



SAMPLE
ONLY

SESSION ONE

**You are Unique
and Valuable**

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You are Unique and Valuable

Time allocation:



Resources:

- Healthy space guidelines – print an laminate handout in Colour A3 size and laminate to display in room
- You are Unique Power Point
- A4 Healthy Space Guidelines colour print out – 1 for each student
- Cut out – outlines of person, one for each girl
- A3 or larger coloured poster paper of various colours
- Smaller pieces of coloured card for labels
- Craft glue, paste, scrap materials, scrap wool, sequins etc

Focus:

- For students to celebrate that they are unique and one of a kind
- For each student to appreciate the diversity within their group and to build an atmosphere of trust and respect
- For students to identify their unique strength in themselves and in others



INTRODUCTION

Establishing our healthy space

It is important for all students to feel that this is a safe environment for them to be able to explore various topics and share their personal thoughts and feelings. At the beginning of this session, the facilitator discusses with students, the idea of what it means to respect one another when working in a group.

Handout: Healthy Space Guidelines

Healthy Space Guidelines (PEARL acronym resource bookmark) – see next page).



PEARL

Privacy - remember everyone has a right to share their thoughts and ideas in each session, but remember we don't share personal things shared beyond the group

Encourage - it's important that we encourage one another during our sessions together – no put-downs.

Active - as much as you can, be an active participator in each session, by sharing with the group when you can and being involved in activities.

Respect - we understand that we are all different and may have different experiences and ideas. We don't always have to agree about what others say or do, but we must show respect at all times.

Listen - when someone else is talking in our group time, we use eye contact to look at the person and we also listen to what they are saying.

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Warm up Activity

Silent Statements Game

Students can be sitting on the floor in a circle, or using chairs if desired.

The facilitator reads out a statement. Students respond by moving places if this particular statement applies to them. If the statement read out does not apply to them, they remain in their space.

Silent statements enable students to build confidence gently and share their opinion without having to speak or defend themselves.



Silent statements:

Change seats if...

- You ate toast for breakfast this morning
- If you like chocolate
- If one of your parents was born overseas
- If you speak another language in your home
- If you have ever broken a bone
- If you have been overseas on a holiday
- If you have never travelled on a plane
- If you share a bedroom with a sibling
- If you play a musical instrument
- If you play a sport outside of school
- If you skipped breakfast this morning
- If you've had your tonsils taken out
- If you've had a filling at the dentist
- If you have had a birthday in the last month



Power Point Resource

Resource: Use power point 'Who are you?' for this section



TEACHERS SCRIPT

"You are Unique and Valuable" - Who you are matters!

We have all been created as unique and valued girls — each with gifts and talents to bring to the world.

You, yes you, are a gift to the world.

You may not think that right at the moment, but trust me: You have all that you need within to truly shine and make a difference to this world.

Don't compare yourself

*'Always be a first rate version of yourself,
instead of a second rate version of someone else.'*
Judy Garland

It is too easy to compare ourselves with others, thinking their talents are worth more than anything we have to give. Sometimes, you might see a piece of artwork that a friend has produced and think it is amazing.

‘She is so talented!’ you say to yourself. ‘I just wish I could draw like that.’

Or perhaps you hear your friend perform at a music recital and you think she sings like an angel. You just wish you could get up on stage and sing with the confidence you see in her.

But here’s the thing. You have your gifts and talents that are special to you.

Maybe you are a writer, able to use your imagination to create wonderful stories. Or perhaps you are a gifted in sports: You love to run, jump or score goals in a team.

You may be an incredible leader. Whenever you are called to form a group for a school project, you help others share their ideas and opinions, leading the way forward.

Concentrate on the things you are good at – the talents and gifts that you have been blessed with.

If we spend time focusing on what others are doing, we deny others the chance to experience our gifts.



Power Point:

Kids using their gifts!

Guitar prodigy – www.youtube.com/watch?v=cNOo8jHrd2o

Footy field – www.youtube.com/watch?v=jU4oA3kkAWU



GOING DEEPER

Qualities that may describe me! (Resource p12 & 13)

Handout worksheets Qualities that may describe me as well as How do others describe you?

