



Clover Confidence BFFs: **Building Fearless Females**





Clover Confidence BFFs

Building Fearless Females

Program Overview

The Clover Confidence BFFs: Building Fearless Females program was created to counteract growing concerns about mental health in adolescents. Created in 2016 in Darke County, Ohio, this program has affected approximately 300 girls aged 5th-8th grade. The program uses hands on activities centered around key aspects of building confidence, productive relationships, female empowerment, community service, positive body image, and self esteem. The overarching goal of Clover Confidence BFFs is to give young ladies a foundation of confidence they can build a successful life upon.

Thank you for your interest in the Clover Confidence BFFs: Building Fearless Females!

Sincerely

Molly Elizabeth Hunt, Founder





Clover Confidence BFFs

Building Fearless Females

Program Replication

The Clover Confidence BFFs: Building Fearless Females program can be replicated in various ways. In Darke County, the activities are used annually during a nightly event held for 5th-8th grade young ladies. The night is scheduled 6:30-9:00 pm and the young ladies are split into middle school and junior high school groups, and the activities are facilitated by past junior fair queens.

However each activity can be replicated in schools, during 4-H club, or girl scout meetings, and any other gathering. The activities range from 5 minutes to 20 minutes and are meant to be grouped together, but can be performed allow.

For questions regarding program replication please contact Molly Hunt (hunt.808@osu.edu), or Rhonda Williams(williams.418@osu.edu).





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Icebreaker 1 Let's Tell A Story!

Steps:

1. Collect a number of everyday objects and place in a reusable tote bag, basket, or box. Some suggestions include pencils, key-chain, cell phone, small toy or stuffed animal. Feel free to add in some unusual objects such as a wig, feather, silly photograph, or a rock
2. Have participants form a large circle. Have each participant retrieve an object from the container.
3. Once all participants have their object, the Leader begins, Once Upon A Time....
4. Each participant around the circle adds a sentence to the story somehow incorporating their object.
5. Continue until a story has been completed!





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Icebreaker 2

Link!

Steps:

1. . Divide your participants into small groups of 8-10 girls
2. To begin, select one participant to stand in the middle and introduce themselves and tell the group something they like.

Example: Hello my name is Molly, and I like being a 4-H member

3. If another girl also likes this they will yell 'Link!', and hook arms with the original player.
4. Then the new person will introduce themselves and share something they like.
4. The game continues until the whole circle has been linked.





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Icebreaker 3 *Salt and Pepper*

Activity:

1. Spread the girls out and tape one paper with a word to each person's back ensuring their matches are separate.
2. Have everyone mingle and try to figure out the word on their back by asking each other yes or no questions.
3. Once they figure out their word, instruct them to find the other half of their pair.
4. When they find each other, have them sit down and find three things they have in common while the rest of the group continues.

Match Examples

- i. Salt and Pepper
- ii. Ken and Barbie
- iii. Right and Left
- iv. Cheese and Crackers
- v. 4-H and Clover





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Confidence Lesson 1

Picture this!

Lesson Goal: To give the girls a boost of self-esteem, and teach them how to express confidence through body language.

What is Confidence: Confidence is an individual and subjective phenomenon that can radically affect the degree to which girls and young women feel as though they can assert and realize their own desires, hopes and dreams. Even though each person has their own individual sense of confidence, it is affected by messages received within the groups or systems to which girls and young women belong.

Activity:

1. Ask participants to form a circle with everyone facing the outside of (away from) the circle.
2. Explain that, in a moment, you will ask participants to close their eyes and to count to three, but that on the count of three, everyone will turn around creating a still picture with their bodies of the theme you call out.
3. Ask participants to turn around after the count to three. Call out the following:
 - You on vacation
 - You at your friend's house
 - You as your most confident self
4. Ask participants to look around at each other. Ask them what they notice.
5. Then have them stand in a circle facing each other.
6. Ask any volunteers from the group to step into the middle of the circle in their pose of confidence from the previous exercise. Ask for up to 4 volunteers.





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Confidence Lesson 1

Picture this!

Activity Continued:

7. Ask each additional volunteer to add their postcard to the middle, but to find a way to physically connect with the person(s) who are already there, if they are comfortable doing so.

Discussion:

8. Explain that the image in the middle is a group “picture of confidence.” Ask the remaining group (those not in the picture) what they would title the picture.

9. Ask remaining participants to imagine that they can see outside the picture frame of this “picture of confidence” (or use title picked from the girls).

10. Ask group what messages, ideas, beliefs, or behaviors support the reality seen in the “picture of confidence.” Ask three or four participants to volunteer ideas one at a time and to take a position around the “picture of confidence” as “a kind or positive message.”

11. Go around to each “message” and ask them what their message is to the girls/young/women in the center “picture of confidence.” How can we as young woman spread this picture of confidence to others in our words in actions in our everyday lives?

Empowered Women Empower Women



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Confidence Lesson 2 Our Garden of Greatness

Activity:

1. Ahead of time prepare a cork bulletin board covered in green paper. Also have yellow circles, and strips of different colored pieces of construction paper. Each girl should receive one circle and 4-6 strips.
2. Instruct the girls to write their names on their circle, and something they love about themselves or something they enjoy on their colored strips.
3. Once their petals are complete, have them fold them and attach to the circle to create a flower.
4. When their flower is finished, have them pin it to the board, thus creating the Garden of Greatness.

Discussion:

End the lesson with a discussion about each petal representing one aspect of how great each girl is and their uniqueness expressed through the petals. Each of their individual strengths is what creates the Garden of Greatness in our community.





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Confidence 3 Let's Talk About Goals

Lesson Goal: To give the girls a boost of self-esteem, and teach them how to express confidence through body language.

What is Confidence: Confidence is an individual and subjective phenomenon that can radically affect the degree to which girls and young women feel as though they can assert and realize their own desires, hopes and dreams. Even though each person has their own individual sense of confidence, it is affected by messages received within the groups or systems to which girls and young women belong.

