

SENIOR MISSION: SISTERHOOD JOURNEY AWARD – MEETING 3

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
Self-Care Aware <ul style="list-style-type: none"> Get started on your Take Action Project. 	<input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
Prep Work <ul style="list-style-type: none"> Divvy up responsibilities and advertise your Self-Care Aware Day to the community. 	<input type="checkbox"/> Phone or computer with internet access
Self-Care Aware Day—Carry It Out! <ul style="list-style-type: none"> Decide on activities and hold your Self-Care Aware Day! 	<input type="checkbox"/> Various items depending on activities
Reflection <ul style="list-style-type: none"> Celebrate a job well-done and discuss your experience making the world a better place. 	<input type="checkbox"/> (Optional) Snacks, beverages, other festive supplies

Activity #1: Self-Care Aware

Award Connection: Step 6 – Team up and carry out your efforts to have a positive impact on a sisterhood issue

Materials Needed: Paper; writing utensils

- Now that you’ve discovered the many ways you can build yourself up and the many ways your sisterhood can rally around to support you, spread these ideas to the greater community!
- For your Take Action Project, embark on **Self-Care Aware!** Self-care is one of the best ways to build up self-esteem. When you take time to care for your own body and listen to your needs and wants, you’re telling yourself that you’re worthy of having these needs and wants met. Self-care also leads to self-compassion, aka being kind to yourself.
- Lead a morning or afternoon (or full day!) of activities for younger troops or girls in your neighborhood.
- Below are some activities you can use to prepare for and lead the day, but feel free to come up with your own ideas. The three basic steps you’ll need to complete are:
 - Promote** your Self-Care Aware Day
 - Prep** for and facilitate the activities for Self-Care Aware Day
 - Reflect** on your Self-Care Aware Day (and celebrate your hard work!)



Activity #2: Prep Work

Award Connection: Step 6 – Team up and carry out your efforts to have a positive impact on a sisterhood issue

Materials Needed: Phone or computer with internet access

1. You'll need to secure a space to hold your event (check your local library or community centers for free or low-cost room/space rentals, or see if your Service Unit would be willing to team up with you).
2. Create and hang up posters to promote your event (remember to include the time/duration, date, and place as well as a reason why people should attend your event—for example, “Did you know that girls with higher self-esteem are more independent and more willing to tackle challenges? Build your self-esteem through self-care!”). Canva.com is a great and free online resource for creating marketing/advertising materials.

Activity #3: Self-Care Aware Day—Carry It Out!

Award Connection: Step 6 – Team up and carry out your efforts to have a positive impact on a sisterhood issue

Materials Needed: Various items depending on activities

1. Come up with a few activities for girls to participate in during your event. You can have a few stations and ask girls to rotate through them, or lead them consecutively. Some ideas:
 - Yoga session: Have some yoga mats available (or other soft mats) and lead girls through a few simple yoga poses (similar to the You Do Yoga activity from the previous meeting).
 - 15 Minutes for Me: Have girls decorate mason jars (or other small containers). Then, using small slips of paper, write down different “pick-me-up” ideas to use when they’re feeling low or down, like “Take a bubble bath,” “Get some fresh air,” or “Color in my coloring book”. Label the jar “15 Minutes for Me”.
 - Positive Self-Talk Shield: Use the shield template at the end of this activity plan. Have girls write down (or, if they’re younger, help them write) self-affirmations that will “shield” them from negativity and difficult times. For example, they could write “I can do this!”, “I am strong!”, “Take it one step at a time!”
2. Once you’ve decided on the activities, collected the supplies, and coordinated help from volunteers (if necessary), carry out your Self-Care Aware Day!

Activity #3: Reflection

Award Connection: Step 7 – Discuss what you’ve learned, connect with your many sisters, and celebration mission: accomplished!

Materials Needed: (Optional) Snacks, beverages, other festive supplies

1. Celebrate your hard work! Congratulate yourselves on a job well done with some light refreshments and reflect on your Journey together.
 - Did you expand your sisterhood network during this Journey (aka, did you make new friends, or deepen existing relationships?)
 - What’s the most interesting thing you discovered about yourself, or someone else, during this Journey?
 - How did your Self-Care Aware Day (or other Take Action Project) go? Did learning about sisterhood impact your troop’s ability to work together?
 - Were there a few bumps in the road or surprises along the way? How did you handle those challenges?



