

# Flower Power Badge



This badge was designed by 1<sup>st</sup> Baldock Brownies. We are currently selling badges to support our fundraising for the October 2022 Girlguiding Great Wall of China Trek (postponed from 2020)\*

We hope you enjoy completing the activities here. The pack has been updated to include virtual guiding ideas and an example virtual sleepover plan.

Badges are £1.20 each and the order form is at the end of the pack.

\*In the event of further postponement or cancellation of the trek, funds from badges sold will go towards a future trek with Girlguiding or be used for activities within the unit

**Rainbows: Complete 4 activities**

**Brownies: Complete 6 activities**

**Guides/Rangers/Trefoil: Complete 8 activities**

- 1 Learn about the national flower emblems of Great Britain – colouring work sheet
- 2 Learn about the different parts of a flower
- 3 Write a poem or story about flowers or sing a song about flowers
- 4 Go on an I SPY walk to find flowers in the local area
- 5 Visit a garden centre, botanical garden or nature reserve
- 6 Grow sunflowers from seeds and monitor how big your flower grows/ make a chart
- 7 Grow flowers of your choice in your own garden and take a photo (At home)
- 8 Make paper flowers from tissue paper
- 9 Make a flower arrangement for an occasion e.g. Button holes for a wedding – you could ask a local florist to run a session
- 10 Have a Flower Power party and learn about the 1960s.
  - You could listen to some music from the 1960s and learn a dance such as the Twist. Brownies learning a new dance could count this towards their Dancing interest badge
- 11 Have a go at pressing flowers or creating wax rubbings from leaves
  - <https://www.nhm.ac.uk/discover/how-to-press-flowers.html>
  - <https://www.proflowers.com/blog/how-to-press-flowers>
- 12 Learn about and support one of the appeals using flower symbols used in the UK
  - Poppy Appeal
    - <https://www.britishlegion.org.uk/get-involved/remembrance/about-remembrance/the-poppy>
  - Daffodil Appeal – Marie Curie
    - <https://www.mariecurie.org.uk/daffodil>
- 13 Draw a picture of your favourite flowers
- 14 Learn which flowers are edible and use them in a recipe
  - Try our edible plants and flowers quiz!
- 15 Design your dream garden
  - Choose a theme if you want: Maybe a jungle garden or a magical garden
  - Think about the colours and smells of your plants and flowers
  - Add notes and labels to your design
- 16 Learn about the science behind plants and what they need to grow well (detail as appropriate to the section)
- 17 Learn about how bees pollenate flowers
  - <https://www.edenproject.com/learn/for-everyone/what-is-pollination-a-diagram-for-kids>
- 18 Try some different types of honey and learn what honey might be used for
- 19 Try making cupcakes with flower decorations e.g. buttercream/icing roses on top
- 20 Learn about Victorian floriography
  - <https://www.proflowers.com/blog/floriography-language-flowers-victorian-era>
  - <https://schoolgardening.rhs.org.uk/Resources/Info-Sheet/The-Meaning-of-Flowers>

## **Brownies: You could earn your Grow Your Own Interest Badge!**

- If you complete options 8, 15 and 16 then you will gain an extra badge!
- Sections of the Grow Your Own badge:
  1. Dream it up (option 15 - design your dream garden).
  2. Grow a plant (option 8) - choose a plant that has a purpose and plant it. For example, one that produces vegetables or fruit that you can eat, or a plant with flowers that attract bees and butterflies. You could grow something inside or outside depending how much space you have.
  3. Plant Care (option 16) - use your knowledge about what plants need to grow to create a plant care schedule to look after your plant.

### **Activity 1: Flower Emblems of the UK**

England's flower is the rose

- England's emblem since the Wars of the Roses between the royal house of Lancaster (whose emblem was a red rose) and the royal house of York (whose emblem was a white rose), combining to make a Tudor Rose which symbolises peace between the houses.