Let's Focus... Goals are important to achieving success. Most athletes, business men and women, politicians and even students need goals to give them direction and focus. Goals help break things down into manageable steps so you don't get overwhelmed.

Activity:

1. Give each girl a piece of paper, and paper leaves and have them draw a tree. This is their goal tree and the leaves are their goals
2. Give them time to draw their tree and attach as many leaves as they wish. Glue sticks work best.
3. If the girls are struggling, here are some tips!

Make sure your goals are specific and realistic. Use numbers, dates or other details to help guide you. Here's a sample goal: "I want to raise my C in Algebra to a B before Christmas break by completing my homework daily and asking for help when I don't know how to do the work."

Change doesn't happen overnight. It takes time and dedication to achieve a specific goal. Don't give up! Change will happen if you stay focused on the goal.





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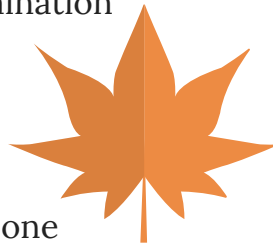
Confidence 3 Let's Talk About Goals



Repeat your goal to remember your focus. Say your goal out loud each morning to help remember what you are aiming for. Every time you state your goal, you are training your brain to make it happen.

Don't try to please others. Your goals shouldn't be based on trying to please someone else. Work toward goals that mean something to you. Is it okay to have a goal with a team? Yes! But if your team's goal is to win at least 10 of the 15 games, you also may need to set some personal goals you can work on to help the team achieve their goal.

Roadblocks do not mean failure. Everyone who sets a goal has had things get in their way. Look for ideas to work around the roadblocks or failed attempts. Remind yourself to get back up and try again. Sometimes it is a process of elimination to figure out the right solution.



Activity Continued:

3. Give the girls about 15 minutes to do this activity. Then have each girl share one goal with the group.
4. During this activity, facilitators should walk around and generate conversation with the girls about high school, careers, or life in general.



****Adapted by Molly E. Hunt from Picture Perfect Youth Oklahoma 4-H Curriculum





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Confidence Lesson 4 Public Speaking Made Easy

Background: Public speaking is something everyone will go through in their lives especially in 4-H. As confident young women possessing these skills will be beneficial whether it is on stage, in the area, in a classroom or in an interview. In this activity, the girls will be given the chance to work on these skills.

Activity:

1. Split the girls into small groups of 3 or more with a facilitator in each group.
2. Have them practice firm handshakes with each other introducing their name.
(Explain how firm handshakes express confidence to future employees or judges).
3. Next, have each girl practice their public speaking. Using the provided list of topics, or feel free to make your own. Have each girl pull one topic out. Then they will have 30 seconds to prepare.
4. Once they are prepared they should speak on the topic to their small group for 30 seconds each.
5. At the end of each girl as the facilitator you can give them tips for what they can improve on but also praise them for what they did well.





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Confidence Lesson 4
Public Speaking Made Easy

Speech Topics

Describe your favorite cartoon character.

If I were an animal I'd be a...

When I grow up...

If I ruled the world....

Laughter is the best medicine....Why.

Describe your house when you were little.





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Confidence Lesson 5 Unblemished Paper

Activity:

1. Have each girl take a piece of white paper. Ask them what they notice about the paper. (Responses may be; white, perfect, unblemished, etc.)
2. Then tell the girls to crumple up the paper and step on it or rip. Tell them to make it look as damaged as possible.
3. Once they are done tell them to uncrumple it and make it look like the original again.

Discussion:

- a. You should get a reaction of (It's not possible, how? etc.)
- b. Your Response: This is just like a hurtful phrase or word. You cannot take It back and make it okay. Every unkind think you say turns someone's confidence into a crumbled paper.

We Rise By Lifting Others



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Confidence Lesson 6 Plates

Activity:

1. Give each girl a sharpie marker, a plate and string to hang on their back.
2. With 5 minutes allotted the girls will go around and write encouraging notes on each others backs. (these can be a variety of thing like observations about one's character). Feel free to play some music during the activity.
3. After 5 minutes let the girls read what others wrote. Allow them enough time to read them all.
4. Have the girls share one thing that made them feel good that they read.





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Productive Relationships Lesson 1

Who am I, Who are you?

Lesson Goal: Educate young girls about the importance of friends and families to their overall emotional well-being.

Activity:

1. Read the following passage before starting the activity;

"As you grow older, you start asking yourself "Who Am I?". This one of the most important periods of your life when you will begin to understand yourself, your friends and family, and the world around you. Each person was born unique. That's what makes the world an interesting place to live! Everything we do is done for a specific reason. You may give a birthday gift to a friend because you know it will make them happy or you may decide to eat an ice cream cone because you know it tastes good. The decisions we make are related to our values and what we consider important. Families are very special and important to our growth. Families give us love, understanding, and comfort when we need it. Besides working together, families also play together.

Recreation, which is usually some form of play, gives family members a good feeling of body, mind, and health. Friends come in all sizes, personalities, and ages. Friendship happens when you get to know someone, not based on their looks, what they have, or what they wear. Friends are people you really like and respect, and, in turn, they like and respect you. Most of your friends are probably classmates from school, other youth who live in your community, or members of your 4-H club or girl scout troop. Many people will influence your life. Some people will be more important in your life than others. Over time, the people that are important to you will probably change as you grow and meet new people."





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Productive Relationships Lesson 1

Who am I, Who are you?

Activity Continued:

2. After reading the passage, give each participant a house picture, located on the next page of this manual.
3. Invite the girls to fill in the house using the following key;
Windows: List one family member, and why you love them.
Door: List a few friends, and why they are important to you
4. After completing their page, allow the girls to color in the page if they so desire.

Discussion:

Have each girl share one member off their page with the group. If time allows they can share more than one.

It's the friends along the way that help us appreciate the journey





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Productive Relationships Lesson 1

Who am I, Who are you?



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Productive Relationships Lesson 1

Who am I, Who are you?

