



# the stand beside her movement

[www.standbesideher.org](http://www.standbesideher.org)

created by Girl Scouts for Girls everywhere

## Stand Beside Her Patch Program Guidelines



**Welcome to the Stand Beside Her Patch Program! The Stand Beside Her Patch is a way for Girl Scouts to gain a concrete understanding of the Stand Beside Her movement so that they become change agents in their communities to shift the way girls and women treat one another. Through the Stand Beside Her movement, we hope that all girls will not only be appreciated and respected for their talents, strengths, and unique qualities, but also choose to stand beside other amazing girls and women.**

To earn the patch ~ For each of the topics below, choose and complete the corresponding number of activities for your grade level:

**Daisies:** Complete **1** activity for each topic.

**Brownies:** Complete **2** activities for each topic.

**Juniors:** Complete **3** activities for each topic.

**Cadettes, Seniors, Ambassadors:** Complete **4** activities for each topic.

## TOPIC #1: We Can All Shine!

Everyone has their own unique and special talent and purpose to contribute to the world. Sometimes, when one person has success and shines brightly, it can be easy to think they will dull your own shine and success. This is not the case at all! One person's success does not take away from another's. In fact, if you stand close to someone who is shining, their light will shine on you and make you brighter too! We need to remember this when interacting with others. There is enough room for every girl to shine and reach her fullest potential - if we help each other grow, strive to do our best, and appreciate others for what they have to offer!

There is no need to live in a world of comparison and competition. ***You are not comparable to anyone because you are uniquely you***, and the world needs you for what you have to offer. By celebrating one another's talents and successes, we ALL rise - one courageous, confident, girl and woman at a time. When we strive to create a world where we can stand beside other girls and shine together, great things will happen.

With television, the internet and social media, it is easy to get jealous or compare our success to others. It is easy to see negativity and unhealthy examples. While we cannot control what others say and do, we can control our own actions, the example we set and how we treat other girls.

***Practice lifting up other girls and women. Discuss why it is important to appreciate other's talents and strengths and encourage them to succeed.***

### We Can All Shine! ~ Activity Choices:

#### ★ **Girl, You're a Star! (SEE INSTRUCTIONS ON P. 8 )**

Using yellow and orange construction paper, make cutouts of circles and triangles. Each girl will have one circle to be the center of her sun. She will decorate the middle and write her name. Each girl will write one strength or unique quality on triangles for each girl. Once everyone has finished, they will glue the triangles with their qualities around their center. At the end, they will have a paper sun, displaying the qualities that make them shine to others.

#### ★ **Complete the Shine On! Project**

#StandBesideHer in your school! Get involved with our positive poster program that challenges girls to decorate their school bathrooms with encouraging messages! Visit our [Resources for Girls](http://www.standbesideher.org/resources-for-girls.html) page (<http://www.standbesideher.org/resources-for-girls.html>) to download your free materials and join in this fun way to #standbesideher at school.

★ **Play a Game of “Confidence Cookies” with your Troop**  
**(SEE INSTRUCTIONS & PRINTABLES ON P. 9)**

You can even play online via social media. Tag Challenge?

★ **Make a Batch of Friendship Bread and Share It**  
**(SEE INSTRUCTIONS & PRINTABLES ON P. 13)**

Share this yummy, sweet snack with the important women in your life like neighbors, teachers, friends, and coaches. Use the back of the printable Starter Instructions or Recipe Card to write an encouraging note to the recipient to brighten their day.

★ **Create a Girl Empowerment Public Service Announcement**

Make a short video PSA asking others to join the Stand Beside Her Movement to create a world where all women and girls are appreciated for their talents, strengths and uniqueness. See if you can play the video at school, post it on social media, or send it to [info@girlscoutshs.org](mailto:info@girlscoutshs.org) to be featured on our page!

★ **Create your Own!**

Have an idea on how to encourage and uplift other girls? Help them shine! Then document your efforts and send it to [info@girlscoutshs.org](mailto:info@girlscoutshs.org) to be featured on our page!

## TOPIC #2: #LikeYourselfFirst!

Girls spend a lot of time trying to please others. Whether it be their parents, peers, or followers, girls say they feel pressured, bullied, and unsure of their bodies. In a world saturated with followers, likes and virtual opinions, learn to like **yourself** more than you care about the amount of likes and comments you receive on social media. **Be unapologetically you** and do what you love. Spend time learning about yourself, your hobbies and interests. Gain the self-assurance and confidence to do and post (or not post!) about what makes you happy, not just what will get the most likes.

Truly liking yourself first, is more than just doing what you love. You have to take care of yourself mentally and physically. You can't reach your fullest potential if you do not practice self-care. You cannot help others shine brightly if you are dulling your own shine. Make sure to check in with yourself and see what you need to succeed each week. Stand beside yourself and the mind and body that powers you and your success will follow.

*Practice embracing the genuine version of yourself instead of caving to the social pressures of creating a perfect and unattainable image either in person or online. Why do we let others influence how we portray ourselves to the world?*

## **#LikeYourselfFirst ~ Activity Choices:**

★ **Create an “I AM Jar” (SEE INSTRUCTIONS ON P. 16)**

Create this jar to remind yourself of all the amazing things you are. You are more than what others think or like. You have your own purpose, journey, and talents.

★ **Learn Something New from a Friend or Classmate**

We all know someone who has a cool skill or talent. Instead of being envious of her knowledge, ask her to teach you! Even if you may not be close friends, she will probably be flattered and thrilled to share with you! When it’s all said and done, you will have gained a new skill and a new friend!

★ **Practice Self-Care**

Self-Care means doing the things that make you feel more like yourself. Make a list of things that make you feel like yourself. It could be things you do with others, like going for a family walk or cooking with your parents, or it could be something you enjoy doing alone like journaling, reading, or doing a face-mask.

