

SENIOR MISSION: SISTERHOOD! JOURNEY AWARD – MEETING 1

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
Sisterhood Is... <ul style="list-style-type: none"> Define what “sisterhood” means to you. 	<input type="checkbox"/> “Sisterhood” cards <input type="checkbox"/> Writing utensils
Thank You for Being a Friend <ul style="list-style-type: none"> Explore your personal relationships and sisterhoods. 	<input type="checkbox"/> Computer with internet access <input type="checkbox"/> (Optional) Various art supplies
I’m Having a Me Party <ul style="list-style-type: none"> Learn what it means to be your own best friend. 	<input type="checkbox"/> Bowls or small containers (one per girl) <input type="checkbox"/> Tape <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils

Activity #1: Sisterhood Is...

Award Connection: Step 1 – Begin to define “sisterhood” for yourselves and your team

Materials Needed: “Sisterhood” cards (one per girl); writing utensils

Prep Needed:

- Print out copies of the “Sisterhood” cards (one per girl).
- Sisterhood takes many shapes and forms—it’s the connection you have with your friends, your teammates, your mom, your sisters, and your aunts. It’s also the connection you have with women around the world (even those you have yet to meet!).
 - As a warm-up exercise for this Journey, take a “Sisterhood” card and fill out the two prompts:
 - “Sisterhood Is...”
 - “When I think of sisterhood, I think of...”

Activity #2: Thank You for Being a Friend

Award Connection: Step 3 – Gain a better understanding of the importance various types of levels and friendships play in your lives

Materials Needed: Computer with internet access; (optional) various art supplies



1. What does sisterhood look like in your own life?
2. Tell a story through art. Choose three people in your life:
 - Someone I consider my close or best friend
 - Someone I look up to or see as a mentor or role model
 - Someone who looks up to *me* and sees *me* as a mentor or role model
3. Then, use Adobe Spark (spark.adobe.com) to tell each individual story. Things you might want to include:
 - Share your history. How did you meet this person? Where did you meet?
 - Share some of your favorite memories with that person (some funny stories, some stories of when they were supportive and helped you out, etc.)
 - Share what this person and this relationship means to you. (How has this person made an impact on your life? How has your life been made richer because of this person? How are they a good friend to you, and how are you a good friend to them?)
4. After you've created your stories, share them with others. When everyone has had a chance to share, discuss what similarities and differences you noticed about everyone's idea of sisterhood.
5. NOTE: If you don't have access to a computer or the internet, feel free to substitute another art project in place of Adobe Spark (for example, create a photo collage for each person, paint a favorite memory, etc.).

Activity #3: I'm Having a Me Party

Award Connection: Step 2 – Learn what it means to be your own best friend

Materials Needed: Bowls or small containers (one per girl); tape; paper; writing utensils

Prep Needed:

- Cut paper into small slips or squares.
 - Label the bowls (or other small containers) with the girl's name (a separate bowl or container for each girl). This bowl will be for collecting scraps of paper.
1. Gather as a group. Everyone should start off with a small stack of papers. Going around in a circle, write a response to the prompt, "A quality I admire about (girl) is...". Each girl should have a turn being the one that the rest of the troop writes about. Continue going around the circle until everyone's had a turn being the "prompt".
 2. After you've finished writing your response, fold up your piece of paper and put it into the bowl with the corresponding girl's name on it (so if it's Leah's turn to be the one everyone writes about, put the responses into the bowl labeled with Leah's name).
 3. Once everyone's done, have someone (not the person whose name is on the bowl) read the responses in the bowl. Continue until all the responses in the bowl have been read.
 4. What did you think of the exercise? Were you surprised at some of the responses that people shared about you? Do you look at yourself the same way that your friends see you?
 5. It's easy to be critical about yourself and notice your personal flaws—this is another reason why it's so important to have sisterhood. Sisterhood builds you up and lets you see qualities about yourself that you might overlook, or not even realize were there inside of you!



SISTERHOOD IS...

~~~~~  
**WHEN I THINK OF  
SISTERHOOD, I THINK OF...**

**SISTERHOOD IS...**

~~~~~  
**WHEN I THINK OF
SISTERHOOD, I THINK OF...**