Activity 2: The Marble Game

1. Obtain marbles ensuring there are two of each color, pattern, or design.
2. Ask the participants to stand in a circle with their eyes closed, and hand open.
3. Place a marble in each girls hand, spreading out the colors. Make sure there are two of each color.
4. Once you finish, have the girls open their eyes and look at their marbles, but tell them not to tell their color to anyone.
5. Have them cover their marble up, and begin the game.
6. They will walk around the circle asking yes and no questions about each others marbles.
7. Once they have found their match have them hook arms until all groups are done.

Discussion:

While there are many differences between us, if we open our minds we can find similarities between us and then we find new friends!

We rise by lifting others





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Building Fearless Females

Productive Relationships Lesson 1

Who am I, Who are you?

Activity 3: Background

Our world is plagued by the stereotypes we create for different groups of people. As Fearless Females it is our job to break those stereotypes and create a world of confidence and kindness.

Activity 3: Who am I?

1. Give each girl a sheet of paper.
2. Read the description of each person from the following page, but do not show them the images until the end.
3. After you have read the description have the girls draw a picture of the person they "see" in the description.
4. Continue until all descriptions have been read.
5. Ask the girls to share what they drew for each description.

Discussion:

The girls descriptions may be different then the images. Discuss how someone's outward exterior does not define who they on the inside, we must first get to know someone before we judge them.

A Girl should be two things Who and What she wants!



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Productive Relationships Lesson 1

Who am I, Who are you?

Activity 3: Who am I?

Image 1: I love baseball! My favorite activity is to go to a major league baseball game, and sit in the stadium eating hot dogs, and watching the action. I wear my favorite team's cap everywhere I go. Who am I?





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Building Fearless Females

Productive Relationships Lesson 1 Who am I, Who are you?

Activity 3: Who am I?

Image 2: On the weekends I can't wait to get outside with my kids. We enjoy going camping, hiking, fishing, and canoeing. I love getting muddy and having fun in outdoors.





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Productive Relationships Lesson 1 Who am I, Who are you?

Activity 3: Who am I?

Image 3: My dog sally is my best friend. she goes everywhere with me. She helps put a smile on my face every day.





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Productive Relationships Lesson 2

Tower of Good Traits

Activity:

1. Begin the lesson by asking the young ladies if they have begun to date. This lesson will be a good foundation to prepare them for safe, healthy, and productive relationships.
2. Split the girls into two teams, mixing them up so they work with girls they might not necessarily know.
3. Give each girl a piece of paper have them write down a quality they would want to find in a significant other. All girls must write at least one. Some examples include;
Sweet
Supportive
Gets along with their family and mine
Goal oriented
4. Once they have their characteristics have them work together to build a tower. This will be a competition of height between each group. They can make their tower taller by adding more paper, as long as it has a different characteristic on it.

Discussion:

5. Once the towers are finished discuss how finding people who possess these good qualities are the ones you should be looking for. Relationships should be about building each other up like the tower.
6. If the tower falls you can use this as a lesson that sometimes relationships end and you feel like a tower falling but you can rebuild yourself stronger. To be in a healthy relationship you need to have a strong foundation to build your tower.
7. To finish the activity give each girl a copy of the dating tips on the following page.





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Productive Relationships Lesson 2 Tower of Good Traits

Junior High Dating Tips

1. DON'T GIVE INTO PRESSURE

You never, ever should give into pressure of anyone.

Your friends, your **Significant other** or even your parents.

Your friends might pressure you into a relationship or even to going passed your own boundaries, but don't let that happen.

If you don't want to date yet, don't girls, it's okay!

2. DON'T ALLOW YOUR FRIENDS TO INFLUENCE YOUR RELATIONSHIP

If you are dating, another **dating** tip for junior high is all about not allowing your friends opinions to dictate your relationship.

A lot of the time, your friends will have opinions about your Significant other, what you should be doing with him and who he is.

But sometimes if your Significant other is treating you wrong and your friends point that at, listen to them because they are looking out for you.

If you like a boy that has different likes then you and you're scared to approach him because of what your friends think don't worry about it!

If your friends want to gossip about your current **Significant other**, don't let it affect your relationship!





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Productive Relationships Lesson 2 Tower of Good Traits

Junior High Dating Tips

3. PARENTS APPROVAL

Before you start to date, the top **dating** tip for junior high is to get your parents approval.

Your parents should know that you are considering dating and that you are thinking about getting a **Significant other**.

You don't want to keep your parents in the dark, otherwise if they find out, they could be pretty mad.

4. GO AT YOUR OWN PACE

When you are in a relationship, one important thing that you want to keep in mind is going at your own pace.

You don't want to rush into **things** like kissing or more quickly.

Remember the first dating tip for junior high?

Not giving into pressure?

Remember it ladies, never ever let someone pressure you into moving faster than your own pace!

5. DON'T LIE

When you are in a relationship, the important and adult thing to be is honest.

You want to make sure that you aren't lying to yourself or your Significant other when it comes to taking **things** too fast.

Keeping the lines of communication open with your Significant other is really important girls, especially when you are young!

Communicate with your parents they are best advice giver, they have been there too!





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Productive Relationships Lesson 2 Tower of Good Traits

Junior High Dating Tips

6. DON'T FACEBOOK OR INSTAGRAM STALK THEM

Let's say that you don't have a **Significant other** yet, but you are still looking for dating tips for junior high because you have a crush.

One tip to consider is don't Facebook or Instagram stalk your crush.

It can make you seem a little desperate and can actually make them completely freak out.

Take it slow girls!

7. BE HONEST WITH YOUR FEELINGS

It is really important is to be completely honest and open with your feelings.

If you are in a relationship, make sure that you talk to your Significant other about **things** and that you are truthful about it all.

If you have a crush, why not talk to them about how you feel?

8. DON'T BE DRAMATIC

This dating tip for junior high can actually be used any time in your life – don't bring drama into your **relationship**!

It can be difficult to recover from and truthfully, guys, no matter what age, hate drama.

Keep it simple girls and don't overreact too much!

