



Overview of Facilitator Activity Guides

Girls Circle Association

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Friendship 8-Week Activity Guide

Week	Theme	Activity	Required Materials
1	A Friendly Place	Creating Group Guidelines, Making Poster, Choosing a Name	Poster paper, markers
2	Being My Own Friend First	“The Qualities I Possess” Activity	Paper (color & white), scissors, yarn, markers, pens, glue, copies of cut- out
3	Being Included, Being Left Out	Pair Sharing, Group Sharing	Paper, pens or markers
4	Same and Different	Questions Sheets, Drawings	Questions sheet handout and crayons
5	The Whole is Greater than All the Parts	Mini-group Posters and Whole Group Mural	Posters, mural paper, markers
6	Feuds, Followers, and Fairness	Role-Plays	Situation Sheet, white board or poster and markers
7	Our Qualities & Strengths	Chain of Strengths	Colored index cards, markers, string, and hole-puncher
8	Appreciation Celebration	Flower Petals	Colorful construction paper, scissors, felt pens, treats, and evaluation forms



Being a Girl 8-Week Activity Guide

Week	Theme	Activity	Required Materials
1	What is Girl's Circle?	Discussions and Journaling <i>*Send notes home for t-shirts required in Week 5. See Week 5 for suggestions.</i>	Pens, journals, markers, book of quotes (or see quotes in Appendix?)
2	Being A Girl	Journaling and Collage	Glue sticks, magazines, markers, scissors
3	Body Image and Goals for Healthy Living	Journal and Mobiles	Hangers, ribbons, cards cut in various shapes and sizes, markers
4	Role Models	Journaling and Card Making	Plain paper, markers and scissors
5	Creativity	Journaling & Decorating Tee Shirts	T-shirts, puff paints, fabric markers, and newspaper or brown bags
6	Relationships	Journaling & Decorating Picture Frames	Plastic Frames, puffy paints, masking tape, paper towels, Kleenex, dry decorated t-shirts from last session, camera and film
7	Growth and Self-Care	Journaling & Seed Planting	Sunflower seeds, spoons, watering container, newspaper, rubber bands
8	Girl's Circle Wrap-Up	Journaling, Review, Affirmations	Markers, big note cards



Body Image 8-Week Activity Guide

Week	Theme	Activity	Required Materials
1	Body Talk	Creating Group Guidelines, "Healthy Body Means... Beautiful Body Means...", Activity with Quick Writing and Discussion	A few sheets of yellow and pink colored paper, pens or pencils, and scissors
2	Body Messages – Part 1	“Glossies” Magazine Images, Exploration and Reflection	Butcher or poster paper, markers or crayons, glue sticks, 8 ½ x 11 drawing paper, several magazines
3	Body Messages – Part 2	“Pie of Influence”	Paper, pens or markers
4	My Body	Body Drawing	Easel paper, markers, masking tape
5	Body Wisdom	Relaxation and Feelings Identification Exercise	Tape/CD player, background music for relaxation, paper and crayons
6	Accepting and Nurturing Our Bodies	Affirmation Boxes	8x11 paper, small pieces of cut-up paper, pens, undecorated cardboard boxes, acrylic paints, paint brushes, paint palettes or trays, and containers for water
7	Body Expression	Clothing & Appearance, Questions and Discussion	Paper and pens
8	Whole Body/Whole Person	“Appreciation Certificates” and Ceremony	Light colored paper, Strips of paper, pens, thin ribbon, essential oil, basket, garbage pail, Tape/CD player, music



