



Comfort In Your Own Skin



INSTRUCTIONS

For the first 5 or so minutes, use the discussion topics as a guide. Try to keep it based off the station topics. Those questions are just there to help you, but feel free to ask/discuss topics of your choosing.

Using the photos provided show them the difference of pre-Photoshop and post-Photoshop photos. Try and encourage them to name the differences they see. Explain that the media is not the only one to use technology to change how people look. Bring up and discuss how people download apps to change how they look in a photo before they upload it to social media. Get the point across that what you see on social media and in the media isn't always real.

Explain that they are beautiful just the way they are, and they should embrace their natural self, which is why they will be making a mirror to help remind them of that. Pass out a mirror to each girl and a "Why I love my selfie" slip of paper. Have the girls fill out the slip of paper with 5 things they love about their selfie. When they are done, hole punch the card and have them pick out a ribbon to tie the card to the mirror. Provide each girl with a "Love your selfie" vinyl cutout and have them attach it to the mirror. If you are unsure on how to get the vinyl to stick to the mirror, use the extra instructions on the back of these instructions.

Please watch all the materials and make sure at the end of the station, everything gets returned to the box. Give them their station handout to glue in their boost book. Glue sticks are provided in the box.

GUIDING QUESTIONS



How is your body like a key?



What do you see when you look in the mirror?



My favorite physical feature is..... because....

MATERIALS

- Station Instructions
- Station Guiding Question
- 3 Before and After Photoshop Photos
- Example Mirror
- Mirrors
- Ribbon
- "I love my selfie" Cards
- "I love my selfie" Vinyl
- Popsicle sticks
- Boost Book Handouts

Applying Vinyl



Prepare the sticker for application by rubbing the transfer tape with the Popsicle stick. Make sure to rub every letter to ensure the words cling to the transfer paper.



Slowly peel the white paper off of the sticker. If the letters do not cling to the transfer paper, rub that letter on top of the transfer paper again (like step 1)



Place the words where you want. Using the Popsicle stick firmly rub the letters on top of the transfer paper so they stick to the mirror. (similar to step 1)



Slowly peel off the transfer tape at an angle. Be careful to make sure the letters stick to the mirror. If they don't stick to the mirror rub that letter on top of the transfer paper again (like step 2).



Personality



INSTRUCTIONS

For the first few minutes, use the discussion topics as a guide. Try to keep it based off the station topics. Those questions are just there to help you, but feel free to ask/discuss topics of your choosing. Pass out the list of personality traits. There are only 5 copies, so some will have to share. Some of these traits are hard words to understand, so spend some time discussing what some of the personality traits mean.

After that, show them the whiteboard. Since this station is about personality, have the girls think of a personality trait that makes them shine, and when it is their turn have them write it on the whiteboard. Remind them of the list of personality traits if they have a hard time thinking of one. Take a picture of each girl holding the sign with their personality trait that makes them shine. Please make sure the board is completely clean before putting it back in the box. This next activity is if you have enough time. There are photographs of famous personas that the girls should be familiar with. Go through each photo and ask the girls to describe the personality of each person and whether or not they like his/hers traits. Have the girls use the list of traits when describing each person in the picture. The number of photos you go over for this activity can vary depending on the amount of time you have for your station.

Consult the SSS member in charge to ask on how long you have. Please also watch the materials in the box, and make sure that once this station is done everything is returned to the box. Give them their station handout to glue in their boost book. Glue sticks are provided in the box.

GUIDING QUESTIONS



My friends like me because I am...



A personality is....



I think I have a great personality because....

MATERIALS

- Station Instructions
- Station Guiding Question
- Photographs of Famous
- People / Characters
- 5 Copies of List of Personality Traits
- 2 "I Shine because" boards
- Pack of Dry Erase Markers
- Boost Book Handouts



Making Your Mark



INSTRUCTIONS

For the first 5 or so minutes, use the discussion topics as a guide. Try to keep it based off the station topic. Those questions are just there to help you, but feel free to ask/discuss topics of your choosing.

With the information provided, inform the girls about your chosen nonprofit. Lead the girls through the service project.