Read through the handout, which displays various qualities that the girls may

Qualities that may describe ME!

friendly	quiet	humorous
reserved	happy	thoughtful
caring	creative	bright
bubbly	talkative	helpful
organised	observant	musical
strong	loving	studious
gentle	punctual	careful
energetic	sporty	knowing
loud	cloddy	sensitive
beautiful	unselfish	generous
inspiring	musical	unique
courageous	confident	imaginative
talented	responsible	organised
compassionate	enthusiastic	capable

How do others describe you??

If your friends, teachers and family were asked to describe YOU, what sort of words do you think they might use?

List these here...

* _____

* _____

* _____

* _____

* _____

Words I would use to describe me...

* _____

* _____

* _____

* _____

possess. Choose perhaps five or six of the words, asking girls to suggest what they might mean and how they might be put into practice.

For example, a girl may display the quality of sensitivity, and may put this into practice by giving someone a handwritten card after they have lost a pet or loved one.

How do others describe you?

Girls are given ten minutes to think about and record some of the qualities they already identify within themselves. There is also space on this page for girls to ask others in the group, what qualities they notice in them. Note - if this is a group that is not normally together, they might like to take this section home to ask family members.



MAKING IT PRACTICAL

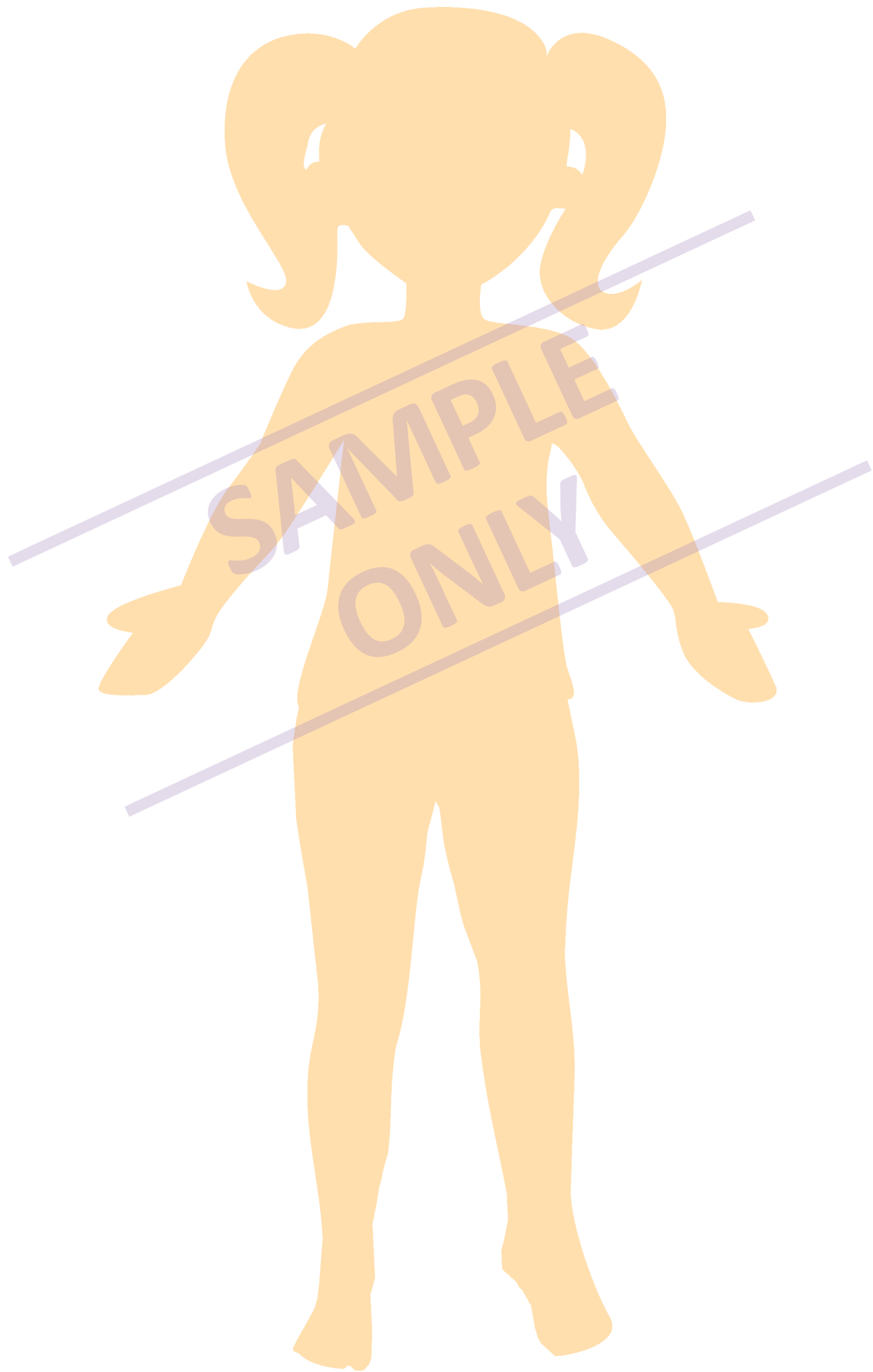
Who Am I?

