one for each Team
- Pencils
- Large paper or poster board
- Makers

Steps to Complete Activity

1. Explain the Red Robin Project is part of the path to completing the Journey and earning the Red Robin Award. The Red Robin Award recognizes that girls can fly out into the world just like Robin to teach others about caring for animals.
2. Guide the girls to plan what new knowledge they want to share with others, how they will share it, and with whom (The Daisy Team may have a Girl Scout Ambassador working with them to help facilitate this part of the discussion):
 - ◆ Keep in mind the Daisies' teaching doesn't have to be elaborate to have an impact. The audience does not have to be big, either. What is important is that the Daisies have the confidence-building experience of teaching others and have fun "telling the story" of what they learned.
 - ◆ As you guide the girls to zero in on what they will teach, also assist them in choosing a creative way to teach it. Encourage the girls to make use of all the learning and art they have done along the Journey.
3. Have the girls take out their *Animals Safe & Sound* Chart, which they can use to help guide the discussion:

Following this session, the girls will move on to: *Nature Sounds*

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Nature Sounds

Objective

During this Session, Girl Scout Daisies will learn how animals use sounds and actions to communicate. They will use what they learn to role-play by imitating animals while the other girls try to guess the animal and what it is trying to communicate.

Format: Whole Group

Materials

- Pencils, crayons, or markers
- Paper.
- Strips of paper with sample scenarios.

Steps to Complete Activity

1. Invite the girls to sit in a circle. Read pages 29-35 in Girl Book
2. After reading the story, encourage girls to brainstorm animal sounds they've heard.
3. If you can, play a recording of nature sounds and see if the girls can identify the animals they hear in the recording.
4. Ask each girl to imitate an animal she has seen/heard. Have the other girls try to guess what the animal is and what they are doing or "saying"
5. After every girl or pair has performed, invite the Daisies to draw a picture of one of the animals communicating and it to their Team Birdbath.

Following this session, the girls will move on to: *Postcards*

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Postcards

Objective

During this Session, Girl Scout Daisies will have a chance to make postcards that show important ways to care for animals. Their postcards can be used to spread the word about caring for animals.

Format: Whole Group

Materials

- Postcards or postcard-size pieces of cardstock, one for each girl
- Markers or crayons
- Assorted craft materials

Steps to Complete Activity

1. Take a minute or two to talk with the girls about how mail from the Post Office is now known as 'snail mail' because, like a snail, mail delivery by postal workers is slower than e-mail, which can arrive in your computer inbox in seconds. Ask if the girls have sent or received e-mail. Would they prefer to receive an e-mail or a piece of snail mail? Why?
2. Give each girl a postcard. Explain that rather than drawing pictures of a trip, they are going to be creating a picture that shows one important way to care for animals. Allow them to use whatever creative materials are on hand.
 - ◆ Have them draw their animal-care picture on one side of the card.
 - ◆ On the other side of the card, the girls should create a sentence that explains their picture.
3. When the girls are finished, have them share their postcards with one another. Point out how sending or passing along their postcard is a good way to spread the word about caring for animals.
4. Have the girls place their Animal Care postcards into their Team Birdbath.

Following this session, the girls will move on to: *A Story Without Words*

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Tell A Story Without Words

Objective

During this Session, Girl Scout Daisies will explore the various ways people and animals communicate without using words.

Format: Whole Group

Materials

- Crayons or markers
- Paper

Steps to Complete Activity

1. Invite the girls to sit in a circle. Read pages 40-47 in Girl Book
2. After reading the story, encourage girls to discuss what non-verbal cues and body language means.
3. Ask each girl to take a turn saying something to the group by using her body and not any words:
Tell us something by how you stand or sit or walk. Or tell us something by the expression on your face. As each of you tries to tell us something with your body, the rest of us will try to guess what you are trying to say.
4. After all of the girls have had a turn, get them talking about how their “body language” can sometimes actually change the way you feel. Point out that sometimes, if they act a certain way, such as dragging their feet or slumping their shoulders, they might actually feel more tired or sadder. And, sometimes smiling and laughing can make everyone feel better.
5. Have the girls draw a smiley face on a scrap of paper and add it to their All About Me Nests to remind them what they learned about body language.
6. Have the girls turn to page 48 in their books and do the “Tell a Story Without Words!” matching game found there.