Honoring Our Diversity 12-Week Activity Guide

Week	Theme	Activity	Required Materials
1	Beautiful Diversity	Icebreakers, Creating Circle Guidelines, Journal Decoration *Optional: obtain video for Week 3	Poster, Markers, Pens, Folders for journals, "Journal Packets" for each girl (Master provided); diverse photos of girls and women; Copies of Human Bingo Handout if using as an icebreaker. Decorative Supplies: markers, lace, stickers, pens, glue sticks, magazine cut- outs, glitter, etc.
2	Beyond Fear	Team Building Games, Journaling, Group Discussion, and Personal Stories	Blanket, Journals, pens, Whiteboard/marker or Flipchart paper.
3	Stereotype Busting	"Graffiti Wall," Journaling; Wild Garden Poster *Optional: Video	Mural Paper- for 2 murals, Markers, pastels, Journals, pens, energetic music, CD player," *Optional: Bridging Racial Divisions Video
4	Cultural Treasures	Treasure Tiles, Journaling	Colorful construction paper, plain paper, scissors, markers, glue sticks, stickers, paper, pen, Journals, *Optional: plastic sheet covers or lamination
5	Heroines	Heroine "Autobiography," Stage Readings, Journaling	Journals, pens, ("Autobiography" sheets in journals)
6	Culture Clash	Physical Drama/Enactment, Medicine Wheels	2 ropes, soft area, i.e. rug, foam, pads, grass, etc., Journals, sharpie pens, pens; natural tone card stock paper (firm, not flimsy paper), cut into 4" round shapes, one per girl; red, black, yellow, white and purple markers; black or blue pens
7	Stress Stories	"Girls' News Hour," Connection Web Activity	Paper, pens, Journals, markers, Props for "TV set"; multicolor ball of yarn
8	Sisters!	Magic Coin Trust Exercise, Discussion, Group Trust Fall, Journaling	Coins (any), one per pair of girls; Instructions (provided); Journals, pens



Honoring Our Diversity 12-Week Activity Guide (cont.)

Week	Theme	Activity	Required Materials
9	Local Action, Part 1	Yoga Postures, Group Decision Making	News articles, magazines, or Print materials addressing current local issues relevant to girls
10	Local Action, Part 2	Letter-Writing Campaign, Journaling, *Reminder for girls to bring excerpt or item for week 11	Paper, pens, dictionary, envelopes, stamps; names/titles/addresses of local leaders or resource directory or phone book, snacks/candy
11	Soul of My Culture	Artistic Expression: Poetry, Dance, Music, Art, Journaling, Group Poem & Photo *Reminder: Food plan for Week 12	CD player; journals, pens; markers, pastels, blank paper; Camera and film for group photo
12	Community	Meal and Music; Appreciations; Closing Circle; Journal Distribution	Ethnic foods/drinks; cups/plates/napkins, utensils CD player; journals, pens; group photo and group poem for each girl.



Mind, Body, Spirit 12-Week Activity Guide

Week	Theme	Activity	Required Materials
1	Inner Champion/Inner Critic	“ <i>Champion vs. Critic</i> ” Reflection Activity, Journal Writing, Dyads, Group Discussion, Self-Affirmations	Journals, pens or pencils, copies of icebreaker sheets (“I am more like...”), poster board
2	Alcohol, Drugs and the Mind/Body/Spirit Balance- Part I	Print Media posters, Journal Writing, Self-Affirmations	Magazines, poster board, glue sticks, pens/markers, journals
3	Alcohol, Drugs and the Mind/Body/Spirit Balance- Part II	“Life” mobiles, Role-play, Journal Writing, Self-Affirmations	Popsicle sticks, hangers, journals, string/ribbon, pens/markers, role-play scenario cards
4	Alcohol, Drugs and the Mind/Body/Spirit Balance- Part III	Analyzing Video Clips, Journal Writing, Self-Affirmations	Pens/markers, selected video clips (e.g. <i>Grease</i> , <i>The Wedding Planner</i> , <i>Pay It Forward</i> , <i>Dazed and Confused</i> , <i>The Office - Season 2 - Episode: The Dundies</i> , etc.) and VCR, journals
5	What is Love? Understanding Sex, Love and the Mind/Body/Spirit Balance- Part I	“Infatuation/Desire/Love” Definitions Activity, Teen Story (e.g. “Friends first, some teens take their time for romance”) and Discussion, Self-Affirmations	Copies of teen story, dictionary definitions, poster board, pens/pencils, journals
6	What is Love? Understanding Sex, Love and the Mind/Body/Spirit Balance- Part II	Analyzing Music Messages, Journal Writing and Self-Affirmations	Definition posters from last group, Interview sheets from girls, music clips (e.g. “When You Really Love Someone” – Alicia Keys, “Your Body Is A Wonderland” – John Mayer, “Rock Your Body” – Justin Timberlake, “Candyman” – Christina Aguilera, “Beep” – The Pussycat Dolls, etc.) CD player, pens/journals
7	What is Love? Understanding Sex, Love and the Mind/Body/Spirit Balance- Part III	“Interview Stories” Dyad Sharing, Teen Story (e.g. “ <i>First Time: Any Regrets</i> ”) and Discussion, Self-Affirmations	Copies of teen story, pens/pencils and journals



Mind, Body, Spirit 12-Week Activity Guide (cont.)