★ **Share your #LikeYourselfFirst Journey**

Post a picture that highlights what qualities make you feel most confident! The people, the place, the activity - whatever it is that makes you, YOU! Post it on social media using #LikeYourselfFirst #standbesideher

★ **Listen to a Podcast or TEDTalk**

Broaden your horizons and listen to an expert speak about a topic you want to learn more about or that will provoke deeper thinking.

★ **Create your Own!**

Have an idea on how to like yourself first? Practice self-love and then document your efforts and send it to [info@girlscoutshs.org](mailto:info@girlscoutshs.org) to be featured on our page!

## TOPIC #3: Block the Haters!

39% of girls have been put down or discouraged when trying to lead. People who discourage and put down others can be called “Haters.” A “Hater” is anyone who is negative and wants to see you fail. Bullies and haters can take many forms. They could be someone in your class, a teacher, a sibling, or even yourself. Bullies are the biggest threat to girls’ positive self-image. Starting in childhood girls are inundated with negative messages and behaviors that prevent them from building healthy relationships and ideals about their potential. Girls keep these unhealthy ideals and relationships as they mature into women.

Especially with our virtual world and platforms growing, it is more important than ever to stop putting others down and start standing beside them. Due to unprecedented social pressure and unrealistic portrayals of women in the media, a girl can be her own biggest hater and critic. 92% of teen girls would like to change something about the way they look, with their body weight ranking the highest. Negative self talk can be detrimental to a girl and can have long lasting effects on her confidence and self-image. We need to learn to stop being so critical of others and ourselves and learn to stand beside her.

***Practice rising above bullies and negative self-talk. Discuss ways you can encourage positivity and friendship instead of comparison and competition.***

### Block the Haters ~ Activity Choices:

- ★ **Make Empowerment Sunglasses (SEE INSTRUCTIONS & PRINTABLES ON P. 17)**  
Use the printables found on page 17 to make Empowerment Sunglasses. Practice turning negative messages into positive and empowering self-talk. Use these shades to “Block the Haters Out!”
- ★ **Self-Control Craft (SEE INSTRUCTIONS AND PRINTABLE ON P. 21 )**  
We cannot control how others act, but we can control what we say and do. Use this activity to put into perspective what is in your control (and what’s not) and realize the importance of how you talk to yourself.
- ★ **Create and Perform!**  
Develop a skit or video about how to respond and how not to respond to different scenarios of “haters.” Have one skit or video showcase bullying on social media, one show in person bullying, and one show self-bullying. You can also make a 'claymation' or stop motion video or animated video.

★ **Complete the Self-Criticism and Insecurity Activity and Discussion**  
(SEE INSTRUCTIONS & PRINTABLES ON P. 22)

Use the guide on page 22 to make discoveries about yourself and learn how you can address negative self-talk and stand beside yourself.

★ **Create a Creative Art Display and Show it Off**

Create a visual message to stop bullying, haters, and negative self-talk and encouraging kindness and standing beside her. Put it on a poster and display it, put it on cards and hand them out, or put it on a t-shirt and wear it around. When people ask about your artwork, tell them about the Stand Beside Her Movement and what your piece means to you!

★ **Create your Own!**

Have an idea on how to stop the haters? Rise above bullies and negative self-talk then document your efforts and send it to [info@girlscoutshs.org](mailto:info@girlscoutshs.org) to be featured on our page!

## TOPIC #4: More than a Profile

There are many different ways to interact with people and many different ways to present yourself. You speak and present yourself differently depending on if you are talking via text, email, social media, or face-to-face. Every day, more and more interactions are switching to virtual and less-personal experiences. However, some interactions need to be in-person. And when they are, does it feel foreign and scary? Studies reveal that younger generations do not feel comfortable having face-to-face conversations with others and prefer text and email to phone calls and in-person interactions. It is important to have a good personal presence and know how to interact **beyond** a profile.

**Networking** is interacting with others to develop professional or social contacts and is an important skill to have. Life is all about making connections. Connections can help you in the future when you need a recommendation, are looking for an internship or job, or to meet other people who can help you reach your fullest potential. Networking can also lead to mentorship. A mentor is someone who stands by you and teaches you, encourages you, and helps you reach your goals. 45% of women say a positive role model is the biggest asset to a young girl's development of a healthy self-image. We need to learn how to carry ourselves and act professionally while also standing beside other successful women. The competition and comparison formed on the playground and in the classroom carries over to the boardroom.

*Discuss the importance of in-person networking. How is it different from social media networking? Practice perfecting your personal presence.*

★ **Picture Perfect! (SEE INSTRUCTIONS ON P. 25 )**

Put together the perfect outfit and conversation starter pack for each scenario. You can do this a few different ways. Head to your closet and have a photoshoot for each or cut out pictures from a magazine to create the perfect ensemble! Remember to think not only of your physical presence but also your emotional and personal presence.

★ **Play “Interview with a...” (SEE INSTRUCTIONS & PRINTABLES ON P. 27)**

Interview different people that match the roles on the game cards. Use the interview questions provided to practice your speaking and interpersonal skills.

★ **Play “Profiling Me” (SEE INSTRUCTIONS & PRINTABLE ON P. 30)**

Fill out each of the provided profiles. As you complete each one, think of its purpose and intended audience. How did you change your answers on each of the profiles? Are there situations where some information is okay and sensitive in others?

★ **Attend a Networking Event**

Lots of local businesses, clubs, and schools have professional networking and mentoring events available to girls. They will connect you with people willing to stand beside her.

★ **Make a How-To Video**

Record and share a creative how-to video to capture how to professionally present yourself. Talk about the importance of it and how to respectfully talk to others in different situations. Give a run-down of the type of info that is appropriate for different ages and platforms.

