



Girl Scouts of Virginia Skyline Council, Inc.
3663 Peters Creek Road, Roanoke, VA 24019
Ph: (800) 542-5905 Fax: (540) 777-1151
www.gsvsc.org

Girl Scouts®
Where Girls Grow StrongSM

Uniquely ME! The Way to Be

*for girls Ages 8-10
Junior Girl Scouts*



Uniquely ME! The Way to Be for Junior Girl Scouts Girls Ages 8-10

Uniquely ME! was created by Girl Scouts of the USA and Unilever for girls ages 8-17. The Uniquely ME! The Way to Be is for Junior Girl Scouts ages 8-10. This patch program addresses the challenges girls face in their daily lives. Its purpose is to foster self-esteem. Through the activities in Uniquely ME! The Way to Be girls discover their unique qualities, the importance of challenging themselves; healthy coping skills, what to look for in a good friend and ways to make a difference.

This outline provides a guide for each of the different topics in 45 minute to 1-hour sessions. This program is designed to be ongoing over the period of a troop/group year. This will be one of those programs that you pick up and do when there is interest or need. The girls should choose what sessions they would like to start with.

By completing at least one of these sessions girls can receive the Uniquely ME! patch which is available from the Skyline Shop in Charlottesville or Roanoke.

Session 1: About Me! This 45-minute to 60-minute session includes activities that help the girls learn about themselves, what they value and their unique qualities.

Session 2: More About Me! This 45-60-minute session helps the girls identify what they are good at. They also have a chance to find out what others think their skills are. In this session they are also challenged to try new things each day by creating a New 'Do' Planner.

Session 3: Body-Wise Healthy habits are emphasized in this 45-60-minute session. Girls have a chance to identify healthy habits and try out healthy snacks in a Good and Tasty party.

Session 4: Feelings During this session the girls identify the things that make them feel happy and sad. They create a Good Feelings book to use when they are feeling sad or stressed. They also learn about good and bad stress and what to do about it.

Session 5: Good Friends This 45-60-minute session helps the girls identify characteristics of good and not-so-good friends. It helps the girls determine what to do about not-so-good friends. The conclusion of this session has the girls identify what they do to make a difference in their community.

Uniquely ME! The Way to Be for Girls Ages 8 – 10 (Junior Girl Scouts)

Getting Started

Uniquely ME! addresses a variety of topics that help girls build self-esteem. This outline provides a guide for each of the different topics in 45 - minute to 1-hour sessions. This program is designed to be ongoing over the period of a troop/group year. This will be one of those programs that you pick up and do when there is interest or need. The girls should choose what sessions they would like to start with.

To prepare for this program leaders should read the *Uniquely ME! Guide for Adults*. It contains excellent information about self-esteem, concerns of girls, understanding and dealing with “Teens and Tweens”.

This program is designed for each girl to have her own *Uniquely ME!* book. If it is not possible for each girl to have her own book suggestions for doing the activities when each girl does not have a book are included in the outline. The *Uniquely ME!* book is copyrighted and may not be photo copied.

If girls do not have their own *Uniquely ME!* book you may want to have a notebook or scrapbook for each girl. It would be nice to keep all her *Uniquely ME!* activities and treasures in one place. The first activity might be to make the *Uniquely ME!* journal/scrapbook.

On page 13 of the *Uniquely ME! Guide for Adults* there are additional suggestions for activities. You may decide that you want to use these plans for a troop lock-in or camping trip. You may want to have a special opening and closing for each session. You could use the “Play *Uniquely ME!* music” or have a girls share her talent or story as unique openings and closing. Ask the girls what they would like to do.

The *Uniquely ME!* patches can be ordered from the Skyline Shop in Roanoke or Charlottesville.

Materials Needed:

Uniquely ME! book for each girl.

Uniquely ME! Guide for Adults

Order *Uniquely ME!* patches for each girl from the Skyline Shop in Charlottesville or Roanoke.



Uniquely Me

Preparation for Session 1:

The meeting before session 1 ask the girls to bring several of their favorite magazines that can be cut up for collages and pictures of family and friends that can also be cut up for collages.

Session 1: About Me!

Uniquely ME! Journal (2 different methods to make a *Uniquely ME!* journal. A 3 ring binder or spiral notebook or scrapbook can also be used.

There are also instructions for making a scrapbook on page 5 of the *Junior Girl Scout Handbook*.