Week	Theme	Activity	Required Materials
8	Knowing What I Want! Understanding Sex, Love and the Mind/Body/Spirit Balance- Part IV	Dyads, Personal Standards Cards Activity	Large colorful index cards, Large piece of butcher paper with “Personal Standards” questions written on it, pens, stickers
9	Standing For What I Want! Understanding the Alcohol, Drugs and Sex Connection	Teen story (e.g. “Staying Straight, Plenty of Teens Do Without Drugs and Drinking” and “Feel Like You’re the Last American Virgin? - You’re Not!” and Discussion, Role- Play, Self-Affirmations	Copies of teen story, role-play situations, pens or pencils, journals, camera
10	Mind/Body/Spirit Harmony	Breath Work Meditation, Self- Affirmations	Music and CD player, pens/pencils and journals
11	Affirming My Whole Self	Life Affirmation Poster	Poster board, stickers, pens, glitter etc., developed individual pictures from Week 9, music and CD player
12	Celebrating My Whole Self	Affirmation Frames, Closing Ceremony	Developed group pictures from week 9, simple cardboard frames, special pens, stickers, glitter etc., closing song and CD player



Expressing My Individuality 8-Week Activity Guide

Week	Theme	Activity	Required Materials
1	Celebrating My Individuality	Creating Circle Guidelines, Decorating Journals, and Discussion	8x11 wire-bound notebooks, glitter, magazines, markers, paint, brushes, disposable cups of water, scissors, glue stick
2	Celebrating Diversity	Human Bingo, “How Others See Me” Activity, Discussion and Wall of Stereotypes	Journals, Human Bingo sheets, lunch sized paper bags, crayons, 10 small strips of paper for each girl, large roll of butcher paper and markers, reminder notes
3	What’s Important to Me?	Sharing Something Special, “Things that are Important to Me” Collage, Values Activity and Discussion	Journals, special object from home, poster board, old magazines, markers, crayons, glue, scissors, and glitter
4	Taking Time to Relax	Decorating Candles, Guided Relaxation and Discussion	Votive candles, clear glass votive holders, glass paint, brushes, disposable cups with water, glitter, glue, glass or plastic gems, incense, relaxing music, extra candles
5	Exploring My Goals and Dreams	Discussion and Making Dream Catchers	Journals, 8” hoop, leather lace, chonchos, sinew, feathers, plastic pipe beads, other plastic beads, hot glue, glue gun
6	Getting Along With Others	Cooperative Snacking, Discussion, and Conflict Styles Quiz	Graham crackers, peanut butter, oranges, carrots, cups, napkins, 3 table knives, carrot peeler, Kool-Aid powder (unsweetened), sugar, water, measuring cup, strips of old rags/towels, pencils, conflict styles quizzes
7	Feeling Good About Myself	Intention Box, Discussion, and Affirmation Key Chain	Strips of paper, pencils, undecorated cardboard boxes, paints, paint brushes, disposable cups with water, box of Angel Cards or Other affirmation-type small cards, hole punch, key rings
8	Celebrating My Personal Growth	Decorating Flowerpots, Discussion, Potting a Plant and Compliment Circle	Clay flowerpots, acrylic paints, paint brushes, sponges, disposable cups with water, newspaper, plants, extra soil
	Appendix – Optional Activity	Communication Exercise	Handout (provided)