Using the template supplied (see next page) and photocopy onto an A3 size sheet of paper, girls are each given a body shape design in which they are to cut out and paste onto a larger sheet of coloured paper as background.

Girls are given time now to decorate their own body shape on the poster, using the supplies of scrap material and wool. They might like to decorate their body using their favourite colours, patterns etc. Their image should reflect their unique personality.

Once they have decorated their person, using coloured card – girls can write the qualities they identify that they possess and paste these tags around the poster paper.

The finished posters may be displayed around the room.





Qualities that may describe ME!

friendly

quiet

humorous

reserved

happy

thoughtful

caring

creative

bright

bubbly

talkative

helpful

organised

observant

musical

strong

loving

studious

gentle

punctual

careful

energetic

sporty

knowing

loud

Godly

sensitive

beautiful

unselfish

generous

inspiring

musical

unique

courageous

confident

imaginative

talented

responsible

organised

compassionate

enthusiastic

capable



How do others describe you??

If your friends, teachers and family were asked to describe **YOU**, what sort of words do you think they might use?

List these here...

.....

.....

.....

.....

.....

Words I would use to describe me are...

.....

.....

.....

.....

.....



SESSION TWO

You Belong!

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You Belong!

Time allocation:



Resources:

- Handout - You Belong
- Handout – List of groups you are a part of
- Handout – Family Matters
- A3 Poster Paper
- Power Point: What doesn't belong

Focus:

- For girls to develop an understanding that they are connected
- For each girl to understand that they bring unique qualities and contributions to the groups they are a part of
- For girls to identify that families come in different and diverse shapes and sizes and that they are part of a family, no matter what form it takes.



WARM UP ACTIVITY

Silent Statements Game

Students can be sitting on the floor in a circle, or using chairs if desired.

The facilitator reads out a statement. Students respond by moving places if this particular statement applies to them. If the statement read out does not apply to them, they remain in their space.

Silent statements enable students to build confidence gently and share their opinion without having to speak or defend themselves.

Silent statements: Change seats if...

You have lost at least 2 teeth

If you have travelled interstate

If you have eaten chips in the past week

If you share a bedroom at home

If you have more than one brother

If you are wearing red today

If you have brown eyes

If you have built a sandcastle

If you love pizza

If you have more than two televisions in your home

INTRODUCTION



Power Point: What Doesn't Belong?

A series of images are shown on the Power Point, where one clearly (or not so clearly) doesn't belong. Girls are asked to put their hands up and identify which image doesn't belong with the others



Teacher's Script

We were never expected to go through life on our own and figure everything out by ourselves.

That's why we have been blessed by being part of a community. This means we always have people in our immediate and wider circle that we can turn to for help, guidance and influence.

Firstly, you are part of a family. That is pretty awesome because being part of a family means you always belong. No one can take that away from you!

There are many different types of families.

