



WORKSHOPS

FRIENDSHIP - Making friends, identifying qualities of a good friend, settling differences, and supporting each other are all covered in this workshop.

Project - Bottle Cap necklaces to keep and share with friends.

Be-YOU-nique - Everyone has a special quality to be celebrated. We discover wonderful new words to describe and appreciate the special someone we are with the help of the book, Strong is the New Pretty.

Project - Girls will paint a wood sign with a powerful word that describes her.

DREAM BIG - We learn about some amazing women (J.K. Rowling, Sally Ride, Malala) who dared to dream big and why we can too!

Project - Beautiful dream catchers to remind of us our own goals and dreams.

SOCIAL MEDIA - We take a look at the good and the bad of the social media world. Girls will discover that there is so much more fun to be had with friends in the real world.

Project - Girls create their own mock cell phone and come up with fun app ideas that represent all of the things to do other than getting on the phone.

SPEAK UP! - Knowing what to say is so empowering when we face tough situations. In this workshop we explore speaking up for yourself and for others including what to say and how to say it.

Project - Megaphones decorated with empowering statements.

HAPPY MIND HAPPY LIFE - In this workshop we explore how positive thinking changes everything. We will go over how to take negative statements and turn them into empowering ones.

Project - "What we feed grows." To represent this, girls will decorate a flower pot with positive statements. Includes seed starter to grow flowers.

I DEFINE ME - Girls are inundated everyday with messages about what they should be or how they should act. This workshop creates awareness around the idea that only she and no one else gets to define her.

Project - Vision boards with images and words that represent her.

KINDNESS ROCKS - In this workshop we talk about the power of kindness and how acts both large and small make a huge difference.

Project - We paint rocks with fun and kind words/images and leave them in the neighborhood for others to discover and enjoy.

Additional workshops are also available: GRATITUDE, GIVING BACK, FEELINGS, GIFT OF FAILURE AND GRIT, COURAGE, ANXIETY AND WORRY, AND BE BRAVE.

