

Lupe

Overview

Note to Volunteers

A few agenda activities in this meeting plan have two options—one that can be done inside and one to be done outside (*Get Girls Outside!*). Carefully read through both activity options and choose one to add to your meeting plan agenda. **Please note all PDF-printed documents list the description and materials required for both the inside and outside options—you will only need to purchase materials for one option.**

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

- Talk to anyone helping you about what they will do at this meeting.
- Cover tables where girls will be drawing pictures with tablecloths or paper.
- **Activity 1:** Print out copies of Lupe the Lupine, enough for each girl.
- **Activity 3:** Make sure to have sheets of newspaper, enough for all Daisies except one.
- **Activity 3:** Have music prepared for when the Daisies play the Island Game.
- **Activity 5:** Prepare a sheet of paper or poster with the words: I will do my best to be honest and fair. Girls will sign this as their pledge at the end of the meeting.

Get Help from Your Family and Friends Network

Your Family and Friends Network can include:

- The Brownies' 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

60 minutes

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

Lupe

- Lupe the Lupine, enough for each girl
- Markers, crayons

Activity 2: Opening Ceremony

- Girl Scout Promise and Law
- Lupe's Story

Activity 3: Island Game — **Inside Option**

- Sheets of newspaper, enough for each Daisy except one
- Music

Activity 3: Rock Island — **Get Girls Outside!**

- Rocks that girls collect
- Music
- Optional: Make fake rocks: newspaper, paper bags, scissors, painters tape, glue and water mixture, bowl, paintbrush

Activity 4: Snack Chat & Take Action Pause

- Healthy snack items: fruit (strawberries, blueberries, cherries, apples, oranges, bananas, raisins), granola bars, crackers, carrot sticks, graham crackers, sliced cucumber and yogurt dip, juice, goldfish, hummus and pita bread, celery and cream cheese, bottled water, pretzels, trail mix, popcorn.
- Paper
- Pencil or pen

Activity 5: Closing Ceremony

- Lupe petals, enough for each Daisy
- 1 sheet of paper or poster with words: I will do my best to be honest and fair.
- Pens

Detailed Activity Plan

Activity 1: As Girls Arrive

Time Allotment

5 Minutes

Materials

- Lupe
- Lupe the Lupine, enough for each girl
- Markers, crayons

Steps

Give girls a copy of Lupe the Lupine to color.

Lupe

SAY:

- *Welcome, Daisies! Let's color a picture of Lupe the Lupine. She's a tall, beautiful flower with blue petals and bright green leaves. Lupe stands for being honest and fair.*

Activity 2: Opening Ceremony**Time Allotment**

15 minutes

Materials

- Girl Scout Promise and Law
- Lupe's Story

Steps

Girls gather in a circle. Welcome them to the Lupe petal meeting. Read the Girl Scout Promise and Law for girls.

SAY:

- *Do you remember the line honest and fair when I recited the Girl Scout Law and Promise? Well, in this meeting, you'll be earning your honest and fair petal.*
- *Lupe the Lupine stands for honest and fair. What's an honest and fair thing you've done?*

[If girls need a prompt, **SAY:**]

- *For example, when you:*
- *Shared your snack with a friend*
- *Took turns with your friends choosing a game to play*
- *Told the truth about something*
- *Let someone else pick the movie you would watch at a sleepover*

[When girls are done, **SAY:**]

- *I'll read Lupe's Story. Stand up so you can act it out! Any time you hear me say something that you can act out from the story, do it! Like if I say the word jump, you can jump! Or if I say the word cheese, you can pretend to nibble on a piece of cheese! If you hear me say the word fair, raise your hand!*

[When you are finished, **SAY:**]

- *We talked about being honest and fair. A way to be honest is to tell the truth when someone asks you a question. What does being honest mean to you?*
- *How about what it means to be fair? What are some of the things you've done that show you are honest and fair? [Sample responses: I let my friend choose the snack she likes when she comes over to visit. I let my brother or sister pick the movie that we will watch. I tell my parents the truth even when it might get me in trouble.]*

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Activity 3: Island Game — Inside Option

Time Allotment

10 minutes

Materials

- Sheets of newspaper, enough for each Daisy except one
- Music
- Steps
- Have girls help you lay sheets of newspapers around the room, with one less than the number of girls

SAY:

- *One way to practice being honest and fair is when you're playing a game.*
- *You see the newspapers laid out around the room. These are islands. When the music starts, you can dance, jump, or walk around the room. When the music stops, find the closest island to you and jump on it. If you can't find an island, you're out. But there's one more thing: you can only put ONE foot and ONE hand on the newspaper island. If you lose your balance, you're out.*

[Give girls a chance to try putting one foot and one hand on the newspaper.]