★ **Create your Own!**

Have an idea on how to present yourself properly and be more than your profile? Tell us about your efforts and send it to [info@girlscoutshs.org](mailto:info@girlscoutshs.org) to be featured on our page!

**CONGRATULATIONS! YOU’VE EARNED YOUR STAND BESIDE HER PATCH!**  
**TO ORDER YOUR PATCHES, VISIT OUR WEBSITE AT**  
**<http://www.standbesideher.org/for-girls.html>**

# “Girl, You’re a Star” ~ Activity Instructions



## Materials Needed:

- **Yellow construction paper**
- **Orange construction paper**
- **Scissors**
- **Glue**

1. **TROOP LEADER OR OLDER GIRLS TO PREPARE AHEAD OF TIME:** Using yellow and orange construction paper, cut out multiple circles and triangles. You will need one circle for each girl in the troop and enough triangles for each of the other members of the troop to have to write something on for every other girl. *Example: If you have 10 girls in your troop, you will need 10 circles and 90 triangles - one circle for each girl and 9 triangles for each of the other members.*
2. Give each girl one circle. This represents the center of her sun. Girls should decorate their sun centers and write their names on them.
3. Give each girl enough triangles to have one for each of the other members of the troop. These represent the sun’s rays. Ask each girl to write their fellow troop members’ names on the back of each triangle. The girls should end up with an individual triangle for each of the other girls in the troop. (Ex. One ray will have Molly’s name on the back. One ray will have Suzie’s name on the back, etc.)
4. Ask the girls to write a unique quality or strength they see in each girl on the front of the triangle that has her name on the back. Make sure every girl writes something positive about every other girl.
5. Once everyone has finished, ask the girls to hand the appropriate “ray” to each friend.
6. Girls should then glue the “rays” with their qualities around their sun center.
7. At the end, each girl will have a paper sun displaying the qualities that make her shine to others!



# “Confidence Cookies” ~ Activity Instructions



Give your Girl Scouts a self-esteem treat with these confidence cookies.

## Materials Needed:

- Empty Jar
- Scissors
- Printed Confidence Cookie Label
- Printed Confidence Cookies

## Directions:

- Cut out the “Confidence Cookie Jar Label” and affix it to your jar.
- Cut out each “Confidence Cookie” and place it in the jar. You can laminate them if you want, for long-term use!
- Girls will read and respond to the self-esteem questions that are pulled from the cookie jar.
- Encourage feelings of expression, peer validation, and positive reinforcement!
- Play for as long as you like!



CONFIDENCE COOKIE LABEL (lg. & small versions below). CONFIDENCE COOKIE PRINTABLES pgs. 9-11.





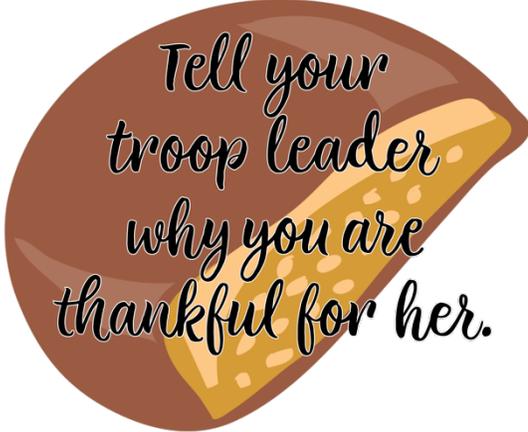
Say a nice  
thing to someone  
in the room.



Sing or hum  
your favorite  
song.



Hop on one  
foot and say  
something kind  
to yourself.



Tell your  
troop leader  
why you are  
thankful for her.



Ask someone  
how you can make  
them feel better.



Tell someone  
why you're  
thankful  
for them.



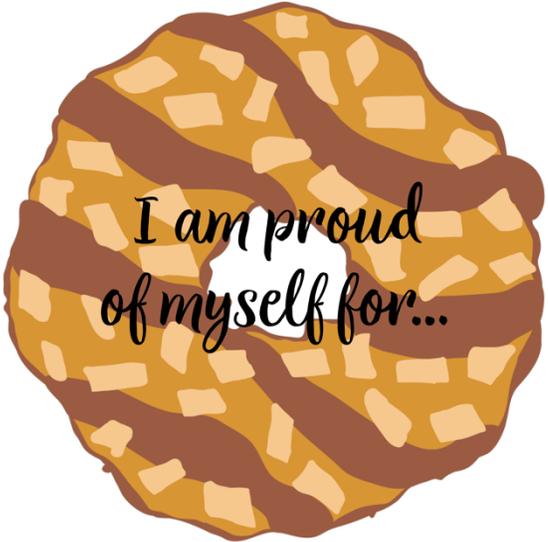
What my  
friends say  
they like about  
me is...



Make up a  
secret handshake  
with a friend.



What do  
you like about  
yourself?



I am proud  
of myself for...



What  
are your  
favorite qualities  
about yourself?



What are  
your favorite  
qualities of your  
Troop Leader?"



*What about  
you is great?*



*What did you  
used to think  
was hard  
but you now  
do well?*



*Hop on one  
foot and say  
something kind  
to yourself.*



*Why are  
you thankful  
for Girl Scouts?*



*List some  
ways you can  
stand beside her.*



*I am proud  
of my troop for...*

# “Friendship Bread” ~ Activity Instructions



Use this Amish Friendship Bread Starter Recipe as a sourdough base for many baked goods. It's the bread that never ends, keep dividing and sharing with friends to keep the fun going. Be sure to include a copy of the Amish Friendship Starter Instructions card and the Amish Friendship Bread Recipe Card with every batch of starter you share!