9. BE YOURSELF

Finally girls, the last dating tip for junior high that we're going to explore is being yourself.

You never want to change yourself for someone, especially if you are trying to flirt and date someone.

Just be yourself completely and they will love you!





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Productive Relationship Lesson 3

Sweet Lips

Lesson Goal: Using an easy DIY lip gloss recipe girls will learn about negative effects of gossiping.

Activity 1:

1. Obtain a jar of glitter and gather the participants outside.
2. Pour a about a cup of glitter into the first girl's hands, then have her pass the glitter along to the next girl without spilling any pieces.
3. Obviously the glitter will stick to hands and scatter to the floor. It is impossible to retrieve it all. Point out to the girls that gossip is often like the glitter. We believe we can control it, but once it leaves our mouths we can no longer choose how the information is handled. Similar to glitter, once gossip is released, it spreads and is virtually impossible to retrieve.

Activity 2: DIY Lip Gloss

1. After the activity on gossip make DIY Lip Gloss so that the girls can always have sweet lips that remember to only speak kind words.
2. Obtain the supplies, coconut oil and un-petroleum jelly, and crystal light, and Emergence C drink mixes.
3. Place about 1 tsp of coconut oil and 1 tsp of un-petroleum jelly in a microwavable bowl. The amounts will depend on the size of the container you are putting it in. Place in microwave for about 60 seconds or until oil and jelly is melted.
4. Place powdered drink mix into the melted oil (about 1/2 tsp – 1 tsp. or amount needed to get desired color) Stir and stir until the mix dissolves. It may not totally dissolve and that is o.k. because as it sits in the container will dissolve some more.





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Productive Relationship Lesson 3 Sweet Lips

Activity 2: DIY Lip Gloss Continued

5. After it is pretty much dissolved pour it into your container. Small containers purchased from a craft store are the best for this activity. Then just let the lip gloss set up.
6. Attach the following bookmark with each girls lip gloss container.



I have this pot of lip gloss,
I'll put some on each day. I
do it to remind me To
choose the words I say.

I'll try to speak with
kindness to everyone I
meet. I'll try to spread
some happiness to those
that I may greet.

This pot of gloss reminds
me of the values I hold
dear, The colors are so
cheerful and the message
is so clear.





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Productive Relationship Lesson 4

Social Atoms

Lesson Goal: The social atom activity is great at getting youth to see themselves in relation to others while including an introductory STEM lesson.

Activity:

1. Obtain molecular model kits from your local school district. Depending on the number of kits you can obtain each girl should have one kit, or can share in groups of two. This activity can also be done using paper and colored markers if kits can not be obtained.
2. Explain the concept of the atom. The nucleus is the center of the atom, the powerhouse. While it is orbited by protons, neutrons and electrons.
3. Have each girl select a sphere, tell them that she is like the nucleus of the atom and the other people in her life are like the protons and electrons: family members, friends, teachers/mentors, etc.
4. Have them start attaching other smaller spheres selecting a color for each group listed above. The closer she feels to the person the closer she should attach to the middle nucleus that represents her.
5. The completed atom will give a great visual of their social network. Have each girl describe her 'atomic structure' if time allows.
6. Finish by discussing the importance of social support.





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Positive Body Image Lesson 1

Strong, Beautiful, Enough

Lesson Goal: Confidence is found both on the inside and the outside. In this lesson the girls will learn how to dress for their body type, and how dressing confidently can empower them and make them feel good about themselves.

Activity:

1. Invite a Fashion Consultant (LuLaRoe, Local Boutique, Stitch Fix, etc.) to serve as your guest speaker. Instruct them to talk about different body shapes, and how to dress to accentuate everyone's own beauty.
2. If possible inquiry if the consultant will bring along a 'Pop Up Booth' so the girls can try on some items for fun, if the consultant can not bring clothing obtain some different costume outfits.
3. After the girls have started to try on different clothes have a fashion show set up. Talk to a local DJ, or your event space to borrow sound and lighting.
4. Have the girls conduct a fashion show(if comfortable). Make sure to have a audience to help spread confidence around like confetti!





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Community Service Lesson 1

Lifebooks

Lesson Goal: The girls will learn that through empowering other young women one can build a better sense of community and increase their self-esteem.

Background: 428,000 children are in foster care in the United States. Their lives are out of their control and many live in several homes in a matter of months. Life Books are a great outlet for these children. A Lifebook is a recording of a child's memories, past and present memento, photos, drawings, and journals. These are preserved in a binder, photo album, or book.

Questions Lifebooks Can Help Answer

• Why am I living in this foster/adoptive home? • Where is my birth family? • Why am I in foster care? • Why did I leave my other foster homes?

Benefits of Lifebooks • help the social worker, foster parent, birth parent, and child form an alliance. • help children understand their life events. • give kids a clearer sense of their life story. • provide a vehicle for children to share their life histories with others. • increase a child's self-esteem by recording the child's growth and development.

Activity:

1. Give each young lady a binder, craft supplies, and life pages.
2. Have them decorate a cover for the binder and insert the life pages they select.

Life Book insert pages can be found at;

http://www.ifapa.org/publications/ifapa_lifebook_pages.asp

Donate the life books to a local foster home, or Family and Job Services Office





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Community Service Lesson 1

Letters in Motion

Lesson Goal: The girls will learn that through empowering other young women one can build a better sense of community and increase their self-esteem.

Background: Children all around the world are in orphanages. Many of them do not get to go to school every day or even at all. Letters in Motion is a faith based, nonprofit organization that promotes literacy and academic advancement in Nepal and Kenya. By providing encouraging letters and educational kits to orphan's volunteers help these orphans learn to read and continue reading.

Activity:

1. Introduce the activity with this video.

<https://www.youtube.com/watch?v=eQggY57HP7o>

2. Have the girls write as many letters as they want using the given supplies

3. Here are some tips for letter writing.

-YOU CAN START OFF BY ADDRESS THE LETTERS TO A BOY OR A GIRL. MANY WRITERS START THEIR LETTERS OFF LIKE THIS: "DEAR FRIEND," "HELLO FRIEND!", "TO MY FRIEND I HAVE NOT MET YET," ETC.

