



Girl Scouts of Central Illinois Patch Program: uniquely ME! The Way to Be
Program Area of Concentration: Healthy Living
Collaboration: GSUSA Resources, uniquely ME! Dove Resources
Service Project: All Because of You



This program offers an exciting and simple way to help enhance girls' self-esteem. As girls practice the self-esteem building concepts within the different activities, they are working toward the Girl Scout Leadership Outcomes....



Discovering and developing a strong sense of self, and gaining practical life skills
 Connecting with other girls and developing healthy relationships
 Taking action to help other girls by sharing what they have learned



Using resources created by Girl Scouts of the USA and Unilever, we will be able to address the critical nationwide program of low self-esteem among girls. Where else but Girl Scouts would that be possible – Girl Scouts of Central Illinois builds girls of courage, confidence, and character who will make the world a better place! Come join us in reaching that goal!



This patch program is just a little different then the ones we have had so far. If your troop completes the patch program the patches for free. That's right, for FREE! Through a generous grant from GSUSA and Unilever we are able to offer the patches free of charge to all troops that complete the requirements. Patches are available in any GSCI Trefoil Boutique.



Service Project:

Girl Scouting has 100 years of being the premier organization for girls! By living through the Girl Scout Law and Promise and following the example given to us by Juliette Gordon Low, we are showing the world what we are all about. It is tough being a girl/woman today with the pressures from the outside world and the overwhelming urge to grow up as fast as we can. Throughout the uniquely ME! program we hope that girls (and adults as well) are able to open up lines of communication, examine the way things are portrayed in the world, and gain valuable lessons on how to keep their self-esteem and self-confidence blooming. For the service project this month we are asking for each girl to think of a positive female role model in her life and do something special for that person. We are not going to be specific about what to do, except that it should be something from the heart. For younger Girl Scouts it could be a card, a craft, or a coupon book for hugs and kisses; for older Girl Scouts it could be a PowerPoint presentation, a card, a 365 reasons you are special to me jar, etc. Allow girls to use their creative thinking and honor a woman very special to them.



Information to Help:

- All of me Activity for Daisies and Brownies
http://www.eduplace.com/rdg/gen_act/all/all.html
- 10 activities to increase self esteem:
http://www.educationworld.com/a_lesson/lesson/lesson085.shtml





- How to get through to tweens/teens: <http://hubpages.com/hub/Teaching-Our-Girls-Well>
- An awesome activity for Girl Scout Cadettes, Seniors, and Ambassadors: <http://operationbeautiful.com/> or <http://www.iamthatgirl.com/>
- Nutrition: <http://www.bestbonesforever.gov/>
- <http://www.girlswithdreams.com/>



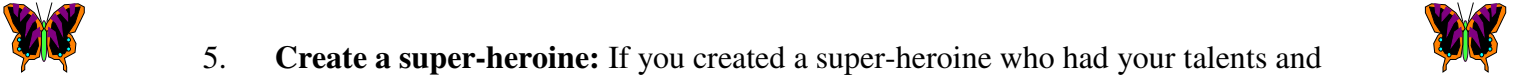
Patch Requirements:

Daisies and Brownies: Complete 4 of the requirements and the Service Project

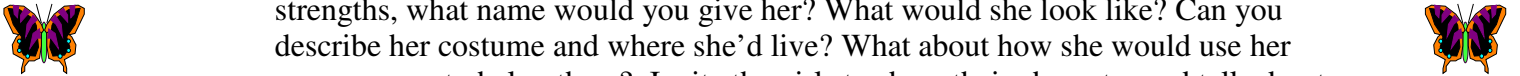
Juniors, Cadettes, Seniors and Ambassadors: Complete 6 of the requirements and the Service Project