**To mix up your starter:**

## Ingredients

- 1/4 cup warm water about 110 degrees
- 1 package active dry yeast\* (2 1/4 teaspoons)
- 1 cup all-purpose flour
- 1 cup granulated sugar
- 1 cup milk (2% or higher fat)

## Instructions for the starter bag:

- Pour the warm water into a small glass bowl.
- Sprinkle the yeast over the water. Let this stand for 5-8 minutes to allow it to dissolve.
- In a larger glass bowl (or plastic bowl. Don't use metal bowls or utensils for sourdough), mix together the flour and sugar with a wooden spoon.
- Stir in the milk and then the yeast mixture.
- Cover loosely with plastic wrap and allow it to stand until bubbly.
- Once the mixture is bubbly, pour it into a gallon-size zippered plastic bag and seal. Do not refrigerate. Allow the sourdough mixture to sit out at room temperature. This counts as Day 1.

Day 1: Do nothing.

Day 2: Mash the bag.

Day 3: Mash the bag.

Day 4: Mash the bag.

Day 5: Mash the bag.

Day 6: Add 1 cup flour, 1 cup sugar, and 1 cup of milk. Mash the bag.

Day 7: Mash the bag.

Day 8: Mash the bag.

Day 9: Mash the bag.

Day 10: Pour the starter into a non-metal bowl. Add ½ cup flour, ½ cup sugar, and ½ cup milk. Mix well and then measure out 4-5 separate starters of 1 cup each into gallon Ziploc bags.

Keep one bag for yourself and give 3 or 4 to friends along with a copy of this recipe.

### Other Tips:

- Tape the daily instructions to your Ziplock bags. If you do not have a printer, you can write it directly on the bags.
- Do not use metal containers or utensils. (Sourdough is acidic and can dissolve metal. Use ceramic, glass or plastic only.)
- It is normal for the batter to rise, bubble and ferment. If the bag has air in it, simply let the air out and seal the bag again.
- Store the starter at room temperature. Do not refrigerate.

### Amish Friendship Bread Recipe

1 cup Amish Friendship Bread Starter

1 cup oil

3 eggs

½ cup milk

½ teaspoon vanilla

1 cup sugar

2 cups flour

½ teaspoon salt

½ teaspoon baking soda

1 ½ teaspoons baking powder

2 teaspoons cinnamon

2 small boxes instant vanilla pudding

1 cup chopped nuts (optional)

Preheat the oven to 325.

- Mix ½ cup sugar and 1 ½ teaspoons cinnamon into a small bowl. Set aside.
- To the 1 cup of Amish Friendship Bread Starter, add all of the ingredients. Mix well.
- Spray 2 loaf pans with cooking spray.
- Dust the greased pans with half of this cinnamon/sugar mixture. Pour the batter evenly into the pans and sprinkle the remaining sugar mixture over the batter.
- Bake for 1 hour or until the toothpick inserted into the center of the loaf comes out clean. Cool until the bread loosens from the pan evenly and turn onto a serving dish.

**Note: If you keep the starter for yourself, you will be baking bread every 10 days.**

**This bread makes a great gift!**

## Amish Friendship Bread Starter Instructions

### Ingredients

1/4 cup warm water about 110 degrees  
1 package active dry yeast\* (2 1/4 teaspoons)  
1 cup all-purpose flour  
1 cup granulated sugar  
1 cup milk (2% or higher fat)

### Instructions for the starter bag:

~ Pour the warm water into a small glass bowl.  
~ Sprinkle the yeast over the water. Let this stand for 5-8 minutes to allow it to dissolve.  
~ In a larger glass bowl (or plastic bowl. Don't use metal bowls or utensils for sourdough), mix together the flour and sugar with a wooden spoon.  
~ Stir in the milk and then the yeast mixture.  
~ Cover loosely with plastic wrap and allow it to stand until bubbly.

Once the mixture is bubbly, pour it into a gallon-size zippered plastic bag and seal. Do not refrigerate. Allow the sourdough mixture to sit out at room temperature. This counts as Day 1.

*Follow the instructions listed opposite for the next 10 days.*

Day 1: Do nothing.

Day 2: Mash the bag.

Day 3: Mash the bag.

Day 4: Mash the bag.

Day 5: Mash the bag.

Day 6: Add 1 cup flour, 1 cup sugar, and 1 cup of milk. Mash the bag.

Day 7: Mash the bag.

Day 8: Mash the bag.

Day 9: Mash the bag.

Day 10: Pour the starter into a non-metal bowl. Add 1/2 cup flour, 1/2 cup sugar, and 1/2 cup milk. Mix well and then measure out 4-5 separate starters of 1 cup each into gallon Ziploc bags.

Keep one bag for yourself and give 3 or 4 to friends along with a copy of this recipe.

### Other Tips:

~ Tape the daily instructions to your Ziplock bags. If you do not have a printer, you can write it directly on the bags.  
~ Do not use metal containers or utensils. (Sourdough is acidic and can dissolve metal. Use ceramic, glass or plastic only.)  
~ It is normal for the batter to rise, bubble and ferment. If the bag has air in it, simply let the air out and seal the bag again.  
~ Store the starter at room temperature. Do not refrigerate.

## Amish Friendship Bread Recipe

### Ingredients:

1 cup Amish Friendship Bread Starter  
1 cup oil  
3 eggs  
1/2 cup milk  
1/2 teaspoon vanilla  
1 cup sugar  
2 cups flour  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
1 1/2 teaspoons baking powder  
2 teaspoons cinnamon  
2 small boxes instant vanilla pudding  
1 cup chopped nuts (optional)

### Instructions:

~ Preheat the oven to 325°.  
~ Mix 1/2 cup sugar and 1 1/2 teaspoons cinnamon into a small bowl. Set aside.  
~ To the 1 cup of Amish Friendship Bread Starter, add all of the ingredients. Mix well.  
~ Spray 2 loaf pans with cooking spray.  
~ Dust the greased pans with half of this cinnamon/sugar mixture. Pour the batter evenly into the pans and sprinkle the remaining sugar mixture over the batter.  
~ Bake for 1 hour or until the a toothpick inserted into the center of the loaf comes out clean. Cool until the bread loosens from the pan evenly and turn onto a serving dish.

