

Girl Scout Daisy Gloria Petal

# Respect Myself and Others



**M**arjorie 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.

## How to Earn Your *Gloria* Petal:

- Complete all the "Try This!" activities in this booklet.
- Use a map of Hillwood to find locations mentioned.
- Mark the checkbox next to activities you've completed.
- Show your troop leader your completed packet. Your troop leader can purchase Daisy petals from the Girl Scout Council of the Nation's Capital.

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

### Try This!

Check here when you complete this step.



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

If you’d like, you can use costumes and props from the Dress-up Station to act out the story while you read it. Show respect for each other by sharing costumes and taking turns!

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 she show she had respect for others?
- What were some of the healthy habits Gloria and her friends did to take care of themselves?
- What Girl Scout traditions (such as the quiet sign) show that you have respect for others?

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

### Try This!

Check here when you complete this step.



One way to show respect is to say “thank you.” After every party at Hillwood, Marjorie Post went to the kitchen to thank the cooks for making a delicious meal.

Can you say “thank you” to a friend or family member for something they have done to help you? What are some other ways you can show respect to your friends and family?

The more you respect and take care of yourself, the more you are able to show respect and take care of others. Self respect is being proud of yourself and being confident about who you are.

Yoga is a way help you relax and focus on your mind and body. Focusing on your whole self is a way to respect yourself and it can help you feel more confident.

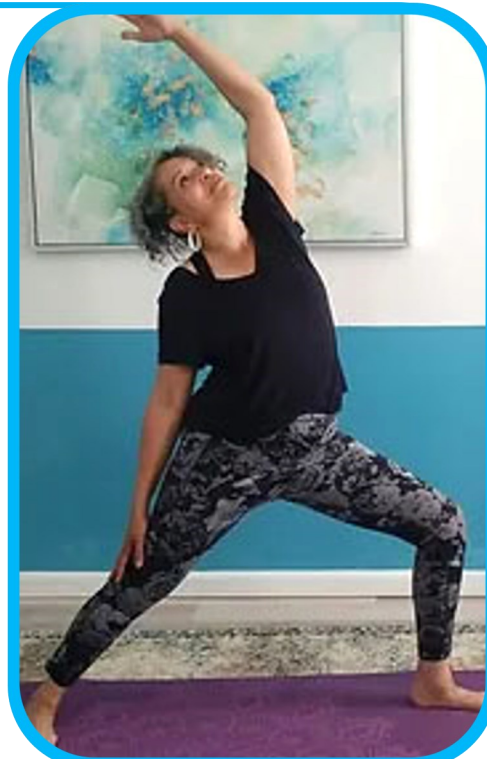
Visit the **HEALTH HELPER** to try some yoga poses and practice respect for yourself.

Relax your mind, center your body, and nourish your spirit with Denise Burriss, a certified yoga wellness educator and founder of Serenity Yoga.

Rev. Denise was introduced to yoga when she was 19 years old, and she has been teaching Yoga Anatomy for thirty-two years. She defines her style of gentle yoga as Serenity Yoga.

Rev. Denise serves as the Minister of Health and Wellness at Turner Memorial AME Church under the Pastoral leadership of Rev. Dr. D.K. Kearney.

You can follow Rev. Denise on her website, and you can register for Serenity Yoga classes online, at [SerenityWithDenise.com](http://SerenityWithDenise.com).



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

### Try This!

Check here when you complete this step.

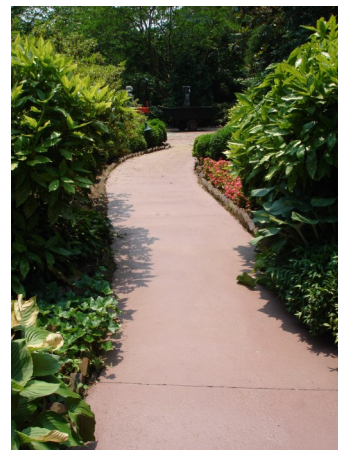


Marjorie Post showed respect for herself by doing healthy things such as:

- 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.

Think of three healthy things you can do to show that you respect yourself.

Visit the **LAWN GAMES**. Try 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
- Walking the garden paths
- Other: \_\_\_\_\_