Scotland's flower is the thistle

- The thistle is a prickly-leaved purple flower which was first used in the 15<sup>th</sup> century as a symbol of defence.
- The legend of how it came to be the emblem states that sleeping Scottish warriors were spared ambush by an invading Norse army when one of the enemies stood on the spikes of a prickly thistle, and his cries woke the Scottish warriors.

Wales' flower is the daffodil

- The daffodil is traditionally worn on St David's Day. Some think the daffodil was chosen as the emblem as its appearance in early spring coincides with St David's Day.
- The leek was the traditional emblem of Wales until the 19<sup>th</sup> century.
- The Welsh name for daffodil 'Cenninen Pedr' translates to Saint Peter's Leek

Northern Ireland's flower is the shamrock

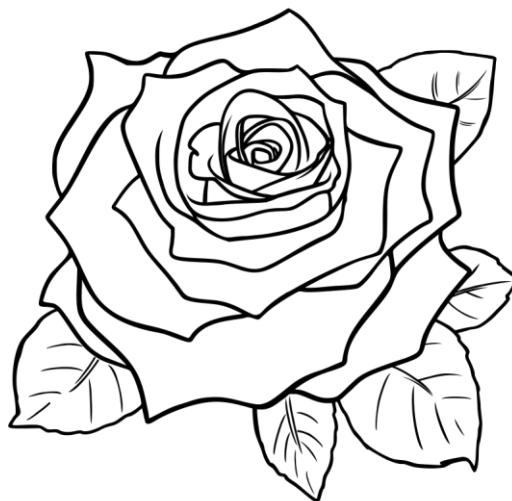
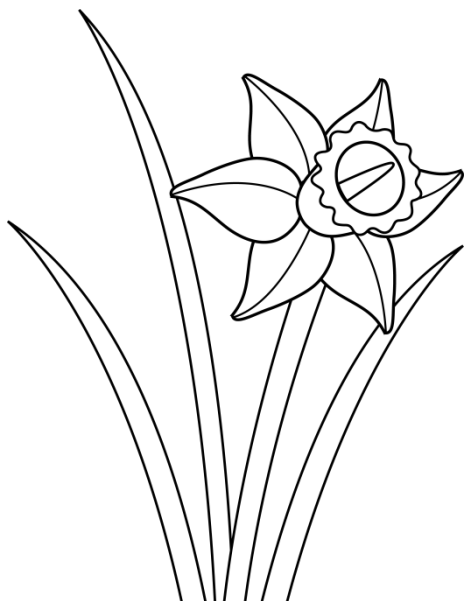
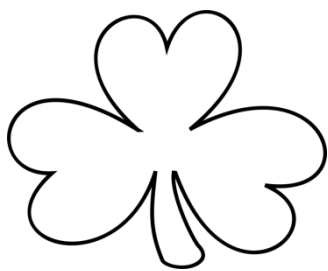
- This is a three leaved plant similar to the clover
- A traditional Irish tale tells of how Saint Patrick used the shamrock to explain the Trinity, with each leaf representing the Father, the Son, and the Holy Spirit all existing as separate elements of the same entity.

Girlguiding UK even sells a Friendship Badge with all the flower emblems on it:

<https://www.girlguidingshop.co.uk/products/badges/non-programme-badges/friendship-woven-badge--4322/>

## Flower Emblems of the UK Worksheet:

Name and colour the Countries and Flowers and match them together



## Activity 2: Parts of the Flower

This can be adapted depending on the age of your unit e.g. Rainbows - stem, leave, petal, roots vs Guides might know more about pollination of flowers and parts such as the stamen or stigma.

There are lots of online resources such as worksheets with parts of the flower to label and colour.

<http://www.primaryresources.co.uk/science/science2c.htm>

BBC Bitesize has activities and information about plants for KS1, 2 and 3 which could be used in Rainbows, Brownies and Guides.