*Note: If you keep the starter for yourself, you will be baking bread every 10 days. This bread makes a great gift!*

# “I AM” Jar ~

## Activity Instructions

Create this jar to remind yourself of all the amazing things you are. You are more than what others think or like. You have your own purpose, journey, and talents.



### Materials Needed:

- Canning Jar/Mason Jar
- Label/Sticker Paper
- Felt
- Craft Glue
- Patterned Scrapbooking Paper (patterned on one side, white on the other)

### Directions:

1. Remove the inner part of the lid of the canning jar and use it as a template to cut a circular piece of felt the same size as the lid.
2. Cut a slit in the center of the felt circle big enough to pass little notes through.
3. Glue the circular felt piece to the underside of the outer part (the ring) of the jar lid and let dry.
4. Write “I AM” on the label/sticker paper and stick on your jar.
5. Cut little strips of the patterned scrapbook paper.
6. On each strip, write something that you think makes you amazing on the plain white side of the strip. These are your “I AM” statement strips.
7. Make as many “I AM” statement strips as time will allow.
8. Whenever you need a pick-me-up or a little reminder about why you are amazing just being you, open the jar and read a note. In fact, make it a habit to start your day by reading one of your positive “I AM” notes!

### Examples of “I AM” statements:

- |                       |                                |
|-----------------------|--------------------------------|
| I am awesome!         | I am nice to others.           |
| I am strong.          | I am good at math.             |
| I am unique.          | I am a great friend.           |
| I am a loving person. | I am loved.                    |
| I am confident.       | I am helpful to others.        |
| I am liked by others. | I am beautiful inside and out. |
| I am special.         | I am kind.                     |



# “Empowerment Sunglasses” ~ Activity Instructions



the  
**stand beside her**  
www.standbesideher.org movement

created by Girl Scouts for Girls everywhere

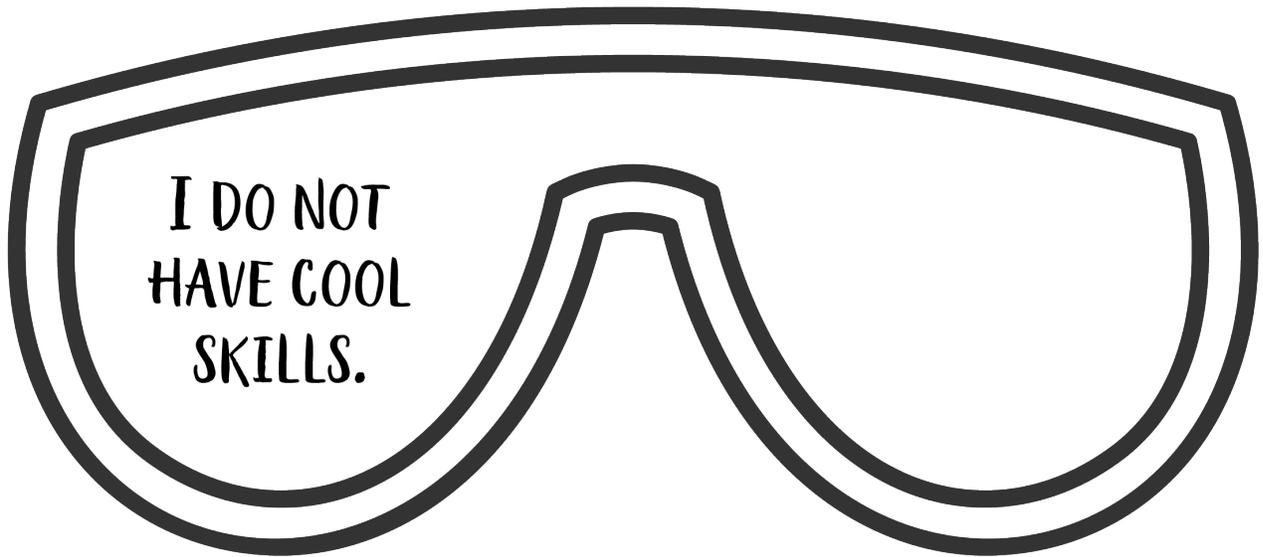
Practice turning negative messages into positive and empowering self-talk. Use these shades to Block the Haters Out!

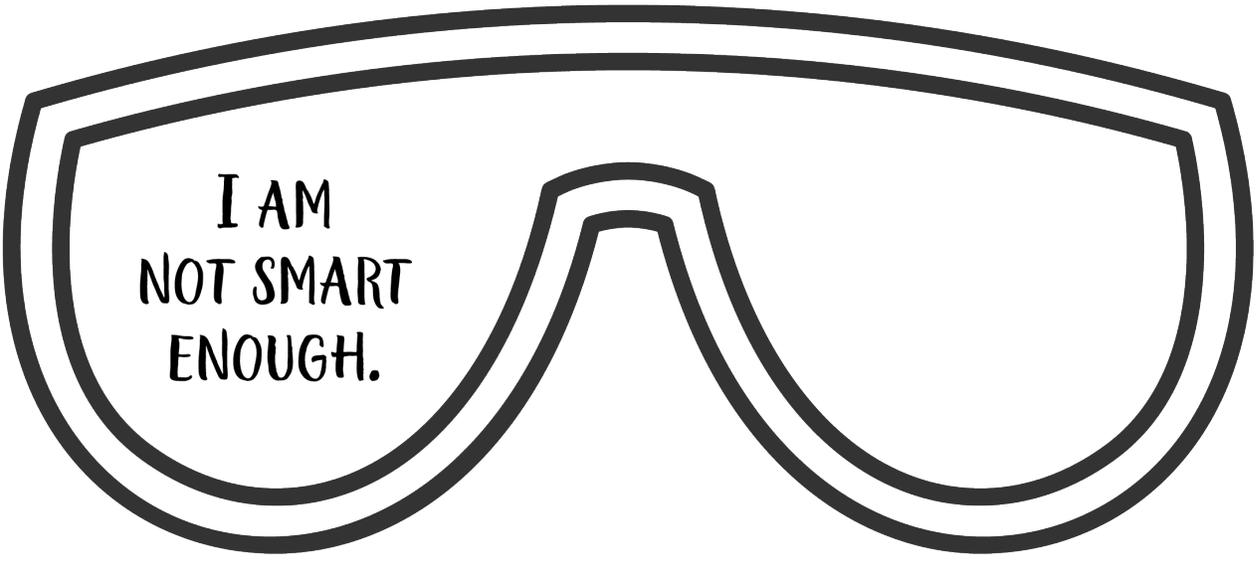
## Materials:

