

## All about me!



### Purpose:

You're special in every way; how you look, how you think, how you feel. Isn't it amazing? There is no other girl in the world exactly like you. Let have some fun getting to know what makes each one of us unique!

### Requirements:

Juniors: 4 discover, 2 connect, 1 take action

Cadettes: 4 discover, 2 connect, 1 take action

Seniors: 4 discover, 2 connect, 1 take action

Ambassadors: 4 discover, 2 connect, 1 take action

### Discover:

1. What are talents and strengths? If you need, look up words in the dictionary. Make a collage with those words.
2. Think about who influences your values. What is important to you? How will you feel and respond if someone says you're stupid, ugly or not good enough? How can you remind yourself of all that makes you special- choices, talents, values and unique qualities? Neatly list out the things that make you special and plan to display it somewhere you will see it every day for a month.
3. Draw a picture of an animal that embodies the spirit or qualities that you possess. For example, if you are adventurous, have fun at the playground or park and like to climb trees, you might be a monkey.
4. Look at yourself in a mirror. Answer these questions while looking at yourself. What's the first thing you see when you look in the mirror? Does your reflection in the mirror tell the full story of who you are? What's really important about who we are – the things we see when we look in the mirror, the things other people see when they look at us, or what we see when we look inside ourselves?
5. Download an awesome screensaver so that, everyday, you can discover your inner beauty. Make sure that it is ok with your family before downloading anything.

### Connect:

1. Get construction paper, markers, a hole punch, and ribbon. Make a booklet about yourself. Each page should highlight something that makes them special and unique. After your booklet is complete ask yourself if this booklet fully tells the story of who you are. What is missing?
2. Look up the word "Values" in the dictionary. What does it mean? Do you know what your values are? Decide on the five things that are the most important to you. List them in the order from least to most important.
3. Create a list of five things that you think matters the most in a person. Now list five things that you think that best describes you. Look at both lists and think about the differences between what matters most to them and how they see themselves.
4. How will your values, talents and strengths help you to achieve your goals? Where do you think that your values come from? Who or what has influenced your values? Try asking a friend or relative to name the things that he or she thinks make you special. Did that person's answers match with yours? Did he or she say anything that surprised you?

### Take Action:

1. Think about and write down two things that you can do, starting today, to develop one of the qualities that you admire in others but feel that you don't have. Here is a sentence to give you an idea how to start: "To become more \_\_\_\_\_ I could \_\_\_\_\_." For example, to become neater, I could hang up my clothes.
2. If you were creating a super-heroine, what would be the talents and strengths? What name would you give her? What would she look like? Can you describe her costume and where she'd live? What about how she would use her superpowers to help others? You might even want to draw a picture of her or write a story where she defeats her nemesis.