

Instant Arts Meetings

Guides: I am ME!

Goal: Girls will explore connections between bullying and low self-esteem and reference the Promise, Law, and Motto guides for feeling good about ourselves and standing up to bullies.

Program Connection:

- You in Guiding
 - Learn the Promise, Law and Motto #1 – Craft that connects to the Promise, Law, Motto
 - Be Involved in Your Community #2 – Issue for girls
- Discovering You
 - Stay Fit and Healthy # 5 – Write positive statements (freeze dance)



Materials and Preparation:

- I Am... collage (see below for examples):
 - Print out pdf from this blog, <http://bravegirlsclub.com/archives/4566>, on cardstock or other thick paper – the blog provides a variety of skin tones and eye colours. Girls can choose any one they like. Add to this by including phrases from the Promise, Law and Motto (see below for what I have added).
 - For each girl: art canvas (available at the Dollar Store), or use pieces of cardboard instead of canvas.
 - Paint, paintbrushes, cups of water, paper towel, and newspaper or a Dollar Store table cloth to cover the work area.
 - Glue guns and glue sticks, regular glue sticks, scissors, fancy scissors that cut in zig-zags, waves, etc. if you have them.
 - Yarn – so girls can add some hair if they choose to
 - General craft supplies: glitter, beads, etc that girls can use to add to their collage.
- Freeze Dance
 - CDs and CD player/iPod with base, paper, markers, tape

Opening:

- Do your usual Guide opening.

Activity: Today's Issue

- Establish a safe place. Make sure the girls know that they do not have to share personal stories if they are not comfortable doing so, and that if they share personal stories, be sure not to use actual names of people involved.
- Have the girls discuss bullying and self-esteem. How are these related? How do people, especially young girls, feel when they are bullied and how does this affect their self-esteem? Girls may want to share personal stories, or come up with examples they have seen elsewhere, such as on tv or in a book.
- Discuss how girls can make a difference by living by the Promise, Law and Motto. What do girls need to make a difference? How can we help each other? Discuss the rights that we have.
- Break into groups and have girls come up with skits to present that fit with the theme of

bullying and self-esteem.

Activity: Freeze Dance!

- Talk about building up each other's self esteem by saying positive things to each other. Brainstorm different positive statements girls could make to each other. Guide girls away from physical attributes such as "You have the prettiest eyes!". Instead focus on positive statements about personality traits such as "You are a wonderful friend!" or "You have a great attitude!"
- Give each girl a piece of paper and have her write her name on it.
- Tape the paper onto each girl's back. Each girl will need a marker.
- Play freeze dance. Girls dance to the music and when the music stops, they find another Guide and write a positive statement on her back. They need to find a different Guide every time.

Activity: I Am... Collage

- I Am... activity:from <http://bravegirlsclub.com/archives/4566> Scroll down on the blog for pdf. Permission is given on blog website to use the pdf. See below for examples.
- Include words from the Promise, Law, and Motto and encourage girls to use these. I have provided some below.
- Here are the steps:
 - Give each girl a canvas to work with. She can then select a colour/colours of paint to cover it in a **very light coating so that it dries quickly.**
 - As the paint dries, have the girls choose an image from the pdf to represent themselves and cut it out. Girls should also choose words or phrases from both the pdf and the Promise, Law, and Motto which are given below.

Themed Campfire:

- Fire's Burning
- Make New Friends
- Can a Woman?
- Side By Side
- On My Honour
- Linger
- Guide Closing Song



Examples: These pictures are from <http://bravegirlsclub.com/archives/4566> . For more examples, or to read the full blog, please visit them at their website.



This Instant Arts meeting was created by Meaghan Cormier, NS Provincial Arts Adviser 2013.

I promise to do my best

To be true to myself, my beliefs, and Canada

I will take action for a better world

And respect the Guiding Law.

Be Prepared

The Guiding Law challenges me to

Be honest and trustworthy

Use my resources wisely

Respect myself and others

Recognize and use my talents and abilities

Protect our common environment

Live with courage and strength

Share in the sisterhood of Guiding