1. **Make an All About Me book:** have each girl make a small booklet out of construction paper. Girls can decorate their books with ribbon, stickers, etc. Inside the booklet each girl should highlight things about herself that makes her special and unique. Can she do something that not many people can do? Is she an awesome sister? What is her favorite place to dream about? What is her favorite subject in school, her favorite color, favorite sport, food, etc.? Share with the troop when done or swap books with someone else in the troop and then introduce that girl to the troop using her information in her book.
2. **It's All Part of You:** Our choices and our values make up a part of who we are. A girl's character is made up of what is important to her and her sense of what is right and wrong. Her character is defined by her values – the things that matter most to her. Have each girl make a small poster with her name drawn in the middle of it as creatively as she wishes. Along the outside of girls' names, help them think of things that they value (family, honesty, friends, faith, etc.). They can either draw pictures or write the words. Have girls share their posters. Then on the back have each girl in the troop write one thing that she admires about each girl.
3. **Play "The True or Not True" game.**
 - Each girl comes up with two statements about herself - one true and one false.
 - Examples: "Our cat's name is Bunny. True or not?" "My favorite sport is skateboarding. True or not?"
 - After a girl shares her statements, the group guesses which one is true.
4. **What matters most in a person:** Draw a picture of a person on a poster board before the meeting. Have the girls give you words that describe traits they feel a person should have. When they have completed filling up the person ask the girls if they have all the traits they listed. If they don't and there is a trait on there they feel they would like to have, have them brainstorm ways that they can develop that trait. (For example if "daring" was a trait : "To become more daring, I could try one thing I find difficult.")

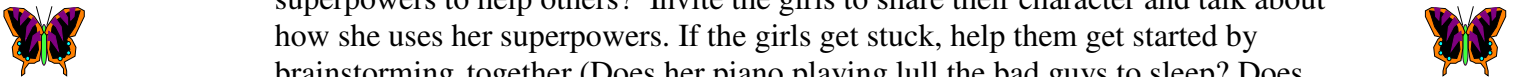




5. **Create a super-heroine:** If you created a super-heroine who had your talents and strengths, what name would you give her? What would she look like? Can you describe her costume and where she'd live? What about how she would use her superpowers to help others? Invite the girls to share their character and talk about how she uses her superpowers. If the girls get stuck, help them get started by brainstorming together (Does her piano playing lull the bad guys to sleep? Does she outrun her enemies?).



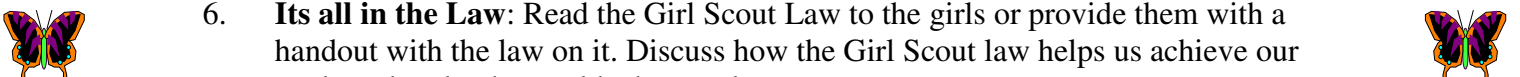
6. **Its all in the Law:** Read the Girl Scout Law to the girls or provide them with a handout with the law on it. Discuss how the Girl Scout law helps us achieve our goals and make the world a better place.



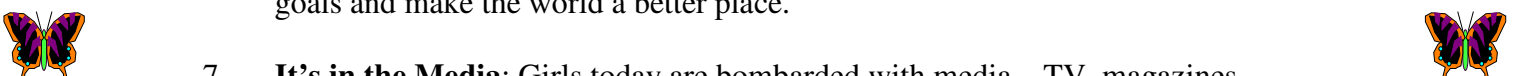
7. **It's in the Media:** Girls today are bombarded with media – TV, magazines, internet, movies, billboards, newspapers, etc. Divide the girls into groups and give each group a magazine and a sheet of paper with Real Girl Media on it. Give the groups time to look through the magazine and write down ways that women are portrayed in the magazine (example: are they skinny, blonde, strong, weak etc.?) and answer the following questions:



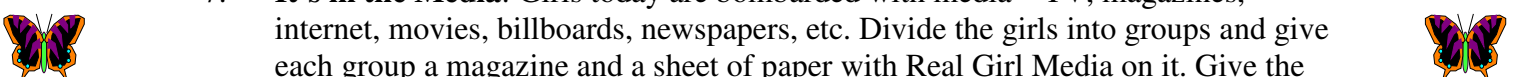
- What messages are being sent here? Are they accurate?
- How do these messages make you feel about yourself?
- How would you like to see girls and women portrayed in magazines and on TV?
- Which shows and commercials do you think are the most realistic? Are these the shows and commercials you watch? Why or why not?
- How do these images compare to you and your friends?