-WRITE ABOUT WHAT IT IS LIKE TO LIVE IN YOUR TOWN OR COUNTRY. §
WRITE ABOUT YOUR HOBBIES, PETS, ETC.

-TRY TO INCLUDE SOME ENCOURAGING QUOTES AND THOUGHTS DIRECTED TOWARD THE CHILDREN ABOUT EDUCATION.

-BE CREATIVE AND DECORATE THE LETTER WITH HAND-DRAWN PICTURES AND STICKERS.





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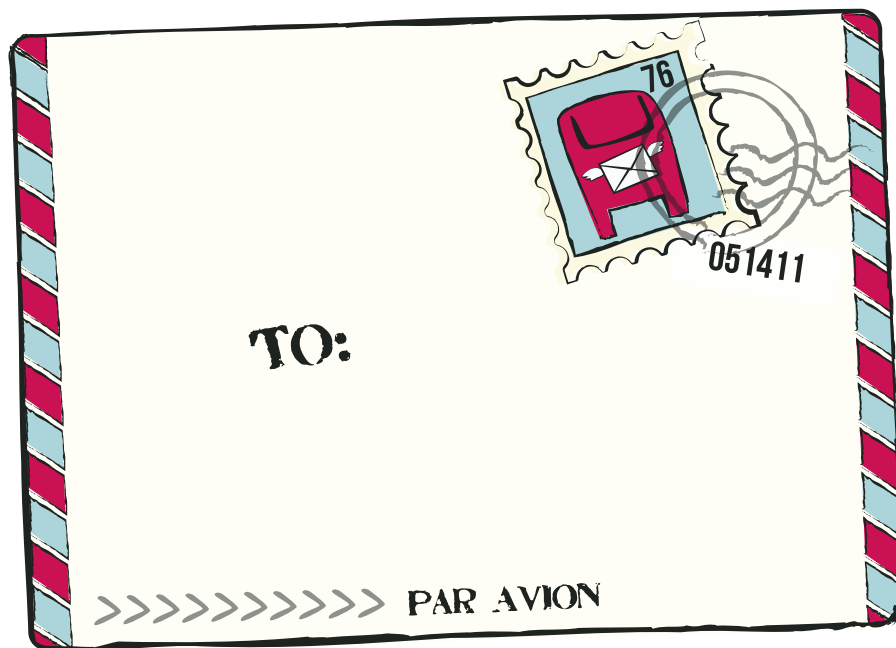
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Community Service Lesson 1

Letters in Motion

Activity Continued:

4. This is a perfect opportunity for the girls and the facilitators to mingle with each other.
5. Once the girls are done have them group up with their letter(s) and take a group picture to send to Letters in Motion.
6. Collect the letter so they can be sent to Kenya, and Nepal. More information and address can be found on Lettersinmotion.org





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Community Service Lesson 3

Kindness in Words Creates Confidence

Lesson Goal: Community service is an excellent way to boost self-esteem and take care of other people. The following are three great activities for girls to spread confidence throughout their communities.

Split your participants into three relatively equal groups depending on supplies.

Activity 1: Be Confident Banner

1. Prepare a string banner with empty decorations.
2. Start a conversation about confidence, while each girl writes down what makes her feel confident. Once parents come to pick the youth up encourage them to join in this activity.
3. Once they have completed it have them hang up their banner in a special place in the community with empty decorations and markers for community members to join in.

Activity 2: Spread Kindness Like Confetti

1. Kindness Confetti Cards is a kindness activity designed to help spread kindness, inspiration, gratitude and positive messages throughout the school.
2. Obtain glass jars and colored paper. Each youth will have one glass jar. Together they will fill them with different 'fortunes' and 'affirmations'
3. Once the jars are complete have a 'Take What You Need' label. Instruct the youth to take to school to place in their classrooms.

Activity 3: Girls Survival Kits

1. Empowered Women, Empower Women. In this activity the young ladies will make kits to give another young lady they know hopefully to someone who really needs it.
2. Obtains small containers, hair elastics, chap sticks, hand-sanitize, granola bars, gum, lotions, feminine care product, band-aids etc.





