



## Discover Your Journey... It's Your World, Change It! Senior: GIRLtopia Taster Activity

### Who's a Visionary?

Materials for this activity: Pen and paper, chart paper and markers (for visuals)

Ask the girls to break into pairs or small groups to create a Top-10 list of "visionary" qualities. If they are stuck for a definition of the word take a few minutes to have them look it up in a dictionary or online. If that isn't possible, you can do the research ahead of time and bring the definition with you to the gathering. It would be a good idea to ask them what they think the word means.

Ask them to write down who they think is a visionary.

Then bring the girls together in a circle and let each girl share who they think is a visionary and then name at least one quality, value, or skill she has on her list, and one that she would like to develop during the journey.

One leader was worried that her girls wouldn't know what the word "visionary" meant, and also worried that the girls might pick a rock star or other person who was famous, rather than a person who had made the world a better place. So she decided instead to print biographies from the internet about the accomplishments of ten visionary people.

What would the girls in this troop miss from the activity rather than if they had created their own list? (They would know who their leader was inspired by, but wouldn't have spent any time thinking about who inspired THEM. They also wouldn't have had the chance to explore what it means to be a visionary instead of being merely visible. In this activity, like almost every activity, it's the process of creating the list that is more important than the final list.

If the girls had valid reasons why that rock star had some inspirational accomplishments and had changed the world for the better, that would be just great – they aren't getting graded on their list!)

**Ordinary girls can do extraordinary things!**



## Discover Your Journey... It's Your Planet—Love It! Senior: Sow What? Taster Activity

### Food Favorites

**Materials for this activity:** Food samples or pictures from each girl, paper and pencils or markers.

Before you meet with your troop/group contact girls in advance and ask each to bring a favorite food, a label from it (if it has one), or a picture of it. No need to give detailed instructions. It will be fun to work with whatever turns up! Bring an item or two from your kitchen, as well, if you can.

As an Opening Ceremony for the meeting, gather the troop/group together and invite each girl to “present” her favorite food, explaining why she enjoys it and where she usually gets it (homemade, from a store, restaurant, etc.). If the troop/group has brought real food, now could be a good time to enjoy that!

### The Real Food Network!

Now is the time for the girls to envision all the resources—Earth’s resources and people resources—as well as all the various decisions about those resources, that bring food to their tables. Invite girls to explore where their favorite foods “come from” (besides the store).

Ask the girls to choose a favorite food that they talked about today (or one ingredient in a food) and then tell the story of the web of interactions that brings that food to their table. They can make educated guesses or simply use their imagination, but they must tell a whole story. You might say: *Start with what the sun did for it or what the water did for it and move forward to all the steps that let this food reach its final destination— you!* The girls might like to do this activity individually, in pairs, or in mini or large teams. They can keep their examples simple— and have some fun, creatively capturing the story/web on a piece of paper or two. Say their favorite is an orange. You might ask: *Who planted the seed that became the orange tree? Who decided what kind of seed to grow? Where? How many? Who tended the tree? Was it treated for pesticides? Fertilizers? Artificial? Natural? Who decided which kind? Where did that stuff come from? Who picked the fruit? Who tasted it? Packed it? Shipped it? Stocked it? Displayed it? Sold it? Cooked it?*

## Amp it Up!

Depending on the mood and energy of the girls and time available, they might like to add humor or drama by turning this into a guessing game or even “mini-commercial” about their favorite foods. If your troop wants to get creative, they might enjoy spending a few minutes preparing to “perform”.

Invite each girl/team to share her/their food network story. Then guide them in a short discussion:

- How does our food connect us to Earth, to us as people?
- When you bite into a piece of food, do you ever think about the people who produced it?
- Do you ever wonder if they actually eat it too?
- What are some decisions that are made along our food networks? How do they impact people and planet?
- What ideas are we starting to have about how decisions along our food networks impact health– the health of the environment and our own?

The next step could be actual research into the resources that have gone into getting their favorite food to them.

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## Discover Your Journey... It's Your Story—Tell It! Senior: Mission: Sisterhood Taster Activity

### Build Your Circle!

**Materials for this activity:** Circle activity sheets (next page) Colored pencils or markers

Let the girls know that confidence can be like a protective circle that offers shelter when someone says or does something that hurts them in some way. You might say something like, *With this circle around you, 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 circle.
- 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 circle.

Once the girls have filled their circles, ask them to talk about what they put in and outside the circles.

Do these circles make them feel stronger? More confident?

Acknowledge that everyone feels pressure but it's how we handle that pressure that keeps us strong.  
Ask:

*Do others have something in their circles that might keep you strong, too?*

*Add it to your circle! You might say: The more we remember these feelings, qualities, and actions, the easier it is for our confidence to shine!*

*Keep this circle with you and let it serve as a reminder of all your strength!*

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