Relationships with Peers 10-Week Activity Guide

Week	Theme	Activity	Required Materials
1	Connecting with Each Other	Creating Group Guidelines, Commonalities Bead Game	Poster and markers for Group Guidelines, assortment of colorful beads, journal for each girl, plastic baggies for beads
2	“Labels” – Exploring New Perspectives	Vision Quest Improvisational Game	Vision Quest Scenarios Handout (provided), used or toy plastic eyeglasses, brown paper bag, masking tape and markers.
3	Expressing Myself	Poetry Reading, Guided Visualization, and Poetry Writing	Tape player, relaxation music, colored and regular pencils, paper, journals, and copies of “Just Because” Poem by Esther Kamkar (provided)
4	Accepting All Different Parts of Myself	Quick Writing, Group Poster, Sculpting Bowls of Compassion	Journals, poster paper, “Sharpie” markers, mailing labels (one sheet for each girl), colored “Skulpey” sculpting clay, pencils
5	Cultivating Respect	Tea Ceremony	Individual tea cups (to take home), large thermal canister to hold tea, herbal tea, cookies flower vase, flowers, small bowl, paper, small gong or resonant clapping blocks, flip chart paper or large poster paper
6	Giving Voice to Feelings – Part I	Journaling, Feelings Identification Exercise, “What are Feelings?” Activity	Journals, Pens, Feelings Identification Chart (provided)
7	Giving Voice to Feelings – Part II	Using “I Statements” Activity, Role-play	Journals, pens, “Feelings Identification Chart (provided), Using “I” Statements Handout (provided), small paper bag
8	Romantic Relationships – What Is It Worth to You?	Identifying Relationship Values, Myth Busting, Healthy/Unhealthy Relationships Checklist, Looking at Past Relationships	Three small cardboard signs, flip chart paper, markers, “Looking at Past Relationships” Worksheet (provided)



Relationships with Peers 10-Week Activity Guide (cont.)

Week	Theme	Activity	Required Materials
9	Girlfights or Girlfriends?	“Talk Show” Dramatization (<i>i.e. Oprah Winfrey</i>) and Journaling	Journals, Questions for Talk Show Dramatization, fake microphone, Flipchart paper (<i>Optional: Video camera and tripod for “live” recording</i>)
10	Wholeness and Completion	Journaling and Mandala Making	Precut 8" or 12" diameter paper circle for each girl with a few extras as needed, good colored pencils or pastels (not markers), one large precut poster board circle, scotch tape, camera, CD player, relaxation music, Examples of mandala drawings (provided), “Rules for Being Human” handout (provided)



Who I Am 8-Week Activity Guide

Week	Theme	Activity	Required Materials
1	Building Trust/Group Bonding	Sharing Trios	None
2	Journaling and Self-Disclosure	Making Journals	Poster board, glue sticks, glue board, tissue paper, magazines, 3-hole punch, paper, ruler, pencils, 2" brass fasteners. Other decorations for covers
3	Song About Me/ Who I Am	Sharing Songs and Journaling	Journals and pens; CD/cassette player
4	Friendships/How I Relate	Sharing & Sculpting Activity	Easel paper (optional)
5	Personal Growth/Assertiveness	Drama/ Role Play <i>*Remind girls to select and bring a piece of music for Week 6.</i>	Journals, pens, Characteristic Signs, Characteristics worksheet
6	Life Goals/Personal Goals	Life Goals Activity	Easel paper, markers, masking tape (optional), pencils
7	Where I've Been & Where I'm Going	Guided Meditation and Creating Mandalas	Paper, colored markers or paints, or pastels, journals
8	Appreciation/ Compliment Circle	Appreciation Certificates	Heavy paper, ribbon, pens/markers



Paths to the Future 12-Week Activity Guide

Week	Theme	Activity	Required Materials
1	Friendships and Bonding	Creating Group Guidelines Poster and Dyad Interviews	Poster paper or flipchart paper, markers, and pens
2	Communication Skills and Dealing with Authority Figures	Continuum of Behaviors, Role-Plays, and Discussion	Pens, Characteristic Signs, Characteristics worksheet (worksheet provided), plastic hamburger set (available at toy stores)
3	Mother/Daughter Relationships	Collage, Group Discussion and Letter Writing	Poster board or large paper, magazines for cut-outs, markers or pastels, glue sticks and scissors, paper, pens
4	Being the “Queen of Your Own Body” – Sexuality	Writing Exercise, Discussions and Role-Play	Paper, pens, poem (provided at end of unit)
5	Dating Violence/Abusive Relationships	Discussion and Journal Writing	Paper, pens, Teen Dating Statistics, Cycle of Violence chart, “Examples of Emotional, Physical, and Sexual Abuse” and “Reasons Guys Say They Abuse Their Girlfriends” Handouts (all provided at end of unit)
6	HIV Prevention – Staying Safe, Staying HIV-Free	HIV Transmission Game, Discussion and Tug-of-War Game or Tug-of-War Poster	HIV Transmission Game (must get activity from website provided), Large poster paper, paper, pencils, markers, long rope (optional)
7	Teen Drug Use and Abuse	Group Discussion and Life Maps	Pastels, markers, pencils, large individual sheets of drawing paper, i.e. approximately 18” x 24”, one or two sheets per person
8	Body Image	Discussion, Magazine Collage, and Characteristics List	Poem, (provided), magazines, poster board, markers, glue, scissors, Characteristics List (provided), blank paper, pens Optional: CD player, Video



Paths to the Future 12-Week Activity Guide (cont.)