When it is time to clean up make sure all the materials are returned to the station box. Place all completed blankets in the bag provided. Give the girls their station handout to glue in their boost book.

GUIDING QUESTIONS

- What are some examples of people in your life using their talents to help others?
- What are your talents?
- How can you use your talent(s) to help someone else?

MATERIALS

- Station Instructions
- Station Guiding Questions
- Boost Book Handouts

Healthy Living

INSTRUCTIONS

For the first few minutes, use the discussion topics as a guide. Try to keep it based off the station topic. Those questions are just there to help you, but feel free to ask/discuss topics of your choosing. Just make sure that through the discussions the girls understand that being healthy isn't just eating right and exercising. It is also about being emotionally healthy, such as controlling stress and negative emotions.

Start off playing Yoga Pose Bingo. Give each girl a bingo board and some buttons to act as their bingo markers. Shuffle up the bingo cards and draw a card. As a group do the yoga pose that the bingo card says. If the yoga pose on the card is on the girls' bingo board they can place a dot on that space. Repeat this process until someone gets a bingo. Make sure the bingo boards are kept in the plastic sleeves.

If there is enough time, give the girls an option of three different stories to hear while they mediate. Have them choose between "Enchanted Forest Mediation", "Cozy Castle Mediation", or "Beach Guided Mediation." Once the girls have chosen one, have them sit or lay down in a comfortable position and read it to them in a soothing voice. Sometimes it can be difficult to get the girls to stop giggling with this, but just be patient and keep trying. They will eventually relax and not want it to end.

Give them their station handout to glue in their boost book. Glue sticks are provided in the box.

GUIDING QUESTIONS

- What does a healthy lifestyle look like?
- How do you take care of yourself emotionally and physically?
- What methods do you use to reduce your stress and anger?

MATERIALS

- Station Instructions
- Station Guiding Question
- 30 Yoga Bingo Boards
- Bingo Markers
- Bingo Activity Cards
- 3 Sets of Mediation Instructions
- Boost Book Handouts

Good Friends Vs Bad Friends

INSTRUCTIONS

For the first few minutes, use the discussion topics as a guide. Try to keep it based off the station topic. Those questions are just there to help you, but feel free to ask/discuss topics of your choosing. Just make sure that through the discussions that the girls understand what a good and bad friend acts like, as well as recognize that bad friends can influence a lowered self-esteem.

Pass out to each girl 4 sticky notes and have the girls write on two of the sticky notes qualities of a good friend. Have the girls place their two sticky notes on the good friend board. As a group go over what everyone put, and if there isn't a lot of variety try brainstorm, as a group, other qualities of good friends. On the other two sticky notes, have them each write down 2 qualities of bad friends and place them on the bad friend board. As a group go over what everyone put, and if there isn't a lot of variety try brainstorm with them other qualities of bad friends. The amount of time spent on this activity depends on how long each station is. Make sure to consult with the SSS leader in charge to know how long you have. The next activity (Friendship Recipe Card) is the main activity.

First, help the girls identify "ingredients" of a good friend. The ingredients of a good friend are traits, such as being kind, funny, honest, etc. As you discuss these traits, have the girls right the ones that stick out to them on their recipe card. Next move on to the "Directions." The "directions" of a good friend are actions or behaviors that a good friends does. Examples of this would be "sharing toys" or "giving me a hug when I am sad." Feel free to reference the boards done at the beginning of the station to help the girls think of ingredients and directions. When the girls have finished their recipe card explain that when making something both the ingredients and the directions important and relate it to friendship. In order to be a good friend we must not only have the traits of a good friend, but we must act like a good friend in our actions.

Give them their station handout to glue in their boost book. Glue sticks are provided in the box. Make sure to take off all the sticky notes and throw them away before the next group shows up.

GUIDING QUESTIONS

- What do you look for in a friend?
- Does it feel when a friend isn't treating you very nicely?
- How can you be a good friend?

MATERIALS

- Station Instructions
- Station Guiding Question
- Post It Notes
- Good Friend Board
- Bad Friend Board
- Friendship Recipe Cards
- Boost Book Handouts