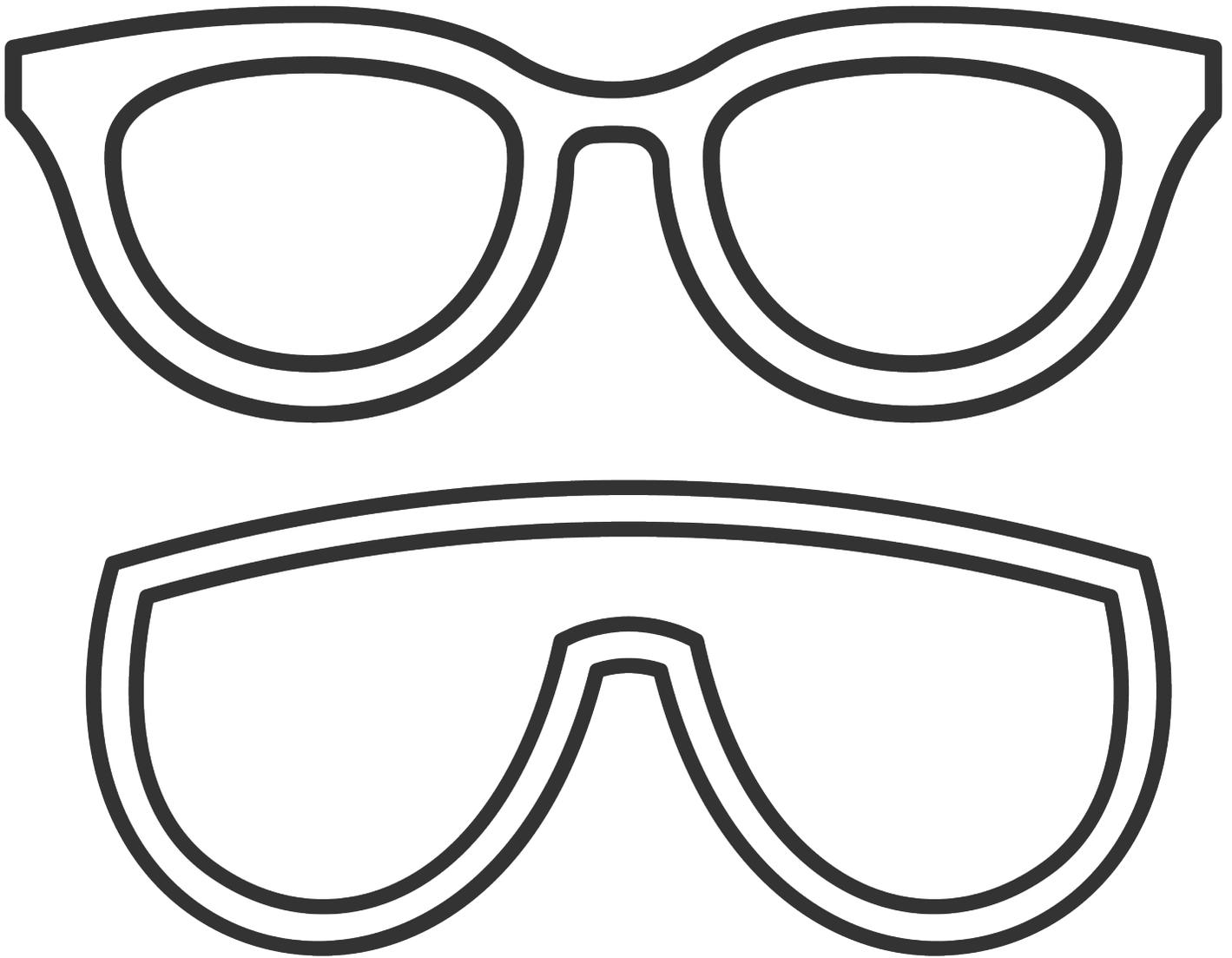
- **Sunglasses template**
- **Scissors**
- **Pencils or markers**

Directions: Print and cut out the sunglasses below. Print enough for each girl in the troop to have a pair or print extra so they may choose the one they like best. Have the girls color the sunglasses and read the pre-printed, negative self-statement. Ask the girls to then change that to a positive self-statement and write their positive self-statement on the blank lens. ~ OR ~ Print and cut the blank sunglasses and have the girls write in their own negative and positive self-statements.









**Examples of positive self-statements:**

I will try my hardest to do my best.

I will talk to someone new today.

I am unique.

I will try something new today.

I have a lot to offer.

