

prep step

Cut colored paper into 4 x6 squares and punch holes in the top of each square - these will form the pages of the "About Me" book (which will later be bound together with ribbon, string or binder rings).

materials + supplies

Colored paper
Markers
Hole-punchers
Colored ribbons, string or binder rings
Hand mirror

HANDOUTS

from uniquely ME!
The Way To Be
"About Me!" (page 3)
"What Makes You 'You'"
(page 4)
"Me-O-Meter" quiz (page 6)

OPTIONAL

Scrapbook materials, stickers, fabric, glue, scissors

SESSION ONE

all about me!

objective

Each girl creates an "About Me" book to reinforce her sense of self.

Towards Leadership outcomes

In Session One, girls will explore the Discover Key to Leadership: Girls develop a strong sense of self. During this session, Junior girls will gain a clearer sense of their individual identities in relation to, and apart from, outside influences. By the end of the session, girls will be able to name and recognize their values, the qualities that make them unique, and some of the differences between the way they see themselves and the way others see them.

introduction to Facilitators

In this session, you'll be encouraging the girls to look inside themselves to discover who they are and what makes them unique - it's time for each girl to start recognizing and celebrating her character!

To prepare, think about the qualities and values that make you unique - how have they led you to be in this room with these girls? In talking about your own experiences, you can help guide girls on their own paths of self-discovery.

ACTIVITY:

all about me!

one

INTRODUCE the concept of uniqueness by **saying**,

You're special in every way: how you look, how you think, how you feel. Isn't it amazing? There is no other girl in the world exactly like you. Today, we are going to have some fun getting to know what makes each one of us unique – you are going to create your own book about what makes you, you!

ICEBREAKER Hand out markers and the “Me-O-Meter” quiz while telling the girls, Let’s take a quiz to find out more about ourselves. There are no wrong answers, only more news about you!

two

three

ASK Who marked mostly A’s?
Who marked mostly B’s?
Who marked the same number of A’s & B’s?

Take a moment to **talk** with the girls about what their answers mean.

To get started, distribute “About Me!” and **EMPHASIZE** how the people and places we enjoy, and things we like to do, reveal information about who we are. Give the girls a few minutes to write down answers to the “About Me!” questions.

four

Encourage the girls to have fun and share some of their answers as a group.

five

HAND OUT the construction paper, markers, hole-punchers and ribbons.

Explain to the girls that, they are going to make a book and that each page of their book should highlight something that makes them special and unique. Each girl can make a book that is between 5 and 15 pages - it is up to the girls how long or short she would like her book to be.

tip: Let the girls know that while they can use the prompts on the “About Me!” handout to build their pages, they can also create pages using other information they want to share about themselves.

When the girls are through **ASK**

Does your About Me! book fully tell the story of who you are?

What’s missing?

Who can tell me what values are?

Describe what values are as a group.

six

EXPLAIN that our choices and the things we like and admire are only part of what makes up who we are.

Say: *You are more than just your looks – more than your likes and dislikes. You are also what you believe and what you value. Your character is made up of what is important to you, and your sense of what is right and what is wrong. Your character is defined by your values – the things that matter most to you and all that helps you decide how to act. Your family, friends, faith and experiences help you choose what your values are. So, let’s talk about what is most important to you!*

seven

about me! questions

- Three things I can't live without
- My favorite place to dream about
- The people I admire (in my life, in the news)
- Words that describe me
- My three favorite subjects at school

- My favorite color
- My favorite sport
- My closest friends
- My favorite season
- My favorite animal
- My favorite food

eight

DISTRIBUTE the “What Makes You ‘You’” handout. **SAY,**

To help us discover our values, let’s all circle the words in the box that we think are important. Have the group **brainstorm** additional values that could go in the box – **write** all of their answers on the board or a large piece of paper.

ASK the girls to decide on the five things that are the most important to them. Next, ask them to list these items in order of most to least important.

Encourage the girls to decorate additional pages of their books with these words, explaining that the words reveal added information about what makes them who they are.

Optional If they seem comfortable, ask each girl to choose a partner and come up with one quality about her neighbor that reflects something she values about her (she’s friendly, helpful, generous, funny). Invite each girl to sign a page in her partner’s book, celebrating what is special or unique about her them. Talk with the girls about how other people may see things about us that we don’t see in ourselves.

nine



twelve

ASK the girls to brainstorm ways they can remind themselves of all that makes them special – their choices, talents, values and unique qualities. Invite each girl to shout out something special about herself - for example, “I am Sarah Brown and I am unique because I...” Encourage the girls to think about how they can use what they’ve learned today to help them become leaders.

ten

FINISH by having the girls create covers for their books.

Suggest that each girl illustrate her cover using the animal that embodies the spirit or qualities she possesses (as opposed to any animal she might look like). To provide an example, pick the animal you would be and explain what quality this animal embodies – for instance, if you are adventurous, have fun at the playground and like to climb trees, you might be a monkey. Emphasize the difference between superficial appearance (that which we can see) and character (qualities which we can’t see).

If time permits, pass around a hand mirror and **ASK** the girls:

eleven

- What’s the first thing you see when you look in the mirror?
- Does our image in the mirror tell the full story of who we are?
- What’s really important about who we are - the things we see when we look in the mirror, the things other people see when they look at us, or what we see when we look inside ourselves?



Who influences our values and what is important to us?

reflection

DISCUSSION QUESTIONS

How will I feel and respond if someone says I’m stupid, ugly or not good enough?