



Discover Your Journey... It's Your World—Change It! Cadette: aMaze! Taster Activity

First Impressions in the Maze

Materials for this activity: Paper and markers

This activity gets girls thinking together about the relationship issues that make their lives “mazelike” as it engages the girls in getting to know one another and beginning to team up.

Start this session by asking the Cadettes to form small groups of 2 or 4. In a large group or a group where girls don't know each other, count off the girls so they each have a chance to meet new people and can bypass any discomfort involved in choosing teams.

Invite the girls to introduce themselves in their small groups— perhaps saying something about themselves, such as their favorite thing to do when they have free time..

Give each small group a piece of paper and markers and instruct them to create a maze— complex or simple. Explain what a maze is and show an example to help them get started.

Then ask each group to brainstorm the ways in which their lives are like a maze, using their real life experiences. You might say or post some thoughts like these:

- Who sits where at lunch time? Whom do you count on? Where do you “meet them” in the maze?
- Ever have conflict with friends? Does that shift your path?
- Ouch! Someone hurt your feelings. What next?
- Where do new friends come from?
- Do bullies affect you? Maybe you are sometimes the bully?
- What do you do online?
- Who said what to whom?
- What will be going on for you over the next few years? What new things might get added to your maze?
- Who are the adults who help you through your maze?
- How about friends? What do they do that helps?

What's In Your Maze?

Now invite the teams to enhance their mazes with sketches, text bubbles, or doodles that show the relationship issues they navigate in their lives. Encourage them to show both the challenges that occur in their maze and the “resources” they use to overcome those challenges (support from others they trust). Perhaps they may want to show the role of great friendships in the maze and other “positives” that occur in their interactions.

As the team finishes up, ask them to think of one phrase or slogan—(something short) that could fit on a bumper sticker that completes the sentence:

Our lives are like a maze because...

Call the group back together and invite each team to present its maze— and some of the issues illustrated on it. Ask each team to end their presentation by adding their “bumper sticker” phrase to the poster board, forming a team poem as they go.

Ordinary girls can do extraordinary things!

**LIFE IS FULL
OF MAZES**



Discover Your Journey... It's Your Planet—Love It! Cadette: Breathe Taster Activity

Symphony of Noise

Materials for this activity: noise making gadgets, (radios, kazoos, party horns) including what the girls normally carry (cell phones, iPods with speakers) timer or clock
Challenge slips (next page)

Before you start: Explain the “Symphony of Noise” to a Cadette or two who arrive early and invite them to help you lead this activity. Ask them to set up all the noisemakers in a big cluster in the middle of the room. To get some background noise going turn on the TV, DVD and/or radio.

Invite the girls to gather around the noisemakers. Invite them to take out their own sound gadgets (phone, music players, etc). Introduce the activity by saying: We’re going to use our sound gadgets at the same time in order to send out as much noise into the air as we can.

Round 1: Symphony of Noise—Invite one of the earlybirds to be the conductor of the group “orchestra”. Explain that she’ll start the “orchestra” on the count of three and then, after a few minutes of noise, hold up her hand (the Girl Scout Quiet Sign). Round 1 continues for a few minutes, then allow silence to settle over the group for a minute or two. Then ask: What does it feel like to make a lot of noise? What do you love about your phone, music players, etc.? When is enough, enough?

Round 2: Above the Noise—This time, while making all the noise we will add a little challenge to symbolize the challenges we often face—concentrating on getting something done and communicating with one another amid all the noise and distractions in our world. Instruct girls to take turns choosing an “above the Noise” challenge slip. After first girl goes, continue around in circle (counter clockwise) taking turns leading one another to accomplish the task on the slips. Keep it moving, silly is okay and don’t forget: make all the noise while multitasking on the challenge. After each girl has had a turn, make the quiet sign and have the girls sit in silence for 5 minutes (use a timer).

Weighing in on Noise and Silence:

Now that the team has experienced both a big blare and silence, have them weigh in on the impact of the noise and the impact of silence. Here are some guiding questions you could ask:

What’s good about our noisemaking gadgets?

Do you like to stay plugged into your music, even when you are with others?

Do you ever put ear buds in your ears to signify you want to be alone? When do you take them out ? What is it like when you are with other people who are wearing ear buds?

Can you think of a time and an example when noise gets in our way of connecting with one another? With enjoying each other? While concentrating?

Do you ever wish you were a little less connected and available when someone wants to reach you? Or maybe that you had a little less information at your fingertips? When and why? What about other kinds of noise that distracts us? Advertising? Traffic? Anything else?

What was it like sitting in silence together? *(If there was giggling or fidgeting, let the girls know that normal because most people are not used to being silent together).*

Did five minutes of silence seem like a little or a lot?

What ideas or comments do you have about how silent time together can contribute to our strength as individuals? As a team?

Do any of you enjoy silence in other ways, such as yoga, meditation or prayer? What do you get from that?

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Above the Noise: Team Challenge Strips (girls can add their own– “any silly thing”)

Everyone, answer together: What is 8 X 7?	All together now: Recite the alphabet
Shout your birthday starting with (name girl and go clockwise)	Do a crazy dance together
Spell out “noise” together	Take a deep breath, and than exhale, all together
Do 10 jumping jacks, all together	Send a wave around the circle
Everyone, shout a word that rhymes with “air” - no repeats!	All together now: Count backwards from 15



Discover Your Journey... It's Your Story—Tell It! Cadette: MEdia Taster Activity

Create your own camera lens!

Materials for this activity: Camera lens activity sheets (next page) Colored pencils or markers

Let the girls know that confidence can be like a special camera lens that offers some protective distance when someone says or does something that hurts them in some way. You might say something like,

“With this lens to stand behind, it’s easier to stay true to your own thoughts and feelings and not be influenced by pressures or unkind acts or words of others.”

Then say:

- Think about some of the pressures you might be experiencing at school, with friends, at home, or elsewhere in your life (such as pressure to fit in or not be different or to do something you don’t want to do). If you like, write your own personal pressures outside your camera lens.
- Now, think about what keeps you feeling good and strong, no matter what you might be facing (things like talking about your feelings, learning about yourself, trying new activities, knowing everyone is different). Put all of these things inside your camera lens.

Once the girls have filled their camera lenses, ask them to talk about how the world looks through their lens! Acknowledge that everyone feels pressure but it’s how we handle that pressure that keeps us strong. Ask: *Do others have something in their camera lens that might keep you strong, too? Add it to your camera lens!* You might say: *The more we remember these feelings, qualities, and actions, the easier it is for our confidence to shine! Take this camera lens home and keep it where it will remind you of your unique view of the world!*

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