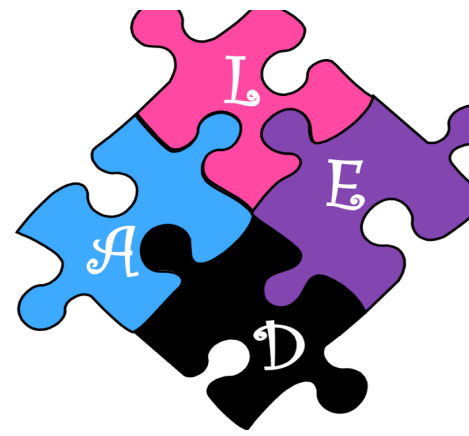


# LOVE

## Discussion Points:

- What does Love mean to you?
- How can Love help you as a leader?
- Who represents Love in your life?



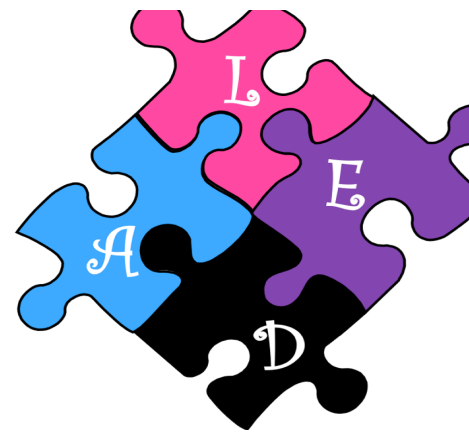
## Challenge Wheel Activity:

- Materials:
  - Scratch paper/5 pieces
  - Writing utensil /1
- Directions:
  1. Write one of the lead words (love, energy, action and determination) on four pieces of scratch paper.
  2. Place the cards on the floor like this
  3. Now go around to each word (silently) and figure out what it means to you.
  4. Pick which one you are better at and then stand in front of it.
  5. Now with your group talk about why you think you are good at this.
  6. When you're done, pick one word that you're not as strong at and stand in front of it.
  7. Now talk in your group about what you can do to grow stronger in this area.
  8. Take the other piece of scratch paper and write a common situation that is hard to deal with and write it. (Peer pressure, homework, friends, etc.)
  9. Put down how you would overcome the challenge using L.E.A.D.
  10. One person from the group responds.
    - **SPECIAL NOTE:**
      - **Big group:** Nobody should be standing alone, so if this happens join the person or move.
      - **Small group:** its okay if you are alone standing by the word.

# ENERGY

## Discussion Points:

- What does Energy mean to you?
- How can Energy help you as a leader?
- Who represents Energy in your life?



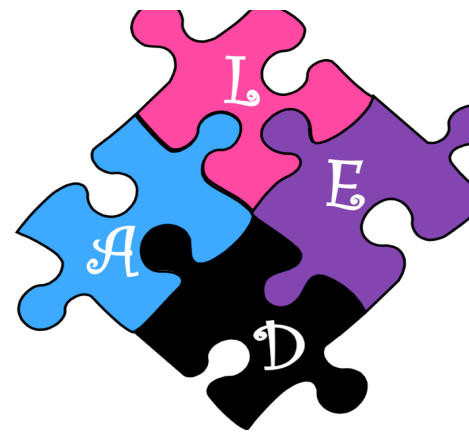
## Negative vs. Positive Leadership Energy Activity:

- Materials for Negative vs. Positive Energy:
  - Large butcher paper
  - Markers (enough for all participants + more fun colors)
- Directions:
  - PART 1:
    - Outline one girl on the butcher paper
    - Then on that paper write/draw all the leadership qualities that you don't like. The things that upset you or that make you not want to follow someone.
    - Once this is done – talk about what qualities showed up and why people don't like them
    - Break the yucky leader style! Have two people hold up the yucky leader model. Then let all the girls run through and BREAK the model.
    - **SPECIAL NOTE**
      - It helps if you pre-tear or cut the paper
  - PART 2:
    - Outline another girl on new clean butcher paper
    - Then write/draw all the qualities that make a super great leader.
    - Discuss what qualities showed up and why people like to follow leaders like this.