- *The other foot and hand should be off the newspaper. If you don't have music, you can also clap or sing a song. Make sure to take a newspaper away each time a girl is out.*
- *OK, let's get started! Remember to play by the rules and not push or bump the other Daisies while you are dancing or walking around. It's also important to not rush onto an island that isn't near you when the music stops. That wouldn't be honest or fair.*

[After girls are done with the game, SAY:]

- *Do you think you played the game fairly?*
- *Did you feel like you wanted to get onto an island no matter what?*
- *Do you think you played the game honestly and fairly?*
- *Were there any hard feelings with other Daisies?*

Activity 3: Rock Island — Get Girls Outside!

Time Allotment

10 minutes

Materials

- Rocks that girls collect
- Music

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[Optional: Make fake rocks: newspaper, paper bags, scissors, painters tape, glue and water mixture, bowl, paintbrush]

Steps

Just like the “Island Game,” girls will play this game outdoors. Have girls collect rocks and place them in a circle outdoors. Make sure there are enough rocks for each girl to stand beside.

For more fun! Have girls make fake rocks by tightly crumpling pieces of newspaper or brown paper bags and wrapping the “rock” with painters tape. If you want, girls can cover the fake rocks for a more realistic look: Have them tear strips of newspaper or paper bags approximately 1-2 inches wide, 3 inches long. Mix glue and water in a bowl and paint the mixture over the tightly wound rocks. Then add the strips of paper over the “rock” until it’s covered. Let it dry. If girls want, they can paint or color the rock .

SAY:

- *One way to practice being honest and fair is when you’re playing a game.*
- *Stand next to the rock you placed in the circle. These are your islands. When the music starts, dance, walk or jump around the circle. When it stops, find a rock to stand next to. If you can’t find an island, you’re out.*

[Remove one rock each time you re-start the music. If you don’t have music, you can also clap and sing.]

[Leave No Trace: After the game is played, have girls place rocks back where they found them.]

- *When we Leave No Trace, we protect nature. One thing this means is that anything we find outdoors--rocks, plants, pinecones or acorns--have an important role in nature. A rock or fallen leaf might be shelter for insects. A plant might be food for wildlife. So we always put things back where we find them or leave it as we found it.*
- *There are other ways to protect nature, too! When we're outdoors, we*
 - *walk on paths and try not to trample plants, flowers, or small trees.*
 - *respect wildlife, like insects a bird or squirrel, by only observing from a distance.*
 - *never drop trash anywhere except in a trash or recycling bin.*
- Can anyone share a story about when they were outdoors and protected nature?

Activity 4: Snack Chat and Take Action Pause**Time Allotment**

20 minutes

Materials

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- Healthy snack items: fruit (strawberries, blueberries, cherries, apples, oranges, bananas, raisins), granola bars, crackers, carrot sticks, graham crackers, sliced cucumber and yogurt dip, juice, goldfish, hummus and pita bread, celery and cream cheese, bottled water, pretzels, trail mix, popcorn.
- Paper
- Pencil or pen

Steps

Give girls a snack, paper and a pencil or pen.

[As girls enjoy their snacks, **SAY:**]

- *One important thing Girl Scouts do is to help make the world a better place. As you go through Girl Scouting, you'll come up with a Take Action Project. Taking Action means finding a need, coming up with a plan to help, and putting the plan into action.*
- *Remember in Lupe's Story, when Lupe suggested everyone take turns playing a favorite game?*
- *That was a helpful way to guide others in being fair.*
- *Why do you think it's important to help other people?*
- *Let girls know you will be writing down and saving any ideas they come up with for their Take Action Projects.*

Activity 5: Closing Ceremony

Time allotment

10 minutes

Materials

- Lupe petals, enough for each Daisy
- 1 sheet of paper or poster with words: I will do my best to be honest and fair.
- Pens

Steps

Girls sit on the floor and form a Friendship Circle.

SAY:

- *Now that we've acted out Lupe's Story and played the Island Game, you've learned about being honest and fair.*
- *What are some ways you can be honest and fair at home? How about at school?*

[If girls need prompts, **SAY:**]

- *For example, you are being honest and fair when you:*
- *Follow the rules for games*
- *Take turns choosing games or things to do with your friends*

Lupe

- *Share equally with others*
- *Tell the truth*
- *Include others in games*
- *Let's go around the circle and say one way you plan to be honest and fair. You can begin your statement by saying, I pledge to be honest and fair by...*
- *Have girls sign the paper or poster that says I will do my best to be honest and fair. Tell them this is their honest and fair pledge.*

[Once all the Daisies have finished, **SAY:**]

- *Congratulations! Now that you have your plan for how you'll be honest and fair, you've earned your Lupe petal!*

[Give a petal to each girl, then SAY:]

- *Wear it to remind you to always be as honest and fair as you can be.*

Have a girl end the ceremony by starting the Friendship Squeeze.