1. Give each girl 2 pieces of construction paper and crayons or markers to decorate it.
2. Cut two pieces of cardboard the same size as the book covers. Attach covers to the cardboard with glue. Dry.
3. With markers or crayons write the title of your *Uniquely ME!* journal on its front cover. Include the date. Leave space for a picture or photo if you like. Add extra sparkle with Glitter Glue. Decorate the back cover, too.
4. Measure and cut strips of construction paper that are as tall as your book. Glue strips together so you can make several pages. Fold your strips like an accordion, making each page as wide as your book. Glue the first sheet to the inside of the front cover of your book. Glue the last sheet to the inside of the back cover. Dry.
5. Write journal entries about your *Uniquely ME!* activities.
6. Tie your *Uniquely ME!* Journal together with ribbon, yarn, or raffia.

Alternate Journal Making Instructions:

1. To create personalized books, fold white paper in half for the inside pages.
2. To make a book cover, use scissors to cut firm paper or cardboard to a size slightly larger than the book pages.

Materials Needed:

Uniquely ME! books for each girl

Large paper and marker

Plain paper and markers, pens or pencils enough for each girl.

OR

Materials to make a journal/scrapbook/notebook for *Uniquely ME!*

- Construction paper
- Crayons
- Scissors
- White paper
- Stapler and staples
- Ribbon or yarn
- Glue
- Markers
- Glitter glue



3. Illustrate the cover with drawings and the girl's name.
4. Staple the finished pages and cover together.

Getting Started: This session will cover pages 2- 6 in *Uniquely ME!*

Additional helps and activities can be found in the *Junior Girl Scout Handbook* on pages 44-45.

Activities:

About Me! (Page 3). During this activity the girls are going to create a page that says what makes you, "You".

If the girls have books have them complete page 2.

If they do not have books, write each one of the categories on page 2 on a large sheet of paper or a chalkboard. On plain paper ask the girls to fill in the blanks to the statements you have put on the large paper.

Once everyone has completed their About Me! page ask the girls to share. When sharing girls should always have the chance to pass if they do not wish to share. They should be able to say 'pass' without adults or girls making a big issue about it. Before you start sharing you can ask the girls to develop some ground rules for discussion. They can be things like—one person taking at a time, being respectful of each other, say pass if you do not want to share, listen to each other, no put downs. Etc. The girls will create a good list. Write the ground rules on a big sheet of paper and keep them to post when the group is having a discussion. This reminds everyone what has been agreed upon.

Activity: What Makes You "You"

To introduce this activity talk with the girls about what makes their character and values. Page 4 in *Uniquely Me The Way to Be* will help with this discussion.

Large paper and a marker.
Poster with the words in the purple box on page 4 of *Uniquely Me*



Do the 'What's Important to Me' activity on page 4. If the girls do not have their own books, list the words in the purple box on a large piece of paper. Have the girls write the ones that are important to them in their *Uniquely ME!* journal.

Ask them to add other things that are important to them to the list.

Take five of the things that are important and write them in order—most important first, least important last.

This activity helps the girls discover what they value. At this point you can ask the girls to share one or two of the things they value and why. Remember that sharing is optional. If a girl wants to "Pass" then she can without penalty.

Activity: Create a Collage About You

If girls made a journal/scrapbook at the beginning of this session, this activity may be the first activity in Session 2.

Follow the directions on page 5 for the Collage About You. After the collages are complete have the girls share their collage with a buddy. Ask each one to figure out "what makes you, "you"!"

At the end of the session you may want to collect the *Uniquely ME!* Journals until the next session OR the girls may take them home and agree to bring them back to the next session.

Session 2: More About Me!

Getting Started:

To prepare for the 'How do you see me?' activity the leader may want to write down one or two things she thinks each girl is good at. This preparation will help this activity go more smoothly.

Activity: Me-O-Meter

Materials Needed:

Cardboard
Favorite magazines with photos
Photos of Family and Friends that can be cut and glued
Scissors
Glue, glue stick



Have the girls use the quiz on page 6 of *Uniquely ME!* to find out more about themselves.

If they have their own books ask them to complete the quiz in the book. If they do not have their own books read each question out loud and have them answer in their journals OR write the choices to the 6 questions on a large piece of paper or chalkboard.

When the girls have completed their quiz ask them to total the number of A answers and the number of B answers. Read what having mostly A's, B's or equal amount of A's and B's means from the information on page 6 of *Uniquely ME!*

Give the girls a chance to record their results in their journals and talk about how accurate the information about them is.

Activity: How do you see me?

Ask each girl to write down five things in her journal that she does well. You may have to give suggestions. Sometimes it is difficult for girls to identify things they do well.

