

SENIOR MISSION: SISTERHOOD! JOURNEY AWARD – MEETING 2

Award Purpose: When you’ve earned this award, you’ll understand the power of sisterhood in your own life and in the world.

Activity	Materials Needed
<p>Lost in Translation</p> <ul style="list-style-type: none"> Explore the ways we communicate, and what can get lost in communicating through texts. 	<ul style="list-style-type: none"> <input type="checkbox"/> Prompt, replies/emotions cards <input type="checkbox"/> Phone or computer with internet access <input type="checkbox"/> (Optional) Chart or large paper and tape <input type="checkbox"/> (Optional) Additional index cards <input type="checkbox"/> (Optional) Markers and writing utensils
<p>You Do Yoga</p> <ul style="list-style-type: none"> Practice self-compassion through yoga. 	<ul style="list-style-type: none"> <input type="checkbox"/> Yoga mats (one per girl) or a meeting space with a soft surface <input type="checkbox"/> Computer with internet access
<p>Be a Friend to Yourself First</p> <ul style="list-style-type: none"> Learn about self-talk and develop strategies to put a positive spin on negative self-talk. 	<ul style="list-style-type: none"> <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils

Activity #1: Lost in Translation

Award Connection: Step 4 – Explore how various forms of communication help or hinder friendships and sisterhood

Materials Needed: Prompt, replies, and emotion cards; phone or computer with internet access; (optional) chart or large paper and tape; (optional) additional index cards; (optional) markers and writing utensils

Prep Needed:

- If you have a dry erase board in your meeting space, write “Me and Mel are going to the mall. Wanna come?” If not, write the phrase on a large piece of paper and tape it to the wall.
- On separate index cards, write the following “texts” and corresponding emotions (the text should go on one side of the card and the emotion on the other):
 - Text: Sure / Emotion: Excited
 - Text: Sure / Emotion: Apathetic
 - Text: Great, can’t wait / Emotion: Happy
 - Text: Great, can’t wait / Emotion: Sarcastic
 - Text: Sounds really fun / Emotion: Excited
 - Text: Sounds really fun / Emotion: Sarcastic



1. How do you usually communicate with your friends? Texting? A lot can get lost and misinterpreted in a text. Face-to-face communication and being able to read body language are important skills to use and build on.
2. Distribute the “text” and “emotion” cards to everyone.
3. Girls should go up in front of the group one at a time and show just their “text” to their friends. Give everyone a chance to guess what the text means. Then, the girl standing up front should read the text using the “emotion” card as the cue (i.e. “Sure!” if the emotion card is “excited,” and “Suuuuureeeee” if the emotion card is “apathetic”.)
4. Optional: If you’d like, come up with a prompt, replies and corresponding emotions on your own and do another around.
5. Can you see how easy it is to misinterpret the text when you can hear the person’s tone of voice, facial expressions, and body language?
6. Then, watch a video of the TV show *Friends* showing how we use our voice and entire body to communicate: bit.ly/communicationmorethanwords.

Activity #2: You Do Yoga

Award Connection: Step 5 – Learn ways to keep your relationships, minds, and bodies healthy and fit

Materials Needed: Yoga mats (one per girl) or a meeting space with a soft surface; computer with internet access

1. Girls today are flooded with images about what an “ideal body” should look like. Our obsession with how we should *look* takes away from the incredible things our bodies can *do*.
2. Do the eight-minute yoga routine with Jessamyn Stanley (bit.ly/youdo yoga).
3. Finish the routine with the Savasana pose:
 - Lay on your back. Your arms should be relaxed at your side with palms up, your legs relaxed, and your feet hip width apart (let them fall into their natural position, with your toes facing outward or inward—whichever is more comfortable for you).
 - Focus on your breath. As you inhale, think about what each part of your body allowed you to do as you exhale, thank that body part for its strength and ability (“Thank you, arms, for holding me up during Half Moon pose.”).
4. Note: Yoga is for everyone! If there are girls with disabilities in your group, try adaptive yoga (bit.ly/yogaadaptive), or search YouTube for videos that will suit the abilities of girls in your troop.

Activity #3: Be a Friend to Yourself First

Award Connection: Step 5 – Learn ways to keep your relationships, minds, and bodies healthy and fit, and Step 2 – Learn how to be your own best friend

Materials Needed: Paper; writing utensils

1. One way we can be a good friend is by being a friend to ourselves first. Think about the safety steps that flight attendants demonstrate before taking off—they tell you to put on your oxygen mask first before helping others. You’re better equipped to help other people when you take care of yourself too.
2. We talk to ourselves all day long (not always aloud!). For many people, the chattering we hear in our heads is negative—“What an idiot! How could you have made such a dumb mistake?” “Why did I just say that? I sound so stupid!” “This is too hard. I can’t do this.” If someone said these kinds of things to you, would you be friends with them for very long? Chances are, probably not. In the words of Brené Brown: “Talk to yourself like you would to someone you love.”
3. Changing how we talk to ourselves can change how we see ourselves and what we’re capable of doing and achieving. When you find yourself having negative thoughts, remember **STOP**:
 - **Stop:** Tell yourself “Stop!” and interrupt the negative self-talk cycle.



- **T**est: Test your negative self-talk. Ask, is what I'm telling myself actually true? What evidence do I have? Is this thought based on facts, or my interpretation of the situation?
 - **O**ther options: How else could I look at this situation?
 - **P**ositive perspective: Tell yourself something from a different, positive perspective.
4. Then, come up with some examples of negative statements and go through the **STOP** steps to come up with a way to change your self-talk. Some ideas:
- Instead of "I can't do this!" try "This is hard, but I've done hard things before. I'm going to try."