- KS1 (Age 5-7): <https://www.bbc.co.uk/bitesize/topics/zpxnyrd>
- KS2 (Age 7-11): <https://www.bbc.co.uk/bitesize/topics/zy66fg8>
- KS3 (Age 11-14): <https://www.bbc.co.uk/bitesize/guides/zs7thyc/revision/1>

*These links may also be helpful for activity 16 (science behind plants)*

## Activity 3: Songs about Flowers

### I like the flowers

I like the flowers,  
I love the daffodils,  
I like the mountains,  
I love the rolling hills,  
I like the fireside  
When all the lights are low;  
Boom dee a da, boom dee a da Boom dee a da, boom

### Daisy Daisy

Daisy, Daisy, give me your answer do,  
I'm half crazy, All for the love of you,  
It won't be a stylish marriage,  
I haven't got a carriage,  
But you'll look sweet, up on the seat  
Of a bicycle built for two!

## Flower Fair

Oh I went to Salerita  
To see the Flower Fair  
I went to Salerita  
With Flowers in My Hair  
Oh Ippy Ippy Ippy Ippy Ippy all around  
Ippy Ippy Ippy Ippy, Ippy touch the ground

- This is sung standing in a circle with all girls clapping in rhythm whilst one girl skips round the circle.
- The girl skipping chooses another girl to go next at the start of the "ippy" part
- "Oh Ippy": Girl skipping stops in front of another girl. When saying "ippy" everyone has their hands on their hips, moving from side to side and then spins round on the spot with "all around")
- Second line of "ippy": hands on hips again and then everyone touches the ground and girls swap over so someone new is skipping in the middle and the song starts again

There are several different versions of this song:

I'm going to the circus, I'm going to the fair  
To see a senorita  
With flowers in her hair  
Shake it senorita  
Shake it if you can  
Shake it like a bowl of soup and do the best you can  
Rumba to the bottom  
Rumba to the top  
Then turn around and turn around  
Until you make a stop!

Or very similar but "Going to Kentucky" with "shake it like a milkshake"

<https://www.youtube.com/watch?v=kYarYHhkIzE>

## Poems

I Wandered Lonely as a Cloud ("Daffodils") by William Wordsworth

In Flanders Fields by John McCrae

- You can link this to activity 12 about the Poppy Appeal.
- This is a video explaining the poem <https://www.youtube.com/watch?v=pAWfiTM2KsA>



#### **Activity 4: I SPY flower walk**

You could use a guide to spot flowers on a walk in the local area. You could try using encyclopaedias about flowers or gardening manuals to help you identify the different flowers you have seen.

The Woodland Trust has lots of activity sheets:

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/>

We would recommend the Summer Flower ID sheet, leaf ID sheet, fungi ID sheet etc.

Rainbows could make a tally sheet for the different colours of flowers they see.

#### **Activity 8: Paper Flower Craft**

There are lots of different ideas in books and online.

We like using the Usborne Book of Paper Flowers for ideas.

Find a flower craft to suit your unit:

- <https://iheartcraftythings.com/paper-tulip-flower-craft.html>
- <https://twitchetts.com/2017/03/construction-paper-rainbow-flowers.html/>
- Origami Flower (Older Guides +): <https://www.youtube.com/watch?v=9Qxo0KC53Yo>
- Baker Ross has flower craft kits for different age groups

## Activity 14: Edible Flowers Quiz – aimed at Guides+ as quite challenging

1. 	2. 	3. 
4. 	5. 	6. 
7. 	8. 	9. 
10. 	11. 	12. 

Answers:

- |               |                     |
|---------------|---------------------|
| 1. Pansy      | 7. Rosemary         |
| 2. Nettle     | 8. Borage           |
| 3. Lungwort   | 9. Nasturtium       |
| 4. Oregano    | 10. Oyster mushroom |
| 5. Peppermint | 11. Kelp or seaweed |
| 6. Sage       | 12. Lilac           |