Clover Confidence BFFs

Building Fearless Females

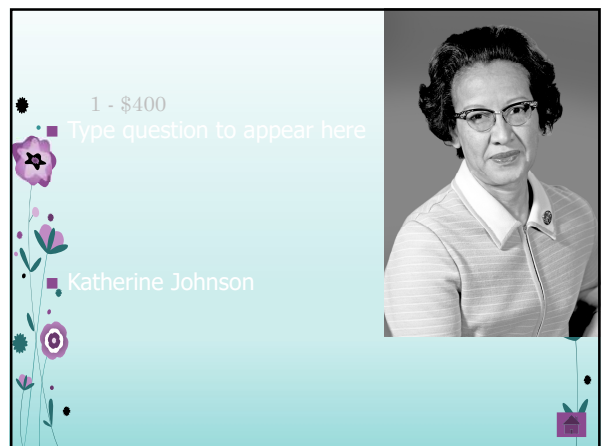
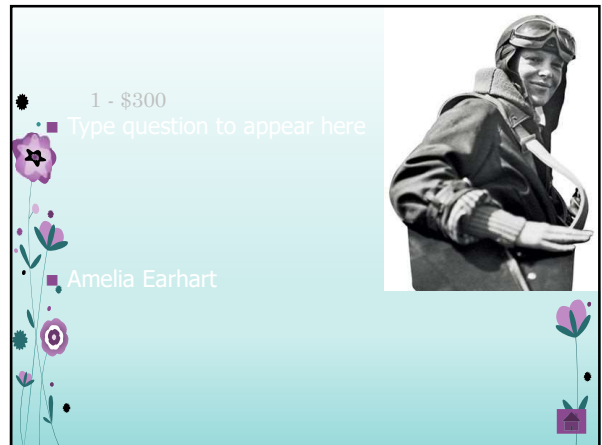
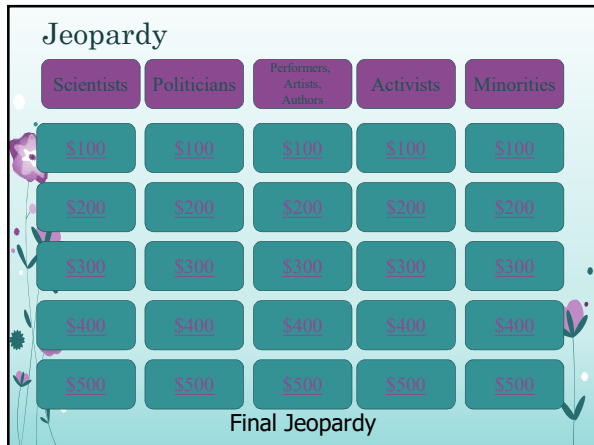
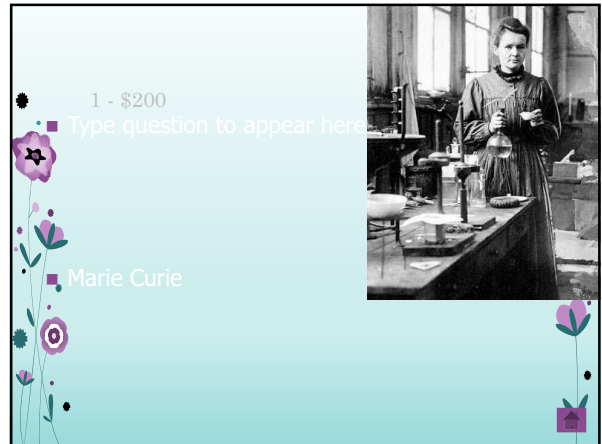
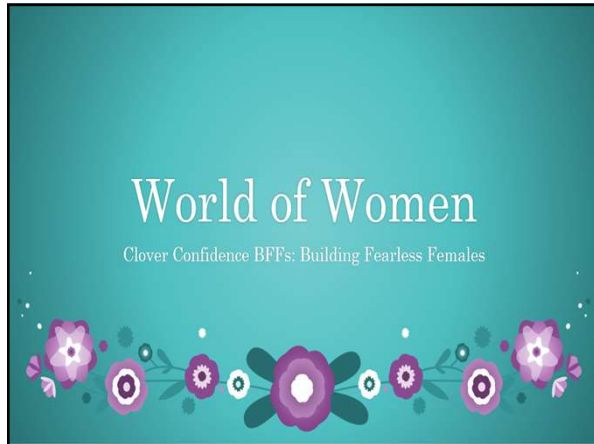
Culture Lesson 1 World of Women

Lesson Goal: Through a interactive jeopardy game, young ladies will learn about influential woman who have changed the world.

Activity:

1. Create a jeopardy game in Microsoft PowerPoint using the template on the following pages.
2. Split your young ladies into two teams, and have two buzzers.
3. Play the game, typical jeopardy rules apply, make sure to keep score.
4. Finish the game with a debrief about these influential women's importance.





1 - \$500


Type question to appear here



Mary Anning

2 - \$300

Type question to appear here



Princess Diana

2 - \$100


Type question to appear here



Cleopatra

2 - \$400


Type question to appear here



Ruth Bader Ginsburg

2 - \$200


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Hillary Clinton


2 - \$500

Type question to appear here



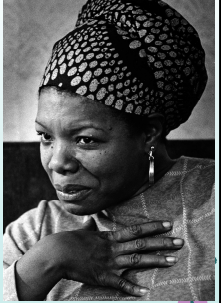
Eleanor Roosevelt

3 - \$100
■ Type question to appear here



■ Taylor Swift

3 - \$400
■ Type question to appear here




■ Maya Angelou

3 - \$200
■ Type question to appear here



■ Annie Oakley

3 - \$500
■ Type question to appear here




■ Frida Kahlo

3 - \$300
■ Type question to appear here



■ Jane Austen

4 - \$100
■ Type question to appear here




■ Rosa Parks

4 - \$200

Type question to appear here

Susan B. Anthony



4 - \$500

Type question to appear here


Clara Barton



4 - \$300

Type question to appear here


Mother Teresa



5 - \$100

Type question to appear here


Sacagawea



4 - \$400

Type question to appear here


Joan of Arc



5 - \$200


Type question to appear here

Serena Williams



5 - \$300

Type question to appear here



Malala

Final Jeopardy

Type question to appear here




YOU!!!!!!!!!!!!!!!!!!!!



5 - \$400


Type question to appear here



Misty Copeland

5 - \$500

Type question to appear here



Deb Haaland



Clover Confidence BFFs

Building Fearless Females

Culture Lesson 2

Polish Traditional Dance

Lesson Goal: The young ladies will have the opportunity to learn about Polish culture through a traditional dance. Respect for other cultures is an important part of being a Fearless Female.

Activity:

1. Practice dance before teaching.
2. Music https://www.youtube.com/watch?v=mGGhutvH_BE
3. Steps:
 1. Put participants into two circles, one inner, and one outer, in pairs hook arms.
 2. Walk forward 3 steps
 3. Walk backwards 3 steps
 4. Change direction, walk forward 3 steps
 5. Walk backwards 3 steps
 6. Step together, step apart
 7. Outer circle spins to next partner





Clover Confidence BFFs

Building Fearless Females

Empowerment Lesson 1 BeaYOUtiful Mirrors

Lesson Goal: For women some of our weakest moments occur in front of a mirror. Through expressing their creativity the young ladies will have the opportunity to create a tool to help them maintain a positive self-esteem and see their beauty when they look in their BeaYOUtiful Mirror.