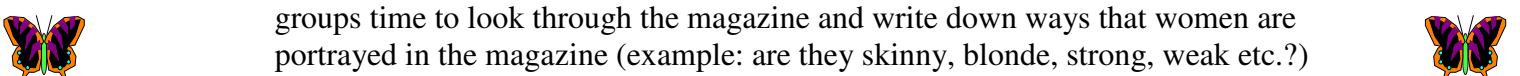
8. **It's a Ad Mission:** You are a creative team in an advertising firm, and it's your job to design an ad campaign for girls' clothing lines. What makes the clothing line special is that all the clothes are eco-friendly and use organic cotton, bamboo fibers, and other environmentally-friendly fabrics. What makes the ad campaign special is that it's all about making girls feel good about themselves, celebrating our unique identities and body diversity. Suggest that each group consider the following:



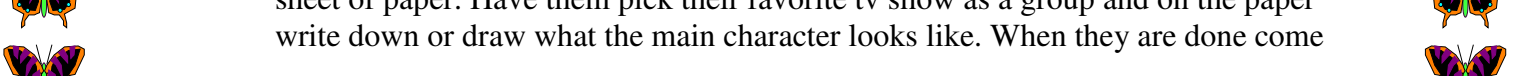
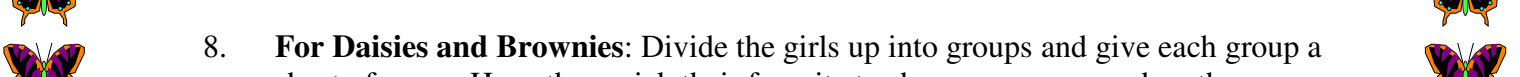
