



# Life Skills• Daisy Badge Blueprint



## Tula Petal

### **Purpose of Petal:**

Purpose of Badge: When a Girl Scout earns this petal, she understands what it means to be courageous and strong.

**Supplies needed:** Paper and supplies for drawing (i.e. crayons, markers, colored pencils)

### **Step 1: Learn what it means to “be courageous and strong”.**

\*Optional: Log onto VTK or use the Daisy Guide to Girl Scouting to read Tula’s story and talk about how Tula shows that she is courageous and strong.

Open a conversation about what it means to be courageous and strong. What is courage? What is Strength? How can these be shown in different areas of our lives? (for example, strength is not just physical, one can be strong without having much physical strength, and courage can be shown for even the smallest of tasks when overcoming a challenge).

### **Step 2: Celebrating the Strong and Courageous**

Have each girl choose someone (a famous person, a fictional character, someone in their lives, etc.) that is courageous and strong. Each girl can draw a picture of this person acting courageous and strong and share their picture with their troop, friends, and/or family.

### **Step 3: Practice being courageous and strong.**

Help the girl(s) think of a song, poem, quote, or pledge (such as the Girl Scout Law) that makes them feel courageous and strong. Encourage the girls to sing/recite this chosen inspiration every morning for a week. This is great practice for them to remember this inspiration in times that they must be courageous and strong!

**Congratulations! You have now earned the Tula Petal!**

Remember, the Volunteer Toolkit Online has more activities to explore and is a great resource for planning meetings.