Week	Theme	Activity	Required Materials
9	Stress and Stress Management	Discussion, “Symphony of Stress” Role-Play Improvisation, Breathing Relaxation Exercise and/or Progressive Relaxation Exercise, and Coping Cards	Slips of paper – a few for each girl, pencils or pens, small bowl or paper bag for strips of paper, music for relaxation exercises, index cards, colored pens
10	Goal Setting – Part One	Discussion and Path/Bridge Activity	Large paper, at least 18” X 24”, colored pencils, pastels, watercolors, paint brushes)
11	Goal Setting – Part Two / Action Plan for Support	Climbing the Mountain Activity, Circle of Support	Large paper (18”x 24”), Pencils and/or pens, crayons or markers or pastels, plain paper (11” x 24”)
12	Wrap up and Closure/ Appreciation Ceremony	Sharing of Circle Experiences, Frame Making to include group picture or poem, Decorating Bookmarks, Appreciation Ceremony	Frames for each girl (to hold 4” x 6” photos) or poem), Copies of 4” x 6” group photographs, OR (if photographs are not allowed), copies of a poem, colored plastic “gems” or glass beads, or other small, decorative items to glue onto their frames for decoration, Art glue, Manila file folders, large, blank bookmarks, stickers, Colored pencils
	APPENDIX Bonus Optional Unit on: Shoplifting (Facilitators may use the this unit if they think it is relevant for the girls they’re working with)	Discussion, “Awareness Chart,” Writing and Collage	Poster paper for collage making, scissors, glue sticks, “Awareness Chart,” “What would happen IF I was caught Shoplifting?” “Why I Shoplift,” and “Feelings About Shoplifting” Handouts (provided)
	Information Piece: “How to Talk to a Teenager”		



Wise & Well 8-Week Activity Guide

Week	Theme	Activity	Materials
1	Creating Safety in Circle and Cyberspace	Create Group Guidelines; "Sexting Facts" Icebreaker; True Stories from Cyberspace	Poster board or flipchart paper, markers, pens, 2 envelopes, small basket
2	Agents of Change in Cyberspace	Break the Chain; Discussion; Mentor Your Little Sisters or Brothers	Flipchart paper and plain paper, markers and pens, optional: a flip video camera or cell phone with video recording capability
3	Binge Drinking and Being In Charge	Who Really Scores? Discussion on Parties & Binge Drinking; Storyboarding: I'm in Charge	Paper, round waste basket, stronger stock 8x11 paper for storyboarding activity, paint, paint brushes, magazines, scissors, glue, stickers, markers
4	Coping through Hard Times	Discussion, Who Copes How? Each One Teach One Activity, Discussion and Reflection on Things I Want to Keep	3 paper bags or 3 small bowls, 5 blank index cards, glue and glitter, small canvas blocks, paints, small assorted remnants of fabric, scissors, colored glass stones, flipchart paper, laminating machine or laminator sheets
5	Marijuana and What I Want – Part 1	Discussion with Movement; Facts and Myths; Creative Activity -Path Toward My Goal	11x 17 paper, colored pencils or pastels, inspirational music, pens, note paper or journals
6	Marijuana and What I Want – Part 2	Discussion; Affirming Intentions Energizer; Exploration Wheel	Flipchart or mural paper, journals or colored paper, pens, scissors, markers, one ball of yarn or string, masking tape, inspirational background music on CD or iPod with speakers.
7	Girls and Mental Health	Discussion; Envisioning My Healthy Life Drawing; Bust the Stigma Message Making	White board or flipchart, markers and pastels, 11x 17 paper, paper plates, CD or MP3 player, relaxing/uplifting music
8	Celebration Appreciations and Closing	Appreciations, Closing Ceremony: Guided Visualization and Mandala Painting,	Relaxing instrumental music, copier that can enlarge Mandala Image onto large 11x17 paper (approx.), large card stock paper or poster board, glue, assorted paints, paintbrushes, small cups, large colored ribbon, markers, masking tape, optional: food and drink to share after group



