

Girl Scout Daisy Gloria Petal:

Respect Myself and Others



Marjorie Merriweather Post, who once lived at Hillwood, showed respect for herself and others.

Today at Hillwood you will practice using good manners to show you respect others. You will try out ways to be healthy and take care of yourself to show that you respect yourself.

To earn your *Gloria* petal:

- Complete all the "Try This!" activities in this booklet.
- Keep track of the activities you complete by marking the checkbox on each page.
- Show your troop leader your completed packet and she can purchase Daisy petals from the Girl Scout Council of the Nation's Capital to get the petal that you earned by completing these activities.

Step #1 — Enjoy “Gloria’s Story,” then talk about it.

Try This!

#1 

Read “Gloria’s Story.” Copies of the story are available at the **DRESS-UP STATION** by the **LUNAR LAWN**.

If you’d like you can use costumes and props from the Dress-Up Station to act out the story while you read it.

When you finish reading, talk about what you read. Discuss these questions with your group:

- How did Gloria show that she had respect for herself?
- How did she show she had respect for others?
- What Girl Scout traditions (such as the quiet sign) show that you have respect for others?

Step #2 — Talk about ways to respect yourself and others.

Respecting others means having good manners and speaking politely.

Marjorie Post was known for welcoming guests to her home. She was very gracious and polite. She always remembered to thank people who helped her.

At the end of every party she had at Hillwood, Marjorie thanked her staff for their work. She always went into the kitchen to thank the cook for making a delicious meal.



Hillwood's Kitchen

Try This!

#2 ☐

Visit the **HEALTH HELPER** near Hillwood's **LUNAR LAWN**.

Show respect for yourself by thinking about things you do well. Draw a picture on a "grateful card" of something that you like about yourself.

Show respect for others by telling a friend what you like about her. Draw a picture on a "grateful card" for your friend that shows what you like about her and give it to her as a gift.

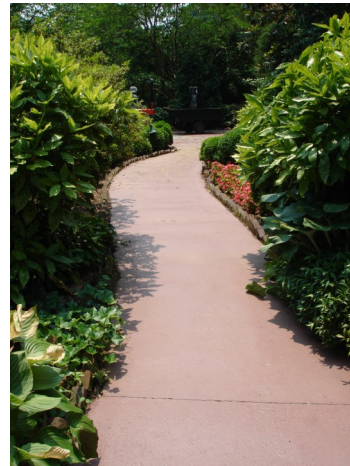
Step #3 — Think of three healthy things you can do to show that you respect yourself.

Marjorie Post showed respect for herself by taking good care of herself. She did healthy things such as:

- Eating a good breakfast of healthy cereal and fruit every morning.
- Getting exercise every day by taking a walk in her gardens.



Marjorie Post's Hillwood dressing room, where she ate a healthy breakfast and did exercise each morning.



Hillwood garden path, where Marjorie Post exercised by taking afternoon walks.

Try This!

#3 ☐

Think of three healthy things you can do to show that you respect yourself. Visit the **GARDEN GAMES** near Hillwood's **LUNAR LAWN**. Try out at least three different kinds of exercise. Put a check next to the activities you tried on the list below:

- ☐ Putting on the Putting Green
- ☐ Jump Rope
- ☐ Hula Hoop
- ☐ Horseshoe Toss
- ☐ Hopscotch
- ☐ Croquet
- ☐ Badminton
- ☐ Yoga (led by "Health Helper" Laurie Tucker)
- ☐ Other: _____