Activity:

1. Purchase supplies ahead of time.
 - Small Mirrors, 1 per girl (Optional: Have girls names etched on mirrors)
 - Sharpie Markers
 - Various Craft Supplies (stickers, glitter, flowers, pom-poms, puffy paint etc)
 - List of Empowering Quotes
2. Give each girl a mirror, and allow them to pick out different decorations.
3. Make sure each girl picks 1 or more inspirational quotes to put on their mirrors.
4. If the girls want encourage them to write positive things on each others mirrors.
5. For some added fun play some upbeat music while they are decorating their mirrors.
6. Get crafty and have fun!



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Building Fearless Females

Empowerment Lesson 2 Be A Pineapple

Lesson Goal: Participants will create an large inspirational display to be shared with the community. They will learn how they have the power to create a kinder and more confident world.

Activity:

1. Together all the participants will create a display about Clover Confidence BFFs: Building Fearless Females to be hung in the community. This can be made using a canvas, sheet, or other large material. This can be decorated in any manner the girls decide.
2. When the girls have down time during this activity, have them color coloring pages with inspirational messages to hang up around school.
3. Throughout this activity facilitators will talk about how as women we have the power to change the world and spread kindness around confetti.





Clover Confidence BFFs

Building Fearless Females

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Clover Confidence BFFs

Building Fearless Females

Mental and Physical Health Lesson 1

Namaste Strong

Lesson Goal: The girls will learn how physical well-being plays a big part in mental health.

Activity: Yoga and Meditation

Start with breathing: 5mins

- Sit on the mat with legs cross or half leg lotus
- Inhale & exhale deep and long to encourage more oxygen intake
- Mention to relax the body & mind
- Place hands on the belly & breathe in and out for 5 times

Warm up: 5mins

- Standing in front of the mat
- Move all joints
- Head rotation, gently rotate up & down and right to left
- Shoulders rotation, gently rotate back & forward
- Hips rotation, gently rotate clockwise & anti-clockwise
- Knees rotation, bending down the knees & rotate clockwise & anti-clockwise
- Ankles rotation, circling clockwise & anti-clockwise

Sun Salutation: 10mins

- Inhale, raise the arms up & look up to focus on the thumbs
- Exhale; bend the back forward & straightening the spine. Place the palms next to the feet
- Step or jump to the back of the mat & come down to downward dog
- Inhale, come to plank pose
- Exhale, drop the knees, chest & chin on the floor





Clover Confidence BFFs

Building Fearless Females

Mental and Physical Health Lesson 1

Namaste Strong

Activity Continued: Yoga and Meditation

- Inhale; lift the body up to upward dog
- Exhale; lift the body up to downward dog again
- Inhale, step the right leg forward between hands & then step the left leg forward
- Exhale fold down
- Inhale, come up & look up
- Exhale, come back palms together at chest & repeat on the left leg Warrior 1
- Inhale, step the right leg back, turn the body around, bend the right knee at 90 degree angle, raise the arms up, put the palms together & gaze at the thumbs. Stay for 5 breaths
- Exhale, come back & repeat on the left leg

West Posterior Stretch Pose: 10mins

- Start with sitting on the mat
- Inhale, reach the arms up
- Exhale, Fold from the hips & try to hold the big toes (A) Stay for 5 breaths
- Inhale, look up
- Exhale, try to hold the soles (B) Stay for 5 breaths
- Inhale, look up
- Exhale, try to bind the wrist(C) Stay for 5 breaths
- Inhale, look up
- Exhale, hands on the floor (D) Stay for 5 breaths





Clover Confidence BFFs

Building Fearless Females

Mental and Physical Health Lesson 1

Namaste Strong

Activity Continued: Yoga and Meditation

Corpse Pose:

- Start stretching yourself as though someone is pulling your head away from your feet
- Shoulders down & away from your neck.
- Legs down & away from your pelvis
- Breath deeply & slowly from your abdomen.
- With the eyes close, hold the pose for 3 to 5 mins making sure your mind is still & try to concentrate on your breathing
- Bend your knees, using your legs, push yourself onto one side
- Push yourself in a sitting position

End of class:

- Sitting with legs cross, place the palms on the knees facing downwards or upwards & open the eyes
- Ask the class how they are feeling
- Invite class to ask any questions on the routines & exercises they just did





Clover Confidence BFFs

Building Fearless Females

Mental and Physical Health Lesson 2

Mental Health Awareness

Activity:

1. Ask the girls if they know what mental health is, listen to answers, but give them the Webster Dictionary Definition: *a person's condition regarding their psychological and emotional well-being.*
2. Give each girl a cup and a bag of coins, beads, marbles etc.
3. Allow the girls to move around the room and separate, encourage them to obtain a comfortable poise of reflection. This is a private activity
4. Read off the series of questions and instruct the girls to drop in an item when the question relates to them or maybe someone they know.
 - a. Have you or someone you know feel that they don't fit in at school?
 - b. Have you or someone you know every been stressed from school?
 - c. Have you or someone you know acted like they don't enjoy something they use to love?
 - d. Have you ever had someone say something bad about you?
 - e. Have you or someone you know ever struggled being unhappy about the way they look?
 - f. Have you ever said something bad about another girl behind their back?
 - g. Have you ever felt like others were putting too much pressure on you?
 - h. Have you or anyone you know every hurt themselves on purpose?
 - i. Have you or someone you know ever thought about suicide?
 - j. Do you know of someone who you could trust to talk to when you feel like giving up?





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Building Fearless Females

Mental and Physical Health Lesson 2

Mental Health Awareness

Discussion Time:

After all the questions ask the girls if there was anything they noticed maybe about themselves or the room's atmosphere.

Everyone needs some help sometimes, some people more than others, but no one is alone. Words hurt always be careful what you say to one another, as young women we should try to always be kind because we are the ones who will affect the next generation. If you or someone you know ever needs help please speak up and tell someone. You will not get in trouble. Speaking up could save a life. You all are beautiful and strong and we want you to spread your kindness to all.

Encourage the young ladies to take time for themselves and for others.





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Building Fearless Females

Mental and Physical Health Lesson 3

Calm Cards

Lesson Goal: Give young ladies a easy and feasible tool to use as a coping method during difficult times.

