

# Journey Assets

## Daisy

The journey books are packed with information and activities on science, healthy living, and the arts. Because these topics are woven throughout the girl books and adult guides, we've created Journey Assets lists to give busy council staff and volunteers a fast, easy way to find the relevant pages for each topic area. You can use Journey Assets to plan events that address specific girl interests, provide examples to potential funders and partners, or recruit experts who can support girls and volunteers on the journeys.

### Series: It's Your World—Change It!

#### Welcome to the Daisy Flower Garden (girls' book)

##### Healthy Living

- p. 11: Cilantro and other plants are good for you.
- p. 9: Samosas, a snack with potatoes and peas
- p. 10: Guacamole as a snack (adults can use this to teach about avocados being a healthful food)
- p. 12: Tomatoes and tomato soup (pages 9, 10, and 12 refer to the girl characters' favorite snacks—info can be used to talk about healthy snacks the real Daisies like)
- p. 19: The girl characters eat samosas
- p. 67: The girls eat guacamole, and get a full description
- p. 71: Tomatoes grow in all colors; worms like vegetables and fruit scraps best (good point to make with girls: Even worms like to eat healthful food!)
- p.72: Heirloom tomatoes
- p. 74: Japanese rice cakes

##### Science

- p. 24: Honeybees talk to each other by dancing.
- p. 37: Fun facts about daisies.
- p.38-40: Facts about different kinds of flowers and where they came from.
- pp. 50-56: More facts about different flowers and where they came from (tulips, geraniums, roses, etc.)
- pp. 57-61: What a garden needs (soil, worms, etc.), what worms do for soil, what bees do for flowers, how ladybugs keep away aphids.
- p. 68: Making good soil by worm composting; how worms get rid of garbage.
- p. 70: Definition of a worm composting box and why worms are a gardener's best friend.

##### Art

- p. 44-5: Draw your mini-garden.
  - p. 61: Fill in garden signs with your own rules for a great garden.
  - p. 62: Draw a picture of your garden.
  - p. 65: Draw the flower you want to be like.
  - p. 77: Draw your mini-garden.
  - p. 83: Draw a picture of your garden party.
  - p. 89: Draw what you will grow next.
- (If you have time and materials, put your own twist on these activities, such as having girls make a clay sculpture of the flower they most identify with.)

#### Welcome to the Daisy Garden (adult guide)

##### Healthy living

- p. 14: Encourage family and friends to help with garden-inspired snacks.
- p. 27: Give Daisy friends and family suggestions for garden-themed snacks like tomatoes, carrots, vegetable sticks, fresh juices. Remind them that packaged sweets won't teach girls about gardening or healthful eating.
- p. 29: Girls learn about healthful snacks through the garden story and learn behaviors that contribute to good health.
- p. 57: Girls are encouraged to pluck and taste the lettuce they've planted while the plants are young.
- p. 72: Serve garden-related foods at the garden party.

##### Science

- p. 10: Watering can award for caring for their mini-garden.
- p. 11: Golden Honey Bee Award for completing a planting or growing project.
- p. 12: Plant and maintain a mini-garden; play an "imitating nature" game.

- p. 38-43: Girls plant a mini-garden (basil, leaf lettuce and greens). Leaders teach girls what seeds are, different kinds of seeds, what watering does, what plants need.
- p. 44: Girls play a game to name garden critters common to their community and talk about the sounds/movements the critters make.
- p. 46: Outdoor activities: Girls name what they see when they look up or on the ground, look for colors and shapes in nature, search for seeds, and touch outdoor objects such as bark or soil.
- p. 47: Alphabet Hike—name natural objects outdoors that begin with each letter of the alphabet.
- p. 53: Garden Scamper—Leaders call out a garden critter and girls run through two lines of girls using the movements of the critter.
- p. 57: Girls are encouraged to pluck and lightly water basil so it will grow.
- p. 60: Leaders name a natural object and girls pretend to be the object. They discuss the characteristics of rocks, grass, sun, butterflies, etc.
- p. 62: Leaders give descriptions of items found in gardens (trees, flowers, etc.) and girls guess what they are. Girls plan a community garden project.
- pp. 63-64: How to start worm composting; facts about ladybugs.
- 68: What's in the Bag?—girls learn about the characteristics of things that live in a garden, such as rocks, bark, pine cones, etc.
- 73: Secret Garden—Leader shows one girl a garden object and she must describe it to her team without saying what it is.
- 78: Girls unveil their garden project and explain it to guests.

##### Art

- 40: Encourage girls to write or draw responses in their books.
- 72: Girls create festive garlands or hats for the garden party.

### Series: It's Your Planet—Love It!

#### Between Earth and Sky (girls' book)

##### Healthy Living

- p. 27: The flowers enjoy blueberry pancakes; girls are asked what fruits grow near their homes
- p. 29: The flowers "Eat up!" to be "petal perfect"—good way to talk to girls about eating for energy.
- p. 46: Dairyland and its dairy farms and milk, butter, cheese, and ice cream.
- p. 51: Growing fresh food right in the city.
- p. 53: The flowers see a lot of cheese and then eat cheese, milk, and raspberries.
- p. 64: Pine nuts—food for birds and people.
- pp. 69, 71: The flowers enjoy date shakes in the desert.
- p. 70: Drinking tea to keep cool.
- p. 73: Chestnuts: important food for people and animals.
- p. 92: Fruits and nuts and seeds.
- 93: Fruits and vegetables are "dirt candy"; making "fruit pops."