## Activity 18: Facts about Honey

- Honey is the only food that will not spoil as most bacteria cannot survive in it
- Honey is only produced by six to eleven of about 20,000 species of bees.
- The bees drink nectar from a flower and blend it multiple times with salivary enzymes in their honey sacs.
- Honey has been used in Medicine for thousands of years
  - Manuka honey is produced by bees that feed on the flowers of the New Zealand Manuka bush. It contains high concentrations of chemicals which may be responsible for its antibacterial activity.
  - Manuka honey has a distinctive taste
  - Medical grade honey is honey that has been treated specially so that it can be applied directly to wounds or burns to help them heal
  - All types of honey can be used to help relieve sore throat or cough
- Honey cannot be given to children under the age of 1 due to the risk of botulism: honey can contain spores of the bacteria that causes botulism. These spores are harmless to older children and adults as the body has a natural defence against them from the age of 1.

## Activity 19: Flower Cupcake Decorations

Tutorials and Videos - these ones more suitable for Guides+, adapt to your unit.

<https://www.youtube.com/watch?v=MA57Ik4r2D>

[A](#)

<https://www.carveyourcraving.com/quick-buttercream-rose-swirl-piping-tutorial/>



**Virtual Guiding** - The following checklists are ideas of how to complete this badge virtually. Activities could be led on a Zoom meeting or could be completed independently by girls at home. The activities could be changed to more suitable ones for your unit from our main list of activities for this badge.

### Rainbows: Complete these 4 activities to gain your badge

Activity	Date completed
Complete the flower emblems of the UK worksheet	
Choose some flowers to grow from seeds or bulbs. Water them regularly and see how well they grow. You might want to learn about what makes plants grow the best: <a href="https://www.bbc.co.uk/bitesize/topics/zpxnyrd">https://www.bbc.co.uk/bitesize/topics/zpxnyrd</a>	
Go on an I SPY walk with your family and count how many flowers of different colours you can see	
Make Rainbow Paper Flowers (this could be via a Zoom meeting if girls get scissors, glue and coloured paper in advance): <a href="https://twitchetts.com/2017/03/construction-paper-rainbow-flowers.html/">https://twitchetts.com/2017/03/construction-paper-rainbow-flowers.html/</a>	

### Brownies: Complete these 6 activities to gain your badge

Activity	Date completed
Choose some flowers to grow from seeds or bulbs. Water them regularly and see how well they grow. You might want to learn about what makes plants grow the best: <a href="https://www.bbc.co.uk/bitesize/topics/zpxnyrd">https://www.bbc.co.uk/bitesize/topics/zpxnyrd</a>	
Go on an I SPY walk with your family and use one of the Woodland Trust ID sheets to identify the plants and flowers you see	
Write an acrostic poem about flowers and share with your unit	
Design your dream garden - you could try incorporating Victorian floriography	
Make tissue paper flowers during a Zoom meeting: <a href="https://blog.learningresources.com/tissue-paper-flowers/">https://blog.learningresources.com/tissue-paper-flowers/</a>	
Do some flower themed baking	

### Guides/Rangers/Trefoil: Complete these 8 activities to gain your badge (or allow Guides to choose their own activities from the main list)

Activity	Date completed
Grow a plant or flower and monitor the progress.	
Make a flower arrangement for an occasion - you could ask a local florist or gardener to do a Zoom session for your unit	
Learn about Victorian floriography	
Have a go at pressing flowers	
Have a virtual Flower Power party, learn about the 1960s, play some music and try learning the Twist.	
Complete the edible flowers quiz and do some flower themed baking - maybe try cooking with edible flowers	
Learn about the Daffodil Appeal	
Learn about the different uses of honey and taste some different	

types	
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**Flower Power Virtual Sleepover Plan:** We did this in August 2020 and combined it with some other activities like a UMA we wanted to complete.

We delivered activity packs in advance which had the paper and pipecleaners for the craft, a worksheet on Victorian Floriography, recipe for the pancakes, a tealight and all the things to make s'mores.

## **Saturday**

### **Zoom 14:30 to 16:00**

**Craft:** paper flowers. You will need the items in your activity pack, plus a pen, Sellotape, glue (PVA or glue stick), and a pot, cup or vase to put your paper flowers in.