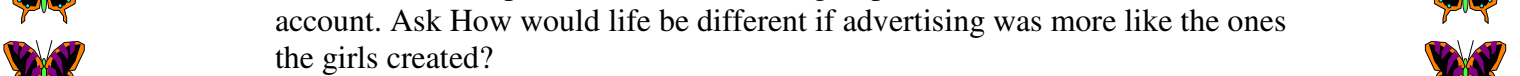
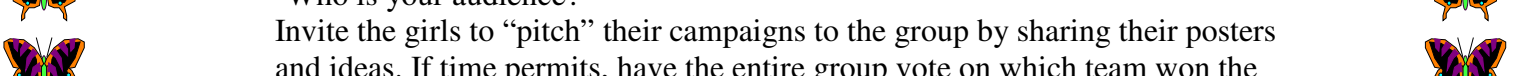
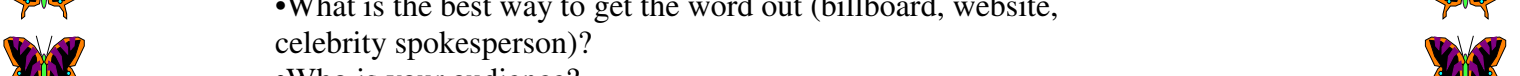
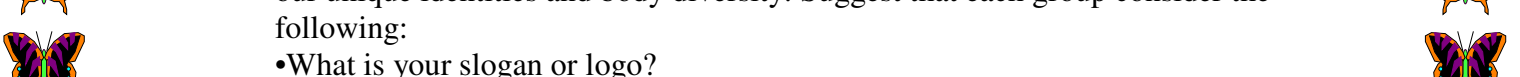
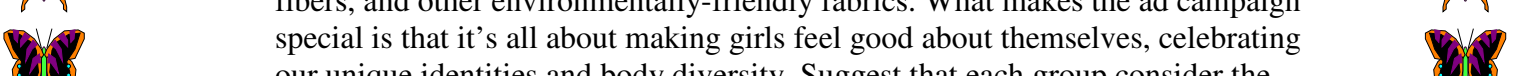
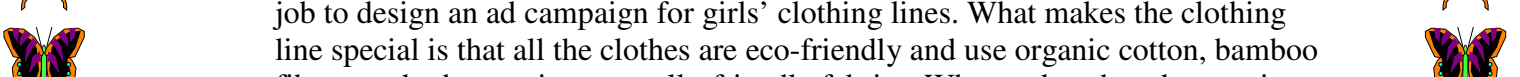
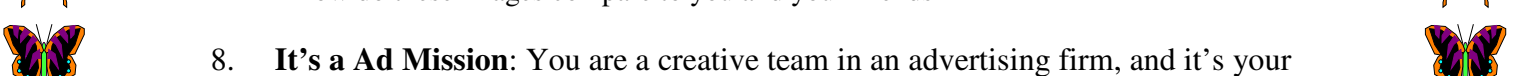
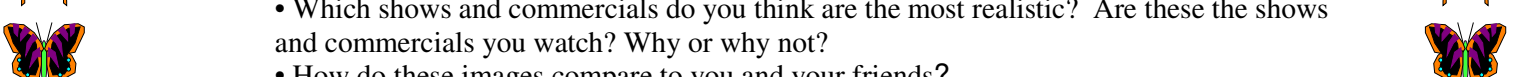
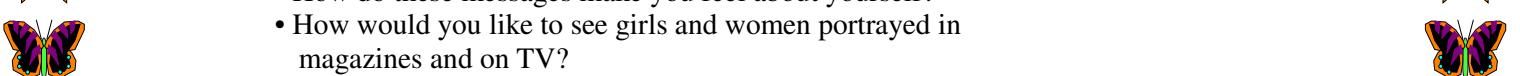
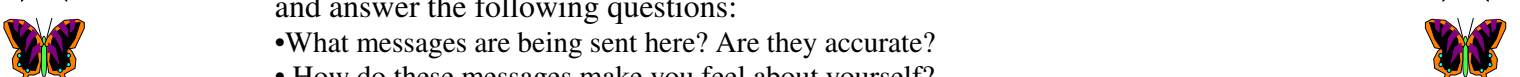
- What is your slogan or logo?
- What is your message?
- What will your ad look like? What images will you use?
- What is the best way to get the word out (billboard, website, celebrity spokesperson)?
- Who is your audience?

