

**Gathering Activity:**

In their patrols while everyone is coming. Have the girls come up with 3 things that cause stress in their lives and 3 things that reduce stress in their lives. After horseshoe you can have a quick chat as a large group and share the answers.

**Opening****Activity #1**

## Imagery Exercise

Have the girls sit quietly and close their eyes. Then have one Guider create a scene by talking for the girls to imagine. For example:

Close your eyes. “See” in your mind’s eye a beautiful beach. The sun is shining warmly, the breeze coming from the ocean is soft and warm, palm trees are overhead and a few seagulls circle about. Imagine walking barefoot in the warm sand, feel your feet sink in the sand with each step. Walk toward the water’s edge and let the water roll over your feet. Jump in the water; it is warm, gentle and very refreshing. Come out of the water and walk to your big beach towel, lay down and relax. Rest for a while in all the peace and beauty surrounding you. Imagine how it looks, how it sounds, how it smells. Breathe in deeply the warm ocean air, stay as long as you like.

When you are ready to leave, go to the edge of the water and throw in anything that has been bothering you, anything you wish to be rid of in your life, anything you are feeling sad or angry about, anything you worry about (e.g. problems at home, violence in your neighborhood, bullies, death of a loved one, issues with friends). Picture it as a big rock, a chain, a heavy bag over your shoulders, or any image that helps you see it as undesirable. Throw it in the ocean as far as you can. Watch it sink and get taken by the waves. When the “visit” is done, be thankful for the release of the burden, the problem, the worry; then walk peacefully back through the warm sand and take a rest on your beach towel.

**Game: Freeze Dance**

Gross motor activities are great stress relievers for young people.

Bring in a cd player and some dance music.

Simply play the music and have the girls dance around when the music stops they must freeze. Another version is when they freeze they must close their eyes. You will then tap someone on the shoulder and have them quietly walk out of the room. When you say the girls will open their eyes and guess who is missing. You could have a few girls leave the room to make it more difficult.

**Make the statue laugh**

Here's a classic game that encourages kids to practice self-control and get everyone laughing which is great for stress. Kids freeze like statues, then one child--who is "it"--must try to get them to break character and laugh. The first one to laugh becomes "it" for the next round.

**craft: Stress balls**

**You will need:** balloons, funnels, cornstarch or rice

Take a balloon and fill it with either cornstarch or rice until it is a small ball good for squeezing in a hand. Then tie off the balloon. Then take another balloon and cut off the neck part. Stretch it over top of the first balloon. You may want to do this step one more time to make it strong so it won't break open and make a mess. Then the girls can use the stress ball in their hands as a quiet stress reliever.

**Song:**

For songs tonight be sure to sing something fun that get everyone laughing. A favorite of mine for laughing is fried ham.

Fried ham, fried ham, cheese and bologna.

After the macaroni, we'll have pickles, onions and pretzels,

Then we'll have some more fried ham, fried ham.

( the girls then sing the song again in another style. Ex. Opera, underwater, cowboy.....)

**Closing:**

**There is still more to be done to complete this badge but this is a great start.**