

***The Promise Center
& Learning Petals***



Courageous and Strong

When you learn the Girl Scout Promise, you will earn the center of your daisy—the Promise Center in Daisy Blue.

The Girl Scout Promise

**On my honor, I will try
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.**

This month, in order to earn the red petal, learn the fifth line of The Girl Scout Law—“courageous and strong, and.”

1. Help the girl make a list of things they have never done, but would like to do. Then have them pick one or two activities they would like to carry out.
2. Have a fitness instructor at your local YWCA or YMCA take the girl through a basic gymnastics workout—a great way for her to develop body confidence and athletic skills.

These activities can be found in *The Guide For Daisy Girl Scout Leaders*, page 22. This text has been reproduced with permission from Girl Scouts of the USA—this document may not be copied or reproduced in any way.