Activity:

Use these positive self-talk cards to help improve self-esteem, confidence building, and encouraging positive thinking skills. Kids and young adults should read through the cards aloud or silently to help build an inner voice with positive self-talk. Positive self-talk is the voice in our heads that helps encourage us and pushes us through challenges. It is the inner voice that tells us things like, “You can do better next time”, “You are beautiful the way you are”, and “You are going to do great”. This can be a critical coping strategy for kids who struggle with low self-esteem, anger, worry, and more. Kids and young adults can go through their cards during times of stress, like when they are feeling angry or nervous.

1. Give each girl a set of calm cards and have them cut each one out and tie them together on string like a booklet.



I accept myself as a
unique and
worthwhile person

I am learning what I
need to do to take
care of my body

I am calm and
confident

I am loved

I am Confident

I am relaxed

I am control of my
choices

I am Strong

I am determined and
successful

I can achieve
anything I want to
achieve

I am powerful

My life has meaning
and purpose

I am respected

Things are getting
better every day

I am healthy and
have all that I need

I can hold my head
up high

I am a good and
worthwhile person

I am strong and
healthy

I'm moving towards
my goals

I am a unique and
special person

I can do this!

I have inner strength

I care about others, I
am needed and
worthwhile

I have so much to
offer

I choose to live a
healthy and positive
lifestyle

I look good
because I feel
good about myself

I have all that I need

I will look for the
good in everyday

I have a lot to be
proud of

This is just a bad day,
not a bad life

I am beautiful

I am okay, right here,
right now

I am taking things
one step at a time

I am a loving person

People like me - I
am a likeable person
and I like myself

I can treat myself like
a close friend

I know I can master
anything if I practice
it continually

I am in control of my
life

I am enough

I have all that I need

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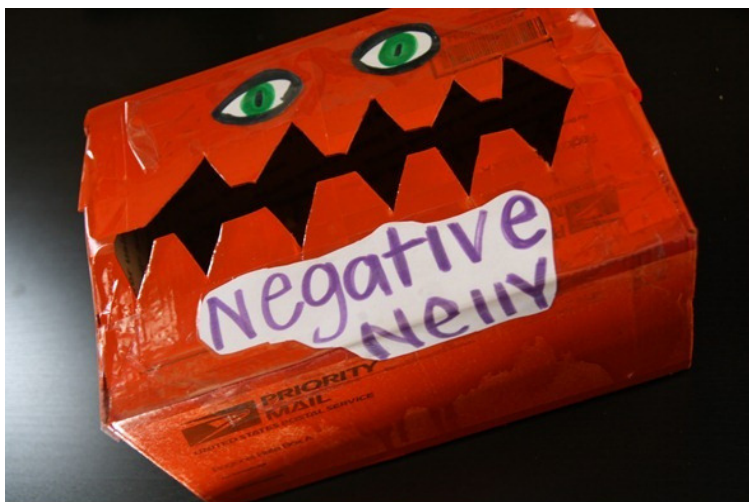
Mental and Physical Health Lesson 4

Negative Nelly

Lesson Goal: Everyone has negative thoughts, but through this activity youth will learn how to destroy their negative thinking.

Activity:

1. Create a Negative Nelly box, and prepare slips of paper.
2. Have each girl write down two negative thoughts that they've every had about themselves or heard someone else say about themselves. Ask if any volunteers want to share theirs.....“I’m bad at math,” “My mom likes my sister more than me,” “I’m weird,” “No one wants to be my friend,” “I’ll never be good at soccer,” or “I’m ugly.”
3. Then ceremoniously have each girl tear up their negative thought and feed it to Negative Nelly.
4. Discuss that we all have a Nelly in our heads that we can feed negative thoughts to whenever we experience them. She is always hungry. But to keep a healthy balance we all have to keep a Positive Polly in our heads as well. When you feed Negative Nelly a thought you should take one from Polly.





Clover Confidence BFFs

Building Fearless Females

Mental and Physical Health Lesson 5 *Your Mind is Your Playdough*



Lesson Goal: Everyone has negative thoughts, but through this activity youth will learn how to destroy their negative thinking.

Activity:

- 1, Give each participant a container of play dough and have them shape it into little brains. It may be helpful to have a brain model or picture.
2. Have them take toothpicks and carve little grooves each time they have a negative or positive thought during the activity.
3. Explain how our brains respond and are shaped around the thoughts we have. The more we think calm, relaxing, feel good thoughts, the more we feel calm, relaxed and actually feel good. The brain is trained by what we think. And our feelings are related to how we think. If we think lots of stressful thoughts and repeat them over and over, our brain will be trained to think stressful thoughts and then we will begin to feel more stressed a lot of the time. But, if we catch our brain thinking stressful thoughts, we can say “STOP” to our brain and give it a better, more positive, feel good relaxing thought to think. If we practice these relaxing thoughts over and over, then we will begin to feel more relaxed. Here’s an example of a relaxing thought: “I remember to take a deep breath and count to three when I feel angry.”





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Building Fearless Females

Mental and Physical Health Lesson 6 *Grow Through What You Go Through*

Lesson Goal: In uncertain times, it is normal for our attention to shift to bigger picture activities neglecting self care. Taking a few minutes for self care can boost self esteem, and relieve stress especially involving gardening. This activity will teach young ladies to 'Grow Through What You Go Through'

Activity:

1. Obtain enough small white pots and small plants or seeds(Succulents are always an excellent idea) for each participant to have one each.
2. Discuss the benefits of being in close proximity to plants;



1. They Clean The Air
2. They Reduce Anxiety
3. Their Soil Contains "Outdoorphins"
4. They Release Mood-Boosting Compounds
5. They Provide A Sense of Purpose



3. Using sharpies have the young ladies write an affirmation, or inspirational quote on their pot, don't forget to have them put their names on the bottoms.(This can also be done ahead of time if time is a concern)
4. Once they have finished their decorations, each girl can pick out a plant and fill her pot with soil.
5. Finish with discussing that as she takes care of her plant to remember to always take care of herself.