Ask the girls to get into pairs with someone they know well. You may also have groups of three depending on how well all the girls know each other.

Have the girls write down 5 things that they think the other does well. As the girls are working, go around to the groups and add the things you have written about each girl to her list.

Have the girls in pairs or threes compare the lists. Are there differences and similarities? What are they?

Use the two lists to make up one special list for each girl. This list should be written on a piece of construction paper and decorated so that each girl has one to take home and post where she can see

Materials Needed:

Uniquely ME! Journals

Leader needs to write down one or two things that each girl is good at.



Construction Paper
Markers

it everyday to remind her how special she is!

Activity: New “DO” Planner

Use the information on page 8 of the *Uniquely ME!* book to introduce this activity.

Give each of the girls a one-month blank calendar page. Ask them to write something new they are going to try to do on each day.

Share the ideas in the book. The girls can help each other.

When the calendar is filled in with ideas, give each girl about 30 stickers.

The girls will take home the calendars and stickers. Each time they do something they wrote on their calendar they mark it with a sticker. At the end of the month everyone will bring their calendars back to the group to share.

At the end of the session the leader may collect the *Uniquely ME!* journals or have the girls take them home with the agreement that they bring them to the next session.

In session 3 girls will be creating healthy snacks. You may want each girl to bring a different ingredient. If that is the case read page 11 of the *Uniquely ME!* book. Send notes home with the girls with a list of what they need to bring for the next session.

Session 3: Body-Wise

Getting Started:

To prepare for this session you will need to write the fill in the blank sentences on page 9 of the *Uniquely ME!* book on a large piece of paper.

This session includes making healthy snacks. To prepare for this you will need to shop for the ingredients for the snacks. See page 11 of the

Crayons



Copies of a blank monthly calendar for each girl

Markers

Pens

Crayons

Package of small stickers (enough for each girl to have about 30)



Materials Needed:

Ingredients for the healthy snacks

Uniquely ME! book for the recipes.

You may want the girls to bring different ingredients. If that is the case you will need to send notes home with the girls so that their parents will know what they need to bring.

Activity: Body-Wise

How well do the girls take care of their bodies? Ask the girls to fill in the sentences with one of the three choices of answers.

Read each sentence and the three choices of answer. Have the girls complete their answers in their journals.

When the Healthy Habits quiz is done ask the girls to add up their A answers, B answers and C answers. From page 9 in the *Uniquely ME!* book read the meaning of the scores.

Activity: Good and Tasty Party

To get ready for this party have each girl wash her hands because they will be handling food.

On tables put out all the different ingredients divided into the categories listed on page 11 of *Uniquely ME!*

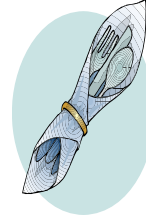
To give everyone the idea of how it can go create several combinations as a whole group. Use the examples in the book—ants on a log, mini pizzas, etc.

In pairs or small groups the girls can create different snacks by mixing and matching the ingredients. OR you can work with the whole group creating together. The size of the groups will depend on the number of girls in the total group.

If working in small groups, the groups should share their creations with each other.

It works well for every group to create and then put

- Napkins
- Knives, forks, spoons
- Small paper plates
- Paper cups
- Fruit juice or water to drink
- Toaster Oven



Large piece of paper with the fill in the blank sentences printed on it.

Fill in the
Blank

the creations on a serving table for everyone to taste. Serve the juice or water to go with the created party fare.

At the end of the party decide which was the tastiest snack. The girls may want to record this recipe in their journals.

All should help with the cleanup!

Session 4: Feelings

Getting Started:

In this session the girls will be making a Best of Times memory book. Before the session let the girls know that they can bring in pictures of their good times. This will be put in this memory book.

You will also need magazines that can be cut up.

The memory book can be created new and special for this activity using a 3 ring binder or other kind of notebook or portfolio. The girls can also make covers and pages for this book using the instructions for the *Uniquely ME!* journals at the beginning of this outline.

Follow the directions on page 12 of the *Uniquely ME!* book.

Additional information can be found in the *Junior Girl Scout Handbook* pages 46-47

Activity: Good Stress, Bad Stress

Define Good Stress and Bad Stress for the girls using the information on page 14 of *Uniquely ME!*

Divide the girls into small groups. Have each group of girls list on large paper what are good stresses for them and what are bad stresses.

Share the lists.

Share with the girls the tips on page 14 of *Uniquely*

Materials Needed:

Scissors
Markers
Glue
Magazines
Crayons
Pens, pencils



Materials Needed:

Large pieces of paper
Markers
OR
Chalkboard and chalk

ME! to help them feel more in control so they won't be so stressed.