You might live with your Mum and Dad and siblings (brothers and sisters). Or you may even live with an aunt, uncle or grandparents, or even foster parents. In any case, YOU belong to a family!

Sometimes, situations might be tough within your family, and you might feel like you are an outsider (don't fit in).

But always remember that YOU MATTER!

YOU are LOVED!

YOU Belong!

YOU are cared about!

YOU are part of something special!

YOU are part of a FAMILY!

And your family would never be the same without YOU in it!

You might also be a PART of....

- | | |
|---------------------|------------------------------|
| A Choir | Your class at school |
| A Church | A Netball or Basketball team |
| A Dance Troupe | A sports team |
| Extended Family | A Craft Group |
| A Writing Group | A Gymnastics team |
| A Horse Riding Club | A Football Club |



GOING DEEPER

Read through handout 'You Belong' (page 19). Discuss with girls the fact that we all belong somewhere and in many different ways. For example, they are ALL a part of this special group time at the moment. They are all part of a family, in whatever form that takes for them, and they may also be a part of a sporting group, choir or other activity group.

Using the worksheet and space provided, gives girls the opportunity to list all the groups they are a part of. If they list their family, they may also list separately, their extended family. One time has been given to complete this task, ask girls to take it in turns to share the different groups they have identified.



MAKING IT PRACTICAL

Family Matters

For this next part of the session, there will be a focus on the girls being a part of a family. Read through worksheet 'Family Matters' (page 20).

Please note: sensitivity may need to be shown here by the facilitator as there may well be some group members that are presently living in less than ideal family circumstances eg: foster care of a recent family break-up. Care needs to be given to anyone in that situation and sensitivity shown.



Poster: Who's Who in your Family? (See next page)...

Who's Who in MY Family

The worksheet contains nine blank, rounded rectangular boxes arranged in a 3x3 grid. Each box is designed for a drawing and has two horizontal lines at the bottom for writing. The boxes are outlined in different colors: orange, teal, purple, and yellow. A large, light purple watermark reading "SAMPLE ONLY" is diagonally across the center of the page.

You Belong

We were never expected to go through life on our own and figure everything out by ourselves.

That's why we have been blessed by being part of a community. This means we **ALWAYS** have people in our immediate and wider circles who we can turn to for help, guidance and influence.

Firstly, you are part of a **FAMILY**. That is pretty awesome because being part of a family means you always belong. No one can take that away from you!

There are many different types of families. You might live with your mum and dad and siblings (brothers and sisters) or just one parent. Or you may even live with an aunt, uncle or grandparents, or even foster parents. In any case, **you** belong to a family!

Sometimes, situations might be tough within your family, and you might feel like you are an outsider, not fitting in.

But always remember that **YOU MATTER!**

YOU are **LOVED!**
YOU belong!
YOU are cared about!
YOU are part of something special!
YOU are part of a **FAMILY!**



And your family would never be the same without **you** in it!



Family Matters

Our **FAMILY** is a very important part of our lives. Our family helps us to feel **LOVED, CONNECTED** and a part of something **UNIQUE** and **SPECIAL**.

Your family might be made up of many different people. It may be really small, or big.

Your family might be made up of your mum, dad, brothers and sisters. It could be your mum, dad and **YOU!** Perhaps you live with your mum, brothers and sisters, and dad lives somewhere else. You may even live with your dad, or even your grandparents! Maybe you have a guardian.

'Family is the most important thing in the world.'
Diana, Princess of Wales

It doesn't matter how your family is made up. It's **YOUR FAMILY**. Whether you all live together in the same house, or spend time in different homes. Your family remains the same.

Some children are lucky enough to be **ADOPTED** or **FOSTERED** into a family. They are extremely blessed because they have been brought into something very special and hopefully will feel cared for, loved and supported.

Some people find that the family they become a part of are not even blood-related! This means that they become a part of a family that they aren't necessarily related to, but are just as important nonetheless.

We were never created to live all by ourselves – we need family to help us get through life, to support us when we have to make important decisions, when we get sick and even when we make poor choices and need a little extra support.

Being part of a family means that you never have to feel totally alone. Quite simply, **YOU BELONG!**