# ACTION

## Discussion Points:

- What does Action mean to you?
- How can Action help you as a leader?
- Who represents Action in your life?



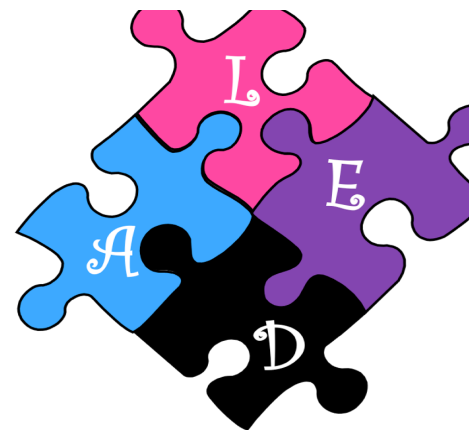
## Leadership Action Pose Activity:

- Materials for Leadership Action Pose:
  - A fun song to dance to like "Girls Just Wanna Have Fun". This can be done with just clapping as well.
- Directions:
  - Stand in a circle
  - Put on the music if you have some, if not start clapping all together
  - One by one have each girl shout out, "My name is \_\_\_\_ and this is my leader ACTION pose!"
  - All the girls repeat back "Her name is \_\_\_\_ and this is her leader ACTION pose!"
  - After all the girls have had a chance to celebrate go into freestyle dancing for fun!

## Take Action Activity:

- Materials for Take Action!
  - FYI Take Action Worksheet or Plain Paper
  - Have the girls silently journal about leadership ideas they have. For Example:
    - What do they dream of doing as a leader?
    - What cool ideas do they have for spreading leadership?
      - Journaling first will help the girls generate ideas for the Action Leader
  - Then make a circle (the journaling notes can stay behind or on the floor they will not be used)
  - One at a time each girl steps into the circle and says, "As your action leader I will \_\_\_\_\_" (Example: "As your action leader I will change the way people see girls by creating a school that educates everyone about the important role girls have in this world.")
  - After the girl speaks her action leader commitment she places her hand in the middle. The next girl to go places her hand on top of the first girl. And so on until everyone has hands in the middle.
  - Once all the hands are in. Count 1, 2, 3 and Yell "ACTION LEADERS!"
    - **SPECIAL NOTE**
      - It helps to prep the girls in advance for the 1, 2, 3 count so everyone is ready to yell nice and loud.

# DETERMINATION



## Discussion Points:

- What does Determination mean to you?
- How can Determination help you as a leader?
- Who represents Determination in your life?

## Popcorn Dreams Activity:

- Materials for Popcorn Dreams:
  - Scratch paper
  - Writing utensil
- Directions
  - Have each girl write out their secret leadership dream and their name.
    - What do they want to do in the world as a leader?
  - Have all the girls crumple up the paper like popcorn and throw it on the floor.
    - Make sure to mix it up well!
  - Then each girl picks up one piece of paper and reads the DREAM ONLY. Everyone guesses whom the DREAM belongs to.
  - After everyone has had a chance to guess – the reader reveals the name.
    - This is a fun guessing game and let's you get to know each other better

## Goal Making Activity:

- Materials for Goal Making:
  - FYI Goal Making sheet or scratch paper
- Directions:
  - Answer the sentences on the FYI Goal Making Sheet or Write these three sentences:
    - One way I can grow my leadership skill is by \_\_\_\_\_
    - As a leader one way I can spread leadership is to \_\_\_\_\_
    - I commit to doing \_\_\_\_\_ in order to achieve these goals.
  - Have each girl share her Goals and cross over an imaginary line as a way of physically marking the commitment.
  - After each girl crosses over...CELEBRATE with loud claps & cheers!