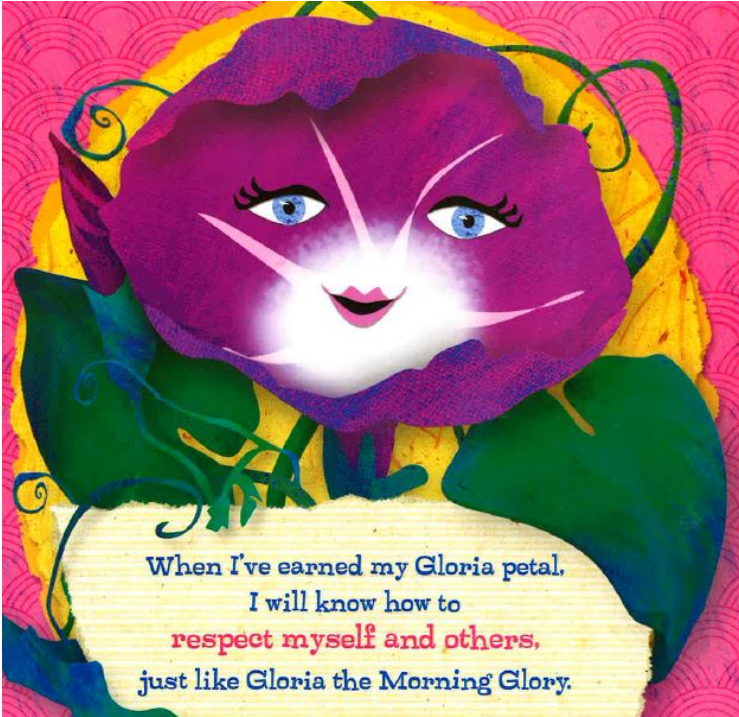


DAISY BADGES TO DO AT HOME



To earn your
Gloria petal, do
these three things.



To earn this petal, please complete one option per step.

| STEPS | BADGE REQUIREMENTS | OPTION 1 | OPTION 2 | OPTION 3 |
|--------|---|---|--|--|
| Step 1 | Enjoy "Gloria's Story," and then talk about it. | Read "Gloria's Story" at bedtime and talk about it with the person putting you to bed. | Read "Gloria's Story" and then talk about it with your family during breakfast, lunch or dinner. | Read "Gloria's Story" to a younger or older sibling and talk about afterwards together. Gloria's story is online here. |
| Step 2 | Invite an older Girl Scout to talk to your group about ways to respect yourself and others. | Respecting yourself means putting your best foot forward and taking good care of yourself. Ask a family member for advice on self-care (and ask if they were a Girl Scout or Boy Scout growing up --- you might just have an "older" scout right there in your own home). | Respecting others means having good manners and speaking politely. Practice your manners and politeness at breakfast, lunch or dinner today. Ask an adult or sibling to share their favorite childhood memory (maybe something from their scout days!) and listen politely and respectfully. | Trade ideas about ways to show respect. Talk with your family or, if you can, reach out to a Girl Scout friend (girl or adult) to get ideas about what respect means to them. Try out a few new ideas this week on family members. |
| Step 3 | Practice respecting yourself and others. | Before you say goodnight one evening, make a special effort to brush your teeth, comb your hair, and wash your face. Does it make you feel any different from the evening before? | Think of three healthy things you can do to show that you respect yourself, such as eating a good breakfast, choosing healthy snacks, or getting some exercises every day. Draw a picture to remind yourself of what you want to do and put it somewhere where you'll see it often. | Learn how to write thank-you notes. Write a thank-you note to someone who gave you a present, helped you out in some way, or visited your Daisy troop this past year. |