

# Being A Girl

**8-WEEK FACILITATOR ACTIVITY GUIDE**

For Ages 11 – 13

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## Week Three Theme: Body Image and Goals for Healthy Living

Using the tools of journaling and mobile design, the girls will create and establish their own goals for healthy living.

### ACTIVITY

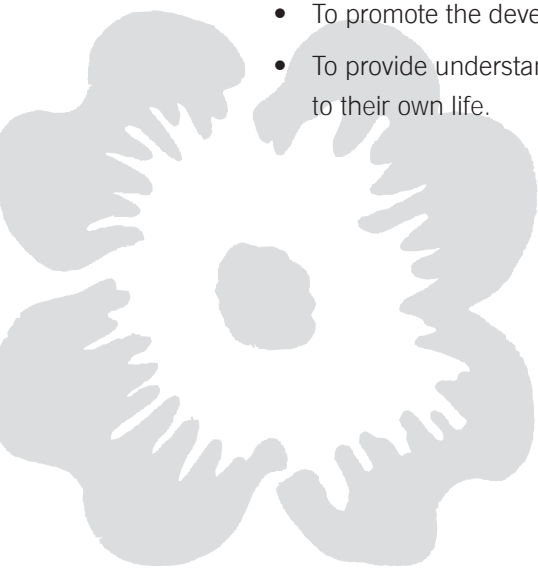
- Journaling and Mobile-Making

### MATERIALS

- Hangers
- Ribbon
- Note card shapes (to be used for cutting out different shapes to be used for mobiles)
- Markers
- Strips of paper with one quote on each (See “Quotes” section in back of guide.)

### PURPOSE

- To promote the development of goals for healthy living.
- To provide understanding and tools that teach the girls that goals are personalized statements applicable to their own life.





# Week Three



## OPENING RITUAL

Do the same opening ritual each time.



## THEME INTRODUCTION

Introduce the theme of the week, “Body Image and Goals for Healthy Living.”



## CHECK-IN

Ideas for Check-In:

Ask the girls:

- How are you feeling today?
- Provide or post a “Feelings Sheet” or a list of different types of feelings to help girls articulate.

*Optional: You can have the girls write their feelings on a piece of paper if it helps them to think individually. Afterwards, ask them to share their feelings with the group.*



## ACTIVITY 1

### Discussion/Journaling

- 1 Ask girls to define what they believe “healthy living” means. Use guiding questions to support the discussion.
  - Does healthy living only cover what you eat and how you exercise?
  - What does it mean to live in a healthy way?
  - How does “healthy” apply to our minds and our bodies?
- 2 After the discussion, ask the girls to record their personal goals for healthy living in their journal.
- 3 Pass out glue sticks and have girls glue quotes into their journals.



## SHARING OF ACTIVITY

Go around the circle and invite the girls to share the goals they have written.



## ACTIVITY 2

### Discussion

Facilitate an open discussion about the images portrayed in magazines and TV shows. Have magazines available as examples. Flip through the magazines with the girls and, using the questions below, encourage them to talk about the images they see. Continue the discussion by asking the girls to think about and reflect on their favorite or relevant TV shows or movies. Use the following discussion questions:

- Do you like those kinds of shows?
- What do you like about them?
- Do you think these people have a healthy lifestyle?
- How can you tell?
- Do you hear negative comments about body image in your own peer group? What do you hear?
- Do you ever feel like you don’t like your body?
- Do you ever feel that you shouldn’t eat because of what you see on TV and in magazines?



# Week Three

- Do you talk about these issues in health class?
- Is there somewhere you could go for help if you have a question?
- Do you ever discuss these issues with your family?

*These questions are to provide awareness, not necessarily to bring about solutions.  
Feel free to add or subtract from this list.*



## ACTIVITY 3

### Mobile Making

- 1 Distribute six mobile shapes, a hanger and six pieces of ribbon to each girl.
- 2 Instruct girls to write six of their personal goals from their journal onto the shapes. Some examples could be:
  - Exercise
  - Eat fruits and vegetables
  - Be open and honest
  - Don't smoke or drink
  - Get lots of sleep
  - Help around the house

Encourage the girls to come up with their own ideas. (The girls may try to get answers from you. Encourage them to generate the ideas on their own as it helps them develop a sense of self.)

- 3 Have the girls create their mobiles with their "goals for healthy living" cards, using ribbon and hangers.



## SHARING OF ACTIVITY

- 1 Invite each girl to share her mobile.
- 2 Using the talking piece, go around the circle and have each girl answer the question, "What is one thing you can do this week to move toward meeting your goals for healthy living?"



## ACTIVITY 4

### Affirmations

- 1 Ask girls to finish the following sentence out loud:  
"Something new I want to share about what I like about myself is..."
- 2 Pass out the "What I Like About Myself" sheets.
- 3 Have the girls record their comments, adding to the list they began on the first week.
- 4 Collect.



## CLOSING RITUAL

Bring the girls together for your closing ritual and end with the following quote:  
**"Keep your face to the sunshine and you cannot see the shadow." –Helen Keller**

\*Contributions for this activity from Theresa Hossfeld.