##### Science

- p. 9: Parts of a flower; how plants turn sunlight into energy.
- 11-18: Descriptions of flowers and in which part of the country they grow.
- 12: What evergreens are.
- 15: Tree farms and what trees are used for.
- 26: How fireflies talk to one another.
- 27: Where wild blueberries grow.
- 30: Find a stone and put it in water to see it change color.
- 33: Coastlines and borders.
- 34: What seeds are and how they're spread.
- 35: What weeds are.

36. Habitats: Clearing out vincas and planting plants that salamanders eat.  
37: Making seed birds to restore vegetation.  
40-41: Fireflies and where they live (none west of the Rockies).  
42: How sunflowers clean the soil.  
46: What's made from milk; why taking care of the soil is important.  
50: How bicycles are energy-smart.  
51: Growing food in the city.  
56: Birds migrating past the Great Salt Lake.  
57: Facts about the Great Salt Lake.  
60-61: Why it's easy to float in the Great Salt Lake.  
61: Girls experiment by adding salt to a cup of water to see how many things will float.  
62-5: Pinon pine nuts as food for birds; using resources wisely.  
65: The Ips beetle, fungus, and saving pinon pine trees.  
67-69: What a desert habitat is like; facts about tumbleweeds.  
70: Why hot tea makes you feel cooler on a hot day.  
73: The chestnut fungus and how chestnut trees are making a comeback.  
75: The climate of northern and southern California.  
79: The habitat at Half Moon Bay in California.  
80-81: Facts about redwoods and ladybugs.  
82: Facts about habitats and why plants in the wrong place can crowd out other important plants.  
83-84: Why there are fewer salmon in the Klamath River and why they should be protected.  
86-91: How white sweetclover is damaging the environment in Alaska and what people are doing to help.  
92: Where seeds are (cones, nuts, etc.)

#### Art

15: Draw the trees that grow where you live.  
22: Draw how you feel when you've kept a promise.  
36: Draw plants you see that are growing where they shouldn't.  
58-59: The Spiral Jetty as earth art; making art that helps earth; draw a picture of your earth art.  
96: Draw your favorite leaves, seeds, petals.  
(If you have time and materials, put your own twist on these activities, such as having girls make a mural of the trees that grow where they live or a Play-Doh sculpture of their earth art.)

### Daisy: Between Earth and Sky (adult guide)

#### Healthy Living

17: Encourage family and friends to provide earthy treats, like vegetables and fruits, and locally produced foods, such as cheeses and breads.  
58: Snack time feast of plant parts: flowers (broccoli), stems (celery), leaves (lettuce), etc.  
76-79: Snack on local foods.  
95: Celebrate with an array of healthful snacks in all shapes and colors, perhaps cutting fruit and cheese into shapes with cookie cutters.

#### Science

7: Lupe's petal-powered car can inspired budding engineers and designers; travel theme can introduce using a compass and map-reading skills. Introduces girls to exploring the wonders of nature, diverse terrain, oceans, mountains, deserts, etc. Women introduced in the stories work to protect and nurture the environment (ecologists, biologists, etc.)  
15: Girls earn the Clover Award by teaming up to protect a natural treasure in their region.  
20: Teaching girls about not disturbing nature, Leave No Trace.  
39: Explanation of how science is built into every session.  
41: Leaders are encouraged to make time for field trips to study nature.  
46: Girls take a nature walk, collect a natural item and classify it. Collecting, observing and classifying are basic science skills.  
52: Suggest girls dream up their own cars and draw them, or gather items that girls use to build some miniature cars.  
53: Bring a variety of soils for girls to touch and smell; explain what different types of soil are like.  
54: Suggest girls find different colors in nature during their walk.  
58: Show girls a droopy plant and let them water it; explain how plants drink; explain how the foods we eat are plant parts.  
62: How fireflies produce light.  
65: Have a local farmer show girls a variety of seed; show how wind can blow

them; outdoor time to look at seeds in nature.

70: Girls experiment with an array of stones and bowls of water and describe how stones change when wet.  
71: A walk in nature to find shapes; experiment with a compass to figure out location and directions.  
72: Share photos of soil- and air-cleaning plants  
75: How sunflowers clean soil; take a trip to see sunflowers in action.  
79: Why milk and cheese make you sleepy.  
80: Nature walk to find textures, making a list of all the textures you find.  
82: Clover project: teach girls to protect Earth's resources by protecting a local treasure—clean up a lot, add local plants to urban spaces, spread the word about a local bird that needs protecting, etc.  
84: Walk in nature to rub a tree.  
85: Girls learn about different trees and which ones grow in their area and make bark rubbings.  
88: Girls learn about using resources wisely to protect a local treasure.  
89: Invasive plants and their effect on the environment.

#### Art

36: Introduce the artist who created the cut-paper images in *Between Earth and Sky*; prepare to create a cut-paper poster.  
42: Make luggage tags/bookmarks.  
47: Draw the item you've collected.  
50-51: Girls make a team journey poster from cut paper.  
52: Suggest girls dream up their own cars and make drawings.  
53: Draw a square of your favorite color; show girls examples of exotic colors.  
56: Draw a picture of what different feelings look like.  
62: Decorate luggage tags/bookmarks; make origami butterflies.  
66: How to make an origami butterfly.  
71: Draw a favorite shape and try to find it outdoors.  
72: Create a firefly suitcase; continue to work on journey poster.  
76: Make natural "paints" out of vegetables.  
81: Girls draw textures they find in nature.  
82: Make posters to encourage people to mind seeds and weeds; make a booklet, play or other creative endeavor to offer tips for protecting local vegetation.  
86: Walk in nature to make bark rubbings.  
94: Draw a picture of how your partner used a special skill.