My Family, My Self 8-Week Activity Guide

Week	Theme	Activity	Materials
1	Introducing My Story	Icebreaker, Creating Group Guidelines, Discussion on Defining Family and Culture, Journaling	Clipboard, pens or pencils, flipchart paper, flipchart markers, journals
2	Where I Come From	Decorating Journals, Creating Family Genograms, Journaling and Discussion	Journals, magazines, scissors, glue sticks, stickers, markers, pens and pencils, flipchart paper, flipchart
3	Cultural Values and Who I Am	"My Cultural Values" – Sharing Food and Personal Item, Venn Diagram – Who I am in the World, Journaling	Markers and pens, plates, napkins, cups, water or other beverage
4	Coping with Stress	Stress Popper Activity, Creating Relaxation Cards, "See, Feel, Hear" Guided Visualization, Journaling	Journals, balloons, permanent markers, paper, index cards, hole punch, scissors, ribbon, stickers, markers, pens and pencils, music, flipchart paper and markers
5	Setting Boundaries and Staying Safe	Discussion on Abuse and Violence in Relationships, Power and Control Wheel, Practicing I-Statements, "Defining My Rights" Activity, Journaling	Permanent markers, watercolors, paint brushes, small cups, paper towels, large cardstock, paper or poster board, glue sticks
6	Substance Abuse and Family Roles	Discussion on Family Roles, Poetry Reading and Writing, Overview of Teen Brain Development and Alcohol and the Brain, Journaling	Journals, pens
7	Goals for My Future	Discussion on Goals, "Fork in the Road" Activity, Journaling	Journals, legal paper, colored markers or pastels, magazines, scissors, glue, pens, flipchart
8	Celebrating Our Journey	Discussion on Girls Circle Experience, Decorating Bookmarks, Inspiration Cards, Journaling, Closing Celebration	Cardstock paper, hole punch, ribbon, decorative stickers, thin-tipped markers, pens and pencils, music, music player, journals, cardstock paper, flipchart, markers, snacks and drinks, plates, napkins, cups, and utensils, small basket



Mother-Daughter Circle 8-Week Activity Guide

Week	Theme	Activity	Materials
1	Building Safety	Icebreaker; Creating Group Guidelines; Mothers/Daughters: Where Do You Stand?; Storytelling; Visions of Hope Exchange	Flip chart paper, journals and pens, Connection Cards for closing ritual, small decorative bowl or basket to hold Connection Cards
2	Healthy Communication	Facilitator Skits of Common Mother-Daughter Patterns; Listening Activity; Discussion and Application of Strengths-Based Approaches	
3	Communicating Under Stress	“Mirror –Mirror” Icebreaker; Role-Plays: Conflict Skits using empathic communication and strengths-based approaches; Designing a “Healthy Communication” Vision Board	Bell, poster board, magazines, pastels and/or markers, glitter, glue, glue sticks, flip chart paper and markers, colored glass stones or beads, small bowl
4	Building and Deepening Trust	Trust Exercise with Discussion; Writing and Pair Share: Letter to Teen Self (by Mothers); Letter to Younger Girls Self (Daughters)	Paper and pens, music, flip chart and markers
5	Setting Expectations and Meeting Needs	Creating Do’s and Don’ts List; Yoga Balancing Posture; Discussion; 5 S.T.E.P.S., Demonstration and Role-Plays	Flip chart paper, markers, paper bag, scissors
6	Road Trip to Relationships: Mapping Out Agreements	Life Maps – Focusing on Connection	Butcher paper, scissors, markers, pens, pencils, glue, tooth picks, fabric scraps, glitter, etc., music player, music
7	Forecast: Success!	“Talk Show: Mothers and Daughters Tell the Real Story”; Mother/Daughter “Recipes for Success”	Fake microphone, flip chart paper, card stock paper, markers, glitter, stickers, 8x10 picture frames
8	Mother/Daughter Appreciation Ceremony	Circle of Recognition; Group Appreciation Ceremony	Flip chart, pen, marker, colored paper, silver or gold pen