Following this session, the girls will move on to: *Origami*

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Origami

Objective

During this Session, Girl Scout Daisies will learn about turning paper into art through Origami.

Format: Whole Group

Materials

- Origami paper or paper cut into squares

Steps to Complete Activity

1. Invite the girls to look at pages 52-53 in Girl Book to learn more about Origami and for the instructions for folding a cat.
2. Pass out Origami paper and let the girls have fun turning paper into art. Have the adults in the group assist girls as needed.
3. Have the girls put their completed cats into their Team Birdbath.

Following this session, the girls will move on to: *Animal Masks*

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Animal Masks

Objective

During this Session, Girl Scout Daisies will create an animal mask. They will discover similarities and differences among animals and people.

Format: Whole Group

Materials

- Slips of paper with the name of an animal written on it, two for every girl
- Small container for holding them
- Paper plates
- Craft sticks
- Crayons or markers
- Glue and assorted craft materials

Steps to Complete Activity

1. Invite the girls to sit in a circle. Read pages 54-61 in Girl Book
2. Tell the girls that the names of many of the animals they've been learning about have been written on slips of paper. Ask each girl to select two strips of paper from the container.
3. Ask each girl to read the name of her two animals and say one or two ways they are different. Another option is to ask the girls to say one way the two animals are the same and one way they are different.
4. When everyone has had a chance to compare their animals, point out that just as animals have similarities and differences, so do people.
5. Pass out the paper plates and craft sticks, then invite the girls to select one of their animals and not reveal her choice. Have each girl create a mask representing the animal they selected. Let them use the art materials on hand to create their masks.
6. When all the masks are made, invite each girl to perform in front of the group using her mask, challenging the rest of the girls to guess what animal she is.

Following this session, the girls will move on to: *Comparing the Caring*

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Comparing the Caring

Objective

During this Session, Girl Scout Daisies will use critical thinking skills and connecting with the community to focus on animal needs in their community.

Format: Whole Group

Materials

- Large paper
- Markers
- Copy of Comparing the Caring Chart from page 73 of the Facilitator's Guide
- Paper and pencils for each Team to copy the chart

Steps to Complete Activity

1. Using the Comparing the Caring Chart as an example, ask the Daisies to share the many ways they have learned about caring for animals.
2. Begin with the Flower Friends. Ask questions about how the Flower Friends have cared for animals. Jot their answers on the chart.
3. Next ask the girls about what they have learned from each other and the adults present about caring for animals. Jot those answers down (use the Discussion Column).
4. Then, using the third column, have the girls discuss the similarities and differences they see on the chart. Explain that this chart is the first step to them putting together their Red Robin Project.
5. Have the Teams place a copy of the Chart in their Team Birdbaths.

Following this session, the girls will move on to: the *Red Robin Project Work Session*

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Red Robin Project Work Session

Objective

During this Session, Girl Scout Daisies will plan their Red Robin Project.

Format: Whole Group

Materials

- Teams will use the art projects they created throughout the day
- Teams will be given access to use Music and CD Player upon request
- Any other materials will come from leftover craft supplies.

Steps to Complete Activity

1. Give the Teams time to discuss, plan, and practice their Red Robin Projects.
2. Invite the Ambassadors working with the Teams to return and help the girls with their planning.
3. Circulate between the groups to offer any assistance that may be requested. Remind groups of time remaining at 10-minute intervals, and again when 2 minutes are remaining.

Following this session, the girls will move on to: *Japanese Garden Yoga Area*
(If weather permits, this could be done outdoors)

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Japanese Garden Yoga/Snack

Objective

During this Session, Girl Scout Daisies will learn They will discover the benefits of yoga by practicing some fun ways to move like animals. Following the mini-yoga session, the girls will enjoy a healthy snack.

