

Activity	Description	Program
Opening	The week before talk to the girls about coming for a PJ meeting. Everyone is to wear their pj's and come with a favorite song .	
Activity	<p>Music to my ears</p> <p>Have everyone sit around...you may want to have some popcorn to snack on for this activity. Have each girl take turns playing their favorite song and then have them say why it is one of their favorites. This is not a time to critique it is a time to practice listening skills and listen to each girls opinion about the song they chose.</p>	Focus on Friendship #4
Activity	<p>Disability Awareness</p> <p>Please read the activity in your program book for this section. It is well done. Here are a few more ideas if you do not like what it is in the book. These activities are to help everyone become more aware and empathetic to what other people may be going through.</p> <ol style="list-style-type: none"> 1. This activity is to show how people with autism are bothered by things most people don't notice. People with autism are often extra sensitive to noise, movement and even things like background noises most of us don't notice. Remember, not everyone with autism has these problems. <p>Divide into groups of 5. Explain that they will each have a job to do. Go over their jobs and tell them they will start when you give the signal. One girl in each group will play the part of someone with autism. The other 4 people each have different jobs:</p> <p>Person #1 - You will play the part of a person with autism. Your job is to try and listen to what Person #5 is reading to you so you can take a test on the material. Try to ignore everyone else.</p> <p>Person #2 - Stand behind the student playing the part of someone with autism. Rub the edge of an index card (or piece of cardboard) against the back of their neck. You do not need to rub hard, but keep doing it over and over.</p> <p>Person #3 - Grab a book (any book will do), lean close to Person #1 and read in a loud voice the entire time.</p> <p>Person #4 - Pat Person #1 on the head and shoulder the entire time.</p> <p>Person #5 - Using a normal voice, read a paragraph to Person #1 then ask them questions about what you read. Do NOT try to drown out the other noises.</p> <p>Have all the girls take a turn being Person #1 before you discuss it. How did it feel to be have so much commotion going on? Did it make them want to scream or get away? Were they able to concentrate on the paragraph being read? What might have helped?</p>	Focus on Friendships #8

	<p>2. Here is an activity to show what it is like to have a learning disability.</p> <p>For this activity print off the last page of this meeting plan. Have the girls take turns reading it out loud. They must read the COLOR the word is written in, not the word itself.</p> <p>Then talk about how your brain wants to read the actual word. Even when you can make yourself do it correctly, you have to read much slower than normal. This is an example of how difficult it is for people with learning disabilities to get through the day. Their brain understands what needs to be done, but they have to struggle to make it come out right. Not being able to do this activity correctly does not mean you are not smart. It just means that your brain wants to do something different.</p> <p>From: http://adayinourshoes.com/wpcontent/uploads/2014/01/DisabilityAwarenessPacket.pdf</p>	
Drama	<p>Good vs Bad</p> <p>Split up into groups of 2 or 3. Do a short skit that shows a good friend and a bad friend. Present your skits to the group and have a discussion about what the others saw in each skit.</p> <p>Go over the following things:</p> <p>What makes a good friend? Are people entitled to a bad day? Is everyone good all the time?</p>	Focus on Friendship #1
Craft	<p>Pillow case</p> <p>You'll need: white pillow cases, fabric markers, small garbage bags</p> <p>What to do:</p> <p>Since you are having this meeting your pj's, this craft is appropriate. Place a garbage bag inside each pillow case so that the markers do not bleed through the pillow case. Have everyone draw their name quite largely on their pillow case. Now ask all the girls to think about all the friendship qualities you have talked about.</p> <p>The idea is the girls mingle amongst each other and write down on each others pillow cases great friendship qualities they have. For example: I would write my name on my pillow cases and then I would take it to Jane. She would take my pillow case and wrote on it "great listener". I would take her pillow case and write "You make me laugh Jane!".</p> <p>Once you have made your way to everyone you will have a pillowcase to take home and remind you of the great qualities you have.</p>	Focus on Friendship #7
Closing		

YELLOW BLUE ORANGE

BLACK RED GREEN

PURPLE YELLOW RED

ORANGE GREEN BLACK

BLUE RED PURPLE

GREEN BLUE ORANGE