

# Lilly the Lash

## Girl Scout Patch Program - Option 1

### "High Five Game"

**Age Level:**  
Cadettes

**Group Size:**  
6 to 30

#### **Materials:**

The Garden Gathering book by Julie Woik

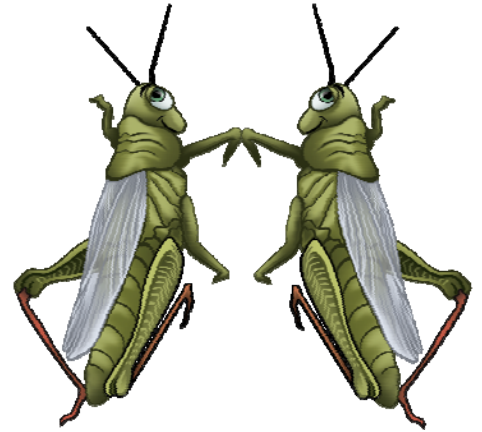
Letter size plain paper

Pencil or Pen

Timer - An hourglass or accurate timer

Dry erase board or chalk board

*Accents* (30 HAND cut outs from Michael's Craft Store) or make your own from different color construction paper using your own hands as templates



#### **Discover:**

Read The Garden Gathering together as a group. Afterwards, discuss the meaning of self-esteem. Discover the differences of low and high self-esteem, and how they can affect someone.

#### **Connect:**

- The troop leader will find game instructions on High Five Game sheet. Basic rules: The Girl Scouts break into two teams. Teams get points for matching answers. High Five your teammates for a job well done! Teams take turns gaining points. The team with the most points wins.

#### **Take Action:**

- Choice One: Each Girl Scout will do a physical activity in the next week, that they have never done or haven't done in a while. Such as rollerblading or walking with a friend. Have them write a short paragraph about the experience and how it made them feel.
- Choice Two: Each Girl Scout will do something nice for a neighbor or friend in the next week. Something as simple as taking cookies to someone who isn't feeling well. Have them write a short paragraph about the experience and how it made them feel.

**NOTE:** Have everyone share their experience at the next troop meeting.