



Where Adventure GROWS



Nature Friends
recommended grades:
Pre-k-2



Kindergarten Day Kits: Nature Friends

Going into kindergarten, girls should be able to show interest in an idea and ask questions about what they are seeing. In this session, your girl will learn by doing as she explores all the many things that can show up in nature!

NATURE FRIENDS	OUTCOME: LANGUAGE, COMMUNICATION, MATH, SCIENCE, AND MOTOR DEVELOPMENT
-----------------------	---

OBJECTIVE: This session has been inspired by the **Girl Scout Daisy Eco Learner badge**.
 Girls will:

- Use memory skills.
- Observe nature.
- Practice following instructions.
- Move with numbers.

Activity Plan Length 45 minutes

TIME	ACTIVITY	MATERIALS NEEDED
5 minutes	Opening Activity	None
10 minutes	What’s Missing?	10 Nature items
15 minutes	Nature Circle	3-ft piece of string/hula hoop
10 minutes	Number Game	None
5 minutes	Wrap-up	None

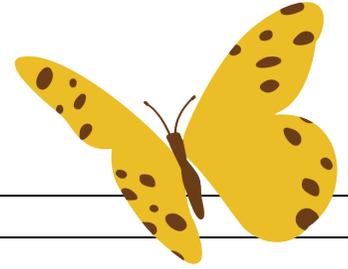
1. Opening Activity: INTRODUCTION	Time: 5 minutes
Materials Needed: None	
WELCOME GIRLS Greet each girl. Introduce yourself and your council. Explain that you’ll be helping them get ready for Kindergarten. Explain what girls will be doing and how long the session will be. Ask if girls have any questions.	
GIRL SCOUT PROMISE Explain that a promise is when you agree to do something. Girl Scouts start every meeting by saying the Girl Scout Promise.	
<p>Girl Scout Promise On my honor, I will try: to serve God and my Country, to help people at all times, and to live by the Girl Scout Law</p>	<p>La Promesa Por mi honor yo trataré de servir a Dios y a mi patria, Ayudar a las personas en todo momento Y a vivir conforme a la ley de las Girl Scouts</p>



2. WHAT'S MISSING?	Time: 10 minutes
Materials Needed: 10 items preferably from nature	
Purpose: Practice memory skills with nature items.	
WHAT TO DO:	
Play What's Missing: First, lay out 10 items on a table or down outside, and gather the girls around. Go over what each item is (recommended objects are: a rock, flower, pinecone, feather, leaf, acorn, toy worm, toy spider, stuffed animal, and red ball.) Then, tell the girls to cover their eyes then remove an object. Ask girls to open their eyes and find which one is missing. Repeat the activity a few times. For an added challenge, move the objects around when you remove one.	

3. NATURE CIRCLE	Time: 15 minutes
Materials Needed: 3 foot piece of string (or a hula hoop;) Magnifying glass (optional;)	
Purpose: Observe nature and practice following instructions	
WHAT TO DO:	
Show the girls how to make a Nature Circle: Go outside with the group and lay the string in a circle in the grass or on a trail.	
Observe what is in the circle	
Count how many things you can find that live there, like plants or bugs	
Ask "What would be injured if you walked through this circle?" That's why it's important to stay on a sidewalk or path to protect nature	
Ask "Is there anything in here that shouldn't be?" i.e. trash	
For more FUN: use a magnifying glass to get a closer look.	
Consider saying: "Learning about nature is what Girl Scout Daisies do when earning their Eco Learner badge. [Show a Daisy Eco Learner Badge printout]	
REFLECT	
Guide a short conversation about the Nature Circle activity.	
Consider questions such as:	
<ul style="list-style-type: none"> • Were you surprised by anything we found? • If we moved our circle to another area what other things might we find? • Encourage girls to do this exercise in their backyard later and see what they find. 	





4. NUMBER GAME	Time: 10 minutes
Materials Needed: None	
Purpose: Get active and move around and count	
WHAT TO DO:	
Explain that exploring nature is more fun when you are able to hike long distances and climb over anything you find. Say that you're going to do an activity to help get your body ready for their outdoor explorations! Be aware that some girls may have different movement abilities and adapt this activity as needed.	
Tell the girls you are thinking of a number from 1 – 10. Pick a girl and ask her to guess the number.	
<ul style="list-style-type: none"> • If the girl says a number that is LOWER than what the volunteer is thinking everyone has to do squats (show how to do a squat, adapt for different abilities) the number of times that the girl guessed. • If the girl says a number that is HIGHER than what the volunteer is thinking, everyone does jumping jacks the number of times that the girl guessed. 	
<i>NOTE: If girls are unable to perform certain actions, recommend girls bend over and duck for lower and put their hands up for higher.</i>	
You can also change the activities each time to include stretches of different muscle groups.	
Volunteer picks a different number then chooses another girl to guess. Continue as time allows.	



5. Friendship Circle	Time: 5 minutes
Materials Needed: None	
Purpose: Thank girls and wrap up the meeting	
<p>WHAT TO DO:</p> <p>Thank girls and caregivers for attending. Remind them of the things they learned including:</p> <ul style="list-style-type: none"> • Using their memory skills in the “What is missing game?” • Observing nature in our nature circle. Seeing bugs, leaves, grass and a piece of trash that shouldn’t have been there. • Getting some exercise! • Girl Scouts have meetings just like the one we had today where we learn, play and try new things with our friends. <p>CLOSING CEREMONY</p> <p>Explain that every Girl Scout meeting ends in a special way, by singing <i>Make New Friends</i>.</p> <p>Teach the girls <i>Make New Friends</i> using the “repeat after me” learning technique for each line.</p> <p>Sing it once as repeat after me and then all together.</p> <p style="text-align: center;"> Make new friends, but keep the old. One is silver, and the other’s gold. A circle’s round, it has no end. That’s how long I want to be your friend! </p>	



Daisy Eco Learner Badge

