

## SONFLOWER SCOUTS BLOOM CHART

Name \_\_\_\_\_

<b>B</b> Be physically active	***Do an active activity with family. Ex; canoeing, hiking, swimming, golfing	Go to at least 5 activity sessions of the same sport. Ex; karate, dance, open gym	Participate in a team sport (2 pts). Ex; soccer, Upward, Softball, volleyball	Do a total of 5 hours of outside yard work. Ex; pull weeds, mow lawn, rake leaves, shovel snow	Lead a physically active game at a meeting.	Do a 20-minute fitness routine 3x a week for a month. Ex; bike riding, jogging, aerobics, swimming	Create your own
<b>L</b> Learn about my world	Visit an educational site with your family. Ex; a museum, zoo, planetarium	Make a leaf book or rock collection with at least 5 different leaves or rocks, and their names.	Write a one page biography of an American Indian.	Discover the types of recycling your trash pick-up offers, and organize your family to recycle their trash.	Creatively "recycle" an item. Ex; make a bird feeder from a pop bottle	Grow a plant from a seed and care for it.	Create your own
<b>O</b> Obey God's word	***Memorize the troop verse: 2 Peter 3:18	Memorize the theme verse for the 1 <sup>st</sup> half of the year.	Memorize the theme verse for the 2 <sup>nd</sup> half of the year.	Lead a devotional for the troop.	Say the public prayer for a meeting or a special event. Ex; badge ceremony	Read one book in the Bible and apply something you learned from it.	Create your own
<b>O</b> Offer my services to others	***Participate in the annual fundraiser	***Participate in a troop outreach/ service project <b>(required only for buds and blossoms)</b>	Participate in preparations for a mission trip or make a shoebox for Samaritan's Purse.	Collect several boxes of recycling materials for FCC.	Help prepare a dish for a holiday meal.	Work 4 to 5 hours for a charitable organization. Ex; Humane Society, GSOC, Animal Welfare League	Create your own
<b>M</b> Make new friends	***Learn the names of all the girls in your age group at Sonflower Scouts.	Write at least 5 letters to an "adopted" Grandma.	Bring a friend to church or a church activity.	Write at least 5 letters to people in the military or overseas missionaries.	Make baked goods and take them to your local firefighters.	Do something nice for an elderly person. Ex; rake leaves, bake cookies, clean house	Create your own

# Be Physically Active

I did this activity with my family:

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This is where we did it:

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This is when we did it:

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Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Be Physically Active

I went to at least 5 sessions of this activity: \_\_\_\_\_

This is where I did the sessions:

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This is when I did the sessions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Be Physically Active

I participated in this team sport:

\_\_\_\_\_

I was in this league: \_\_\_\_\_

(ex; National Trails, Upward, your school system)

My coach's name was:

\_\_\_\_\_

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Be Physically Active

I did 5 hours of outside yard work.

This is what I did:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This is where I did it:

\_\_\_\_\_

This is when I did it:

\_\_\_\_\_

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Be Physically Active

I led a physically active game at a meeting.

This is the game that I led:

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This is when I did it:

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Girl's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Be Physically Active

I did a 20-minute fitness routine 3x a week for a month.

This is the activity I did:

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This is when I did the sessions:  
(Write the days of the week)

Week 1. \_\_\_\_\_

Week 2. \_\_\_\_\_

Week 3. \_\_\_\_\_

Week 4. \_\_\_\_\_

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Be Physically Active

Create your own

This is what I did:

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---

This is where I did it:

---

This is when I did it:

---

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Learn About My World

I went to this educational site with my family: \_\_\_\_\_

This is when we did it: \_\_\_\_\_

Something interesting that I learned or saw during our visit was:

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Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Learn About My World

I made a leaf book or a rock collection with at least 5 different leaves or rocks and their names.

I showed my collection to this leader:

\_\_\_\_\_

Girl's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Learn About My World

I wrote a one page biography of this American Indian:

\_\_\_\_\_

I showed my biography to this leader:

\_\_\_\_\_

This is when I did it:

\_\_\_\_\_

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Learn About My World

My trash pick-up offers these recycling services:

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This is what I did to organize my family to recycle our trash:

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This is when I did it:

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Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Learn About My World

I creatively "recycled" this item:

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This is what I "recycled" it into:

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This is when I did it:

---

I showed my item to this leader:

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Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Learn About My World

I grew this type of plant from a seed:

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I planted the seed on this date:

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The seed sprouted on this date:

---

I cared for the plant by...

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Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Learn About My World

Create your own

This is what I did:

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This is where I did it:

---

This is when I did it:

---

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Obey God's Word

I memorized the troop verse (2 Peter 3:18) and said it without any help to a leader.

Girl's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Obey God's Word

I memorized the theme verse for the first half of the year and said it without any help to a leader.

The theme verse is:

\_\_\_\_\_

Girl's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Obey God's Word

I memorized the theme verse for the second half of the year and said it without any help to a leader.

The theme verse is:

\_\_\_\_\_

Girl's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Obey God's Word

I led a devotional for the troop on this date: \_\_\_\_\_

Girl's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Obey God's Word

I said the public prayer for this meeting or special troop event:

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*(date or name of event)*

Girl's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Obey God's Word

I read this book of the Bible:

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This is the important thing I learned:

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This is how I applied it:

---

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Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Obey God's Word

Create your own

This is what I did:

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---

This is where I did it:

---

This is when I did it:

---

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Offer My Service to Others

I participated in the troop's annual fundraiser by doing this:

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Girl's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Offer My Service to Others

I participated in this troop  
outreach/service project:

\_\_\_\_\_

This is when I did it: \_\_\_\_\_

Girl's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Offer My Service to Others

I participated in preparations for this  
mission trip:

\_\_\_\_\_

This is what I did:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This is when I did it: \_\_\_\_\_

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Offer My Service to Others

I collected several boxes of recycling materials for FCC.

These are the types of materials that I collected:

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I turned the boxes into the church on this date:

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Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Offer My Service to Others

I helped prepare a dish for a holiday meal. This is what I made:

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The holiday was: \_\_\_\_\_

How did your food taste?

---

Do you think you will make it again?

---

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Offer My Service to Others

I volunteered for this charitable organization:

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This is what I did:

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This is how long I worked: \_\_\_\_\_

*(must be at least 4 hours)*

This is when I did it: \_\_\_\_\_

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Offer My Service to Others

Create your own

This is what I did:

---

---

---

This is where I did it:

---

This is when I did it:

---

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Make New Friends

I know the names of all the girls in my age group at Sunflower Scouts, and I said them to my leader.

Girl's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

# Make New Friends

I wrote at least 5 letters to my "adopted" Grandma.

Her name is: \_\_\_\_\_

Something interesting that I learned about her is this:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Make New Friends

I brought a friend to church or a church activity.

His/her name is:

\_\_\_\_\_

I brought my friend to this activity:

\_\_\_\_\_

This is when I did it:

\_\_\_\_\_

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Make New Friends

I wrote at least 5 letters to people in the military or overseas missionaries.

These are the names of the people I wrote to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Make New Friends

I made baked goods and took them to my local firefighters.

This is what I made:

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This is what I thought about visiting the firehouse:

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This is when I did it:

---

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Make New Friends

I did something nice for an elderly person. This is what I did:

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The person's name was:

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This is when I did it: \_\_\_\_\_

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

# Make New Friends

Create your own

This is what I did:

---

---

---

This is where I did it:

---

This is when I did it:

---

Girl's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_