Talk about stress busters. Give the girls an example from page 15 of *Uniquely ME!* Have them brainstorm a list a stress busters.

In their journals have them list the stress busters that will work for them. Don't forget to remind them about using the Good Memory Book they just made.

Share with the importance of telling an adult if they are feeling the effects of bad stress every day for two weeks or more!

To close this session ask each girl to share one of her good memories from her memory book.

Session 4: Good Friends

Getting Started:

This session is based on pages 18-20 and page 13 of *Uniquely ME!*

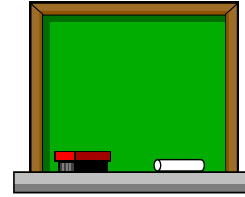
Activity: What Are You Really Saying?

Body language is one of the ways we communicate sometimes when we don't even realize it.

Ask the girls to do the Body Language match from the two lists on the large paper or in their books.

In pairs have the girls act out some of the body language signs they just learned. Make up some of their own and see if the other girls can guess what they are trying to say.

Remind the girls that body language can be both positive and negative. A 'put down' can be given to someone with a roll of the eyes or other facial expressions. It is important to know what you are saying with your body.



Materials Needed:

On a large piece of paper or chalkboard the list of six types of body language from *Uniquely ME!* page 13 and the A-F list of what it means

Activity: UnBeadable Friends

Give each girl a different kind of bead. This bead will represent her on the UnBeadable Friends bracelet. (instructions also on page 18 of *Uniquely ME!*)

Have each girl trade beads with each person in the group. As they do this you can ask the girls to share something about themselves with the person they are trading with.

When everyone has traded beads the girls will make friendship bracelets symbolizing the uniqueness of each person.

Activity: Good Friends and Not-So-Good Friends

Using the information on page 19 of *Uniquely ME!* have the girls brainstorm the characteristics of a Good Friend. They can make their lists in their journals.

Ask them to brainstorm the characteristics of Not-So-Good Friends.

What do you do about the not-so-good friends? Use the information on page 19 of *Uniquely ME!* as a starting point for the discussion.

For more information and activities about friends see the *Junior Girl Scout Handbook* on pages 66-68.

Activity: Make A Difference:

Use the information on page 20 of *Uniquely ME!* to talk about helping others.

Ask the girls to list in their journals some of the things they have done to help others. Ask them to say how it made them feel.

Materials Needed:

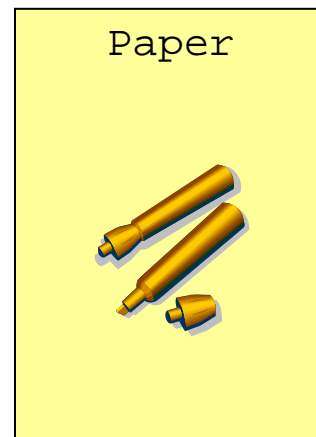
A different color or kind of bead for each girl in the group. Enough of each bead for each person in the group.

Strong elastic, ribbon or cord to make a bracelet
Scissors



Materials Needed:

Large paper and markers



Girls can lend a hand to make the world better.

In their journals ask them to write what they will do today, tomorrow and next week to help others.

As the finale for this project the girls could plan a project to help others. Use the 'Your Own Action Plan' on page 39 of the *Junior Girl Scout Handbook* as a guide for planning the service project.

PROGRAM LIFESAVERS EVALUATION

(Must be completed by adult responsible for implementing the Program Lifesaver.)

Name: _____

Day phone: (____) _____ Evening phone: (____) _____

Email address: _____

Name of group: _____ Troop/Group number: _____ Service unit: _____

Dates used: ___/___/___ to ___/___/___ Place used: _____

Name of Program Lifesaver used: _____

Number of participants by program level:

_____ Daisy _____ Brownie _____ Junior _____ Cadette _____ Senior _____ Adult

Was this Program Lifesaver easy to use? _____ Yes _____ No Explain:

Was it appropriate for your group's age level? _____ Yes _____ No Explain:

Did the activity sessions take the amount of time indicated? _____ Yes _____ No Explain:

Would you recommend this Program Lifesaver to others? _____ Yes _____ No Explain:

What activities did the girls like best?

Girl comments about the program:

Adult comments about the program:

Please complete & return this form to:

Girl Scouts of Virginia Skyline Council, 3663 Peters Creek Road, NW, Roanoke, VA 24019