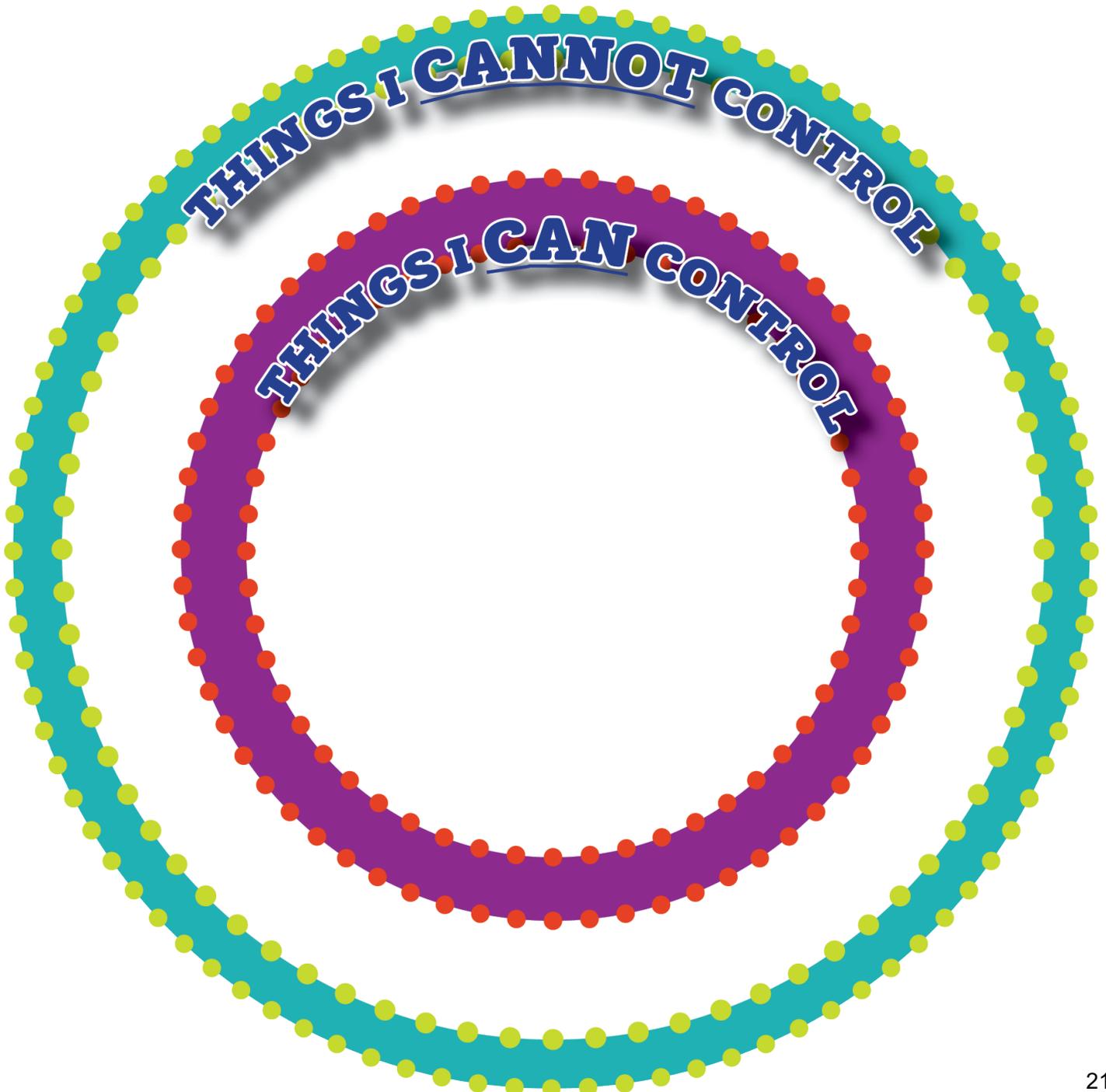
# “Self-Control Craft” ~ Activity Instructions

We cannot control how others act, but we can control what we say and do. Print and cut a circle (below) for each girl in the troop. Have the girls fill them out. This exercise will help them put into perspective what is *in* and what is *out* of their control and help them realize the importance of how they “talk to themselves.”



the **stand beside her** movement  
[www.standbesideher.org](http://www.standbesideher.org)

created by Girl Scouts for Girls everywhere



# “Self-Criticism & Insecurity” ~ Activity Instructions



#LikeYourselfFirst! Use the guides below to make discoveries about yourself and learn how you can address negative self-talk.

*“You have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.” - Louise Hay*

---

## Overcoming Self-Criticism

*Do you find that sometimes you are your own worst enemy with self-sabotaging thoughts? Use the worksheet below to help you overcome your self-criticism.*

What are some negative thoughts you have about yourself? In what ways do you feel “not enough?”

Did someone in the past ever criticize you and make those comments to you?

Do you know if the person who criticized you has insecurities about themselves? What are their insecurities and fears?

### Comparison:

Do you compare yourself to others? Do you find that you compare yourself to others by focusing on the thing you feel most insecure about?

Our insecurities reveal our fears. Based on this understanding, what are your fears?

### **Need for Approval:**

Do you find that you constantly seek approval from others? What do you like being complimented on the most?

When someone gives us approval, we feel great. We feel worthy and beautiful. However, the problem with needing approval is that we constantly rely on it and seek it. It's like a cup that is never filled. This can create a fearful cycle of need.

### **Accept ALL of Yourself:**

Write down things that you consider to be imperfections or weaknesses, then write down how and why you're going to accept and love them as they are.

What I consider an imperfection or weakness:

I am going to practice loving and accepting these things by:

### **Practice Self-Approval:**

What do you normally need approval from others for?

Often you may seek approval from others about certain things. When that happens, pause and replace it with self-approval. When you learn to approve of things on your own without needing others to approve them, you take back your power for yourself. Practice this until it feels so natural that you no longer yearn for others' approval.