If we have time you can show us where you're sleeping, and your "campfires" if you've made one.

**Tasks whilst off-zoom:** You will need coloured pens or pencils, and some paper to design your dream garden. This is a clause of the "Grow Your Own" interest badge. Please include Victorian Floriography (see the sheet in your activity pack) and think about flowers and pollination.

Turn your pizza in to a Flower Power pizza if you want to! Decorate with peppers, sweetcorn, anything you fancy.

### **Zoom 17:30 - 18:30**

Pizza party!! Show us your decorated pizza (flower shapes). We'll discuss your dream gardens whilst eating. There are party poppers in your activity pack.

**Zoom 19:30 - 20:30** Strike a match UMA (with parental help). You'll learn how to safely strike a match and light a candle. An adult must help you with this - there's a helpful worksheet in your activity pack. We will make s'mores (the things you need will be in your activity pack).

After having our s'mores we will do some campfire singing with a focus on flower themed songs!

## **Sunday**

**Zoom 08:30** Cook breakfast together. We're going to make pancakes!! The recipe and directions are in your activity pack. Use whatever you like for toppings... Nutella? Lemon and sugar? Maple syrup? Fruit and yogurt? Extra brownie points if you use honey!!

**Zoom 11:30am:** We have a guest gardener coming to talk to you about what plants need to grow. This is a clause of your "Grow your Own" interest badge. If you have any questions about growing your seeds now is the time to ask!!!

We'll see you after lunch for our closing ceremony.

### **Zoom 14:00:**

We will play a game before we say goodbye.

This certificate is awarded to

.....  
For completing 1st Baldock Brownies  
Flower Power Badge



This certificate is awarded to

.....  
For completing 1st Baldock Brownies  
Flower Power Badge





## Branding Approval from Girlguiding:

### RE: Badge approval



Branding Matters <BrandingMatters@girlguiding.org.uk>

Mon 10/02/2020 09:06

You



Hello Kathryn,

Thank you for your email.

I can confirm the badge meets Girlguiding brand guidelines as it has the correct trefoil, localisation and badge name.

Any questions, feel free to email us.

Have a lovely day.

Many thanks,

Jenny

Jennifer Glancey

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[www.girlguiding.org.uk](http://www.girlguiding.org.uk)

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## Photo/Diagram Permissions:

Edible plants and flowers quiz: All photos from copyright free websites (unsplash.com and istockphoto.com)

Flower Emblems Worksheet: Diagrams free from cleanpng.com

Flower Cupcake Decorations: Own photo

# Flower Power Badge Order Form

**Cost: £1.20 per badge** (Size of badge = 65mm)

Plus 2<sup>nd</sup> class signed for postage: £3.85 for 26+ badges, £3.30 for 6-25 badges and £1.29 for 1-5 badges.  
Where possible, we will deliver badges to units local to us, rather than posting.

## **BACS payment preferred**

### **BACS Details**

Account Name: First Baldock Brownie Pack

Sort Code: 20-41-12

Account Number: 60132225

Reference: 'Your Name' 'Number of badges ordered' e.g. 1stBaldock30

If paid by BACS, email [lisa.gascoine@btinternet.com](mailto:lisa.gascoine@btinternet.com) with the following information:

Your name

Unit name

Name of the badge you are ordering (Flower Power)

Number of badges

Address for badges to be posted to

Date paid and reference used

*\*International postage will incur an additional charge – please email me prior to ordering\**

✂-----

Cheques made payable to **First Baldock Brownie Pack**

Your name: ..... Unit name: .....

Your email address/contact number: .....

*(We have asked for contact details in case of any problems with payment)*

Badge name: Flower Power

Number of badges: .....@ £1.20 per badge plus postage as above = £.....

Address for badges to be posted to: .....

.....

.....

.....

Post this form with cheque to:

1<sup>st</sup> Baldock Brownies

C/o Lisa Patterson

71 Larkins Close

Baldock

SG7 5DG