Format: Whole Group

Materials

- Music
- CD Player.
- Snacks, one for each girl

Steps to Complete Activity

1. Invite the girls to sit in a circle. Review pages 50-51 in the girl book.
2. Put on music to set the mood. Then introduce (and demonstrate) each of the moves, reminding the girls to start each one with a deep breath in, and finish with a deep breath out.
 - ♦ The Butterfly—Sitting down, press the bottoms, or soles, of your feet together. Keep your back nice and straight. Now gently rock your knees up and down
 - ♦ The Turtle—Curl up on the floor. Tuck your knees under your tummy. Round your back as if you were a turtle in a shell. Slowly stretch on arm forward, then slowly bring it back into your “shell.” Repeat with one arm at a time. Try to stretch your neck, too.
 - ♦ The Crane—Stand on both feet. Lift one leg, and touch your foot to the inside of your other leg, right above or below the knee. Balance. Now try the other side. If you can, bring both arms over your head. Press your palms together.
3. When the girls finish the mini-yoga session, ask them how they feel. Let them know that these poses are something other people might enjoy learning, and that they can teach others to do them...
4. Allow 5 minutes at the end of this session for the healthy snack provided. Line the girls up and have them proceed through a line to collect their snack. Remind girls that any trash should be placed in a trash can.

Following this session, the girls will move on to: *Red Robin Presentation*

5 FLOWERS, 4 STORIES, 3 CHEERS FOR ANIMALS JOURNEY FOR GIRL SCOUT DAISIES

Red Robin Project Presentation

Objective

During this Session, Girl Scout Daisies will present their Red Robin Projects to the invited audience.

Format: Whole Group

Materials

- Music & CD Player
- Art project girls completed earlier in the day

Steps to Complete Activity

1. Introduce the Journey, the Flower Friends, and any other adults who helped the girls along their way.
2. Introduce the Red Robin Projects that the girls are planning to present.
 - ♦ Today these Daisies will be sharing with you important ways to care for animals and invite you to keep animals safe and sound, and teach others how to do that, too!.
3. Invite the girls to take their places. Help the transition from Team to Team go as smoothly as possible, filling in with information about the activities the girls performed throughout the day while the next group sets up.
4. After all of the Teams have presented their Red Robin Project, have them invite the audience to pledge to care for animals.
 - ♦ Will you join us in promising to do your best to keep animals safe and sound?
 - ♦ "I promise to do my best to keep animals safe and sound, and to teach others how to do the same. "

Following this session, the girls will form a large circle for the Closing Session

5 FLOWERS, 4 STORIES, 3 CHEERS FOR ANIMALS JOURNEY FOR GIRL SCOUT DAISIES

Closing Session

Objective

During this Session, Girl Scout Daisies will reflect on their Journey and receive the 3 Awards they earned along the way: The Birdbath Award; The Red Robin Award; The Tula Award.

Format: Whole Group

Materials

- Awards (one for each Girl Scout Daisy)
- Safety Pins (one for each Girl Scout Daisy)
- Copy of Presenting the Tula Award from page 107 of the Facilitator’s Guide
- Index cards with the Girl narrator’s lines written on them.

Steps to Complete Activity

1. Prior to the start of this session, select three Daisies to be narrators. Give them the card with their lines on it.
2. Have all of the Daisies join the large circle with their animal masks.
3. Invite the three narrators to introduce the presentations.
Daisy 1: As Daisies, we have learned how to care for animals large and small.
Daisy 2: By teaching others how to care for animals, too, we’ve seen how we can create a good change. And that made us feel good about ourselves and our skills.
Daisy 3: Now we will share with you the many ways we can all care for the animals in our world.
4. After the introduction, have each Daisy step forward to give her animal performance and ask, “Can you guess who I am?” Once the audience has guessed, the Daisy will say how caring for animals makes her feel.
5. Present each girl with the Three Awards she has earned along the Journey: The Birdbath Award, The Red Robin Award, and The Tula Award— in honor of her courage and strength for taking on the task of caring for animals, sharing her knowledge with others, and pledging to keep her Birdbath of creativity flowing.

Thank Guests for attending, then dismiss group.