### **Stop Comparing:**

When you find yourself comparing yourself to others, pause and realize that everyone has their own struggles you may not know about. Take the focus back to YOUR journey and what you appreciate about YOURSELF. When you see others succeed or have qualities that you admire - don't be bitter. Instead, use their success as inspiration to become the best version of yourself. As Girl Scouts, you want to always encourage and empower others.

## Goodbye Insecurity

What are you insecure about?

Break-down and explain how or why you feel insecure about this aspect of yourself.

What core belief is this insecurity tied to? What story do you tell yourself about yourself?

Where did this insecurity come from? How and when was it developed? Did any specific event or person(s) contribute to the development of this insecurity?

How can you forgive those who may have contributed to the development of this insecurity?

How can you be more secure about this aspect of yourself?

Goal: What do you need to achieve in order to remove this insecurity?

Action Plan: What do you need to do in order to achieve your goal above?

- 1.
- 2.
- 3.

Internal Obstacle: What fear will you need to overcome in order to start working on this aspect of yourself?

Support System: What kind of support will you need in order to achieve this goal?

Who is your support system? This is usually people who believe in you and encourage you to keep pushing past your fears. Who do you look to in order to provide affirmations and reminders of your greatness?

# “Picture Perfect” ~ Activity Instructions



The goal of this activity is to envision a life that’s “Picture Perfect” to you. Create a vision board – a “starter kit” - with images and words, on the back include conversation starters like, “What steps can I take to reach this?” “Why did I choose certain words, colors, or outfits?” “What appealed to me the most?” “What goals does this vision represent?” “How does this make me feel when I picture this?” Once you have created this, share it with your family or friends. Share with them why this is a “Picture Perfect” vision for you and be sure to place it somewhere you see often to inspire you!

## Materials Needed:

- **Poster board**
- **Camera and/or magazines**
- **Scissors**

Instructions: Picture Perfect is about creating your vision of the “Picture Perfect” you! Put together the perfect outfit and conversation starters for each scenario. You can do this a few different ways. Head to your closet and have a photoshoot or cutout pictures from a magazine and pick out the perfect ensemble along with words that stick out to you.

## Scenarios:

1. **Stemtastic Scientist:** For this scenario, picture yourself as a “Stemtastic Scientist!” What do you see? Are you a marine biologist? Does your perfect outfit and conversation include the ocean and sea creatures? Create your starter kit with the perfect scientist outfits and conversation starters!
2. **Girl Boss Entrepreneur:** For this scenario, picture yourself as a GIRL BOSS! What does it look like? Did you start a business? Do you run a business? Your picture perfect company may sell toys or baked goods. Create your starter kit with the perfect Girl Boss outfit and conversation starters!
3. **Outdoor Explorer:** For this scenario, picture yourself as an Outdoor Explorer! What do you see? A picture perfect outdoor explorer can look different for everyone, you may envision a tropical adventurer while another pictures a cold, mountaintop hike. Create your starter kit with the perfect outdoor outfit and conversation starter pack!
4. **Lead Like a Girl Scout:** For this scenario, picture how you would Lead like a Girl Scout! Are you running for office or maybe you’re leading a classroom of students? Picture the kind of leader

that you want to see yourself as and how you will do it by creating your starter kit with the perfect Lead like a Girl Scout outfit and starter pack!

### Example: Scenario 2000's Girls Starter Pack

*elementary school girl in the mid to late 2000s  
starter pack*



# “Interview With A...” ~ Activity Instructions

Directions: Print the interview cards below, and interview different people that match the roles on the cards. Use the interview questions provided to practice your speaking and interpersonal skills.



## Interview with a Caretaker

*Find someone who is a caretaker - it could be a parent or guardian, or family member -and ask them the following questions:*

What's something you look forward to every day? \_\_\_\_\_

What does your 'typical day' look like? \_\_\_\_\_

When you were little, what did you want to be when you grew up? \_\_\_\_\_

What is your favorite life experience so far? \_\_\_\_\_

What would be your dream vacation? \_\_\_\_\_

What is your favorite hobby/activity? \_\_\_\_\_

## Interview with a Teacher

*Find someone who is a teacher - it could be one of your past or current teachers or maybe a family member who is a teacher - and ask them the following questions:*

What inspired you to become a teacher? \_\_\_\_\_

Where did you complete your education? \_\_\_\_\_

Where was your first teaching job? \_\_\_\_\_

What did you learn during your first year of teaching? \_\_\_\_\_

What have you learned this past year of teaching? \_\_\_\_\_

What advice do you have for someone who wants to become a teacher? \_\_\_\_\_

## Interview with a Peer

*Find someone close to your age to interview - it can be a friend, classmate, or acquaintance - and ask them the following questions:*

Where is a place you would like to visit? \_\_\_\_\_

If you could have dinner with someone, dead or alive, who would it be? \_\_\_\_\_

What is your favorite holiday? \_\_\_\_\_

What is your favorite food? \_\_\_\_\_

What do you want to be when you grow up? \_\_\_\_\_

If you could have one superpower, what would it be? \_\_\_\_\_

### Discussion:

- How was your tone/energy different with each conversation? Do you think it had to do with who you were interviewing?
- What did you learn from each interview? Did you learn something new about each person in your life?
- Do you think any of the people you interviewed, would make a good mentor for you?

# “Profiling Me” ~ Activity Instructions

Fill out each of the provided profiles. As you complete each one, think of its purpose and intended audience.



### ***LinkedIn Profile:***

Name:

Title:

Description:

Location:



### ***Facebook Profile:***

Name:

Lives in:

Status:

Likes:



### ***College Application:***

Full Name:

Address:

Birthday:

Email:

Phone Number:

### **Discussion questions:**

Think of what other information you share on these platforms that anyone can see. Should you be conscious of what information you share about yourself on each? How did you change your answers on each of the profiles? Are there situations where some information is okay and sensitive in others?