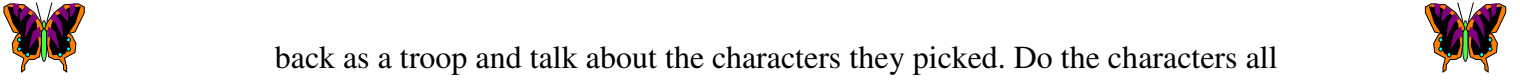


Invite the girls to “pitch” their campaigns to the group by sharing their posters and ideas. If time permits, have the entire group vote on which team won the account. Ask How would life be different if advertising was more like the ones the girls created?



8. **For Daisies and Brownies:** Divide the girls up into groups and give each group a sheet of paper. Have them pick their favorite tv show as a group and on the paper write down or draw what the main character looks like. When they are done come





back as a troop and talk about the characters they picked. Do the characters all look like us? What makes them different from us? Do we need to look or act like the characters to be unique?

10. **Dear Addie:** Explain to the girls that they're now going to work on writing an advice column from the perspective of both an advice-seeker, and the advice-giver (who we'll call Dear Addie). First, pretend you're a girl who is upset about how she doesn't conform to the images and messages that tell her how she's supposed to look and act. Or, pretend you're a girl who's upset because another girl or boy was mean to you. Write Dear Addie a letter – explain how you feel and ask for advice about what to do or say. Once you've completed your letter, fold the paper in half and pass it to the girl who's seated two people to your right. When someone hands you her paper, pretend you're Addie the Advice Giver and write her advice about how you think she should handle the situation. When the girls are done writing, invite them to deposit their pages in a shopping bag. Pass the shopping bag around the circle – have each girl grab a page and read both the problem/question and the answer/response. Once all of the columns have been read, invite the girls to choose one question they'd like to respond to as a group. Help the girls work together as they prepare their Dear Addie response. Invite a volunteer to write the group's answer to the letter on the board.
11. **Play "React and Act!"** (*a variation of charades*) Pass out paper and pens to the girls. Ask the girls to think of a situation or occurrence that caused them to be stressed, mad, anxious, sad, or any another difficult emotion. Once they come up with a situation, have them write it down. Ask the girls to fold and place their papers into a bag. Divide the group into two teams and ask two or three girls from one team to select an event from the bag – these girls are the reactors, while the remaining girls in their group are the guessers. Explain that when you say "Go!" the reactors will all simultaneously react to what is written on the card using exaggerated gestures, facial expressions, and their voices. When the time expires (set a time limit – either 30 seconds or a minute), the guessers should shout out their guesses. Rotate the activity between teams, keeping score to determine which team makes the most correct guesses.
12. **How do I handle it?** Ask the girls to sit in a circle. Have each share one thing she'll do in the future to help her deal with anxiety, stress, or negativity, or something she'll try when she encounters a difficult emotion or situation. After all the girls have spoken, have them decide how to celebrate their new mindset of being a positive thinker.
13. **It's menu time:** All day, every day, we're making choices that affect our bodies and our minds. The menus we create will give us a good selection of options to choose from. **Write** the word Menu on the board or large piece of paper. Draw a line down the middle and on one side write "Body" and on the other write "Mind". **Invite** the girls to shout out items for the "healthy" side of the Body Menu and write their suggestions where everyone can read them. To help them brainstorm ideas, consider using the following questions as prompts:
 - How can we start the day with healthy choices for our body? (choosing fruit for breakfast, brushing our teeth, wearing comfortable shoes).





- What can we do during the school day to keep our bodies healthy?
- What are some fun ways that we can get enough exercise? (playing on the playground, playing tag with friends).
- How can we make sure our body is well rested and getting enough sleep?
- What are some yummy, healthy snacks we can eat?

Do the same for the Mind side. After completing have the girls look over their answers and figure out ways that they can make changes in their lifestyles to accommodate the answers that were given by the group.

14. **It's all in the way you don't say it:** Although body language doesn't use any words it is a very important part of our communication skills. Depending on the age level of the girls you are working with do one of the following activities:
 - Play emotion charades: write emotions on a note card and have the girls act them out
 - It's the game of no noise: instruct the girls that you are going to give them a task and they need to complete it using no verbal words. Have them line up by birthday, shoe size, abc order, etc.
 - Ask the girls to pair up, and think of three things (aside from physical attributes) that they want to tell their partners. Explain that each girl must convey her three things without mouthing any words or whispering to her partner – in fact, she can't use any sounds at all. When the girls have completed their silent interviews, ask each of them to tell the group the things they learned about their partners.
15. **Sticky Situations:** Sometimes we don't know what to say in a certain situation. Let the girls become actresses and do some role playing. Have the girls write down a situation that they have been involved in where they had no idea what to do. Divide the girls into groups and give each a situation to act out. Allow them some time to complete the skit and then perform them for the group. Discuss after each role play other ways that they situation could have been handled.
16. **Friendship in the silent:** Ask each girl to think of a way to communicate approval and friendship without using any words (bowing deeply, blowing a kiss, clapping her hands, giving a hug). Next, have each girl use body language to deliver this message to the girl sitting to her right. Once they are done, ask each girl to think about one way she can incorporate positive body language into her life.

Free patches are available in any GSCI Trefoil Boutique.