


Activity	Description	Program
Opening		
Activity	<p>How do people see me?</p> <p>You'll need: printout of the head in this meeting(1 per person) Markers</p> <p>What to do:</p> <p>Have the girl s write their name on their sheet. Now have them pass their papers to the right and have the new person write a word on the head that describes the person who's name is on the sheet. Continue this until everyone has added something to each paper. If you don't have very man girls you can add 2 or three words if you like.</p> <p>Once it is finished everyone should get their original. Now have the girls read it and see if there were any surprises.</p>	#1
Craft	<p>Positive Affirmation Necklaces</p> <p>You will need: Mod Podge, Scrapbook paper scraps, string, modge podge, scissors, nail file, large washers, fine tip markers</p> <p>What to do:</p> <p>To make the necklaces, brush a little mod podge on a washer and adhere the scrapbook paper. Next cut off the extra paper with scissors the shape of the washer. For the inside you can poke a hole in the middle with a pen and use the edge of the scissors to shear it off. You can then use a nail file to smooth out the edges. Nest have the girls write their own positive affirmation on the paper. Then cover with another layer of mod podge. You may want this to dry over the week and the following meeting you can add the sting on to complete the necklace.</p>	<p>#4</p> 
Activity	<p>How could I be better?</p> <p>Everyone has traits about them they would like to improve. Perhaps, you tend to judge people by appearances, or you always look at the negative.</p> <p>Have each girl find a partner and share what they could do to make themselves a better person. After the girls have talked eith their partner come back as a group and see if anyone would like to share with the group. Perhaps you as a leader could share first to show that everybody can improve...even a Guider.</p>	#3

Drama	Rant Everybody has something they are passionate about. Have the girls get into small groups and have them do a 1 minute commercial about their cause or issue. Have them present these to the rest of the group and see how effective they are at presenting their message. I would suggest that before you begin you have a quick group discussion about effective communication. They only have a minute so be clear precise and impactful.	#5
Closing		

