

Adapted Activity 2 - Building & Deepening Trust
from **Mother- Daughter Circle** Activity Guide,
Session 4

*(Facilitator Notes: This activity will require two facilitators
as mothers and daughters will complete the same activity in Break Out Rooms.
The Mother-Daughter Circle is designed for mothers or female-caregivers and daughters.)*



To All Our One Circle Facilitators

With these difficult times, One Circle Foundation wants to acknowledge you for the great work you continue to do with youth.

In an effort to make that a little easier for you, we are beginning to add Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and Boys Council sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We have begun adapting these activities so the youth can participate from the safety of their homes. These adaptations will be posted and made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access..

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include here an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described; however, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

Girls Circle or

Mother & Daughter Circle:

Opening Ritual
Theme Introduction
Check-In
Activity → ADAPTED
Sharing of Activity
Closing Ritual

The Council for Boys and Young Men:

Opening Ritual
Theme Introduction
Warm-Up
Check-in
Activity → ADAPTED
Reflection
Closing Ritual

We welcome your suggestions and feedback as well as learning of any adapted or original activities you are doing online with the youth you serve. In fact, we invite our community members to share these activities with one another in this forum as well.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

Adapted Activity 2 - Building & Deepening Trust

from **Mother - Daughter Circle** Activity Guide, Session 4

(Facilitator Note: This activity will require two facilitators as mothers and daughters will complete the same activity in Break Out Rooms. The mother and daughter will need two devices for the Break Out portions of this activity.)

Topic: Building & Deepening Trust

Deepen the understanding and trust between mothers and daughters.

Objectives:

- To identify the most important elements of trust in mother/daughter relationship.
- To develop awareness and compassion for childhood and adolescent experiences.
- To promote expression of genuine wisdom, guidance, and encouragement.
- To promote mother - daughter understanding and trust building.

Key Learning Points:

- To help mothers and girls identify positive ways to increase trust in their relationship.
- Developing a better understanding of each other's life experiences.
- Learning to develop an openness to guidance and wisdom from each other.

Prior to the Activity: Let the participants know they will need a piece of blank paper, a pen or pencil and that the activity requires that the mothers and daughters be in separate break out rooms. **If they are currently using the same laptop or phone to participate, ask if one can use a separate phone. Give the participants time to log on to a second laptop or phone.**

Procedure to Lead Activity:

1. Let the participants know we will be completing a writing activity today. Explain that for the first part of the activity, the mothers and daughters will be split into two separate break out rooms. The facilitators will each join one of the two break out rooms and lead the group in a guided visualization. Let participants know that this activity will take 20 minutes and that the mothers and daughters should be in different locations of their home during the activity.

Give the participants a few minutes to relocate. Once everyone is relocated let them know they will be joining a break out room with one of the facilitators for this activity.

2. Each facilitator will join a group and follow the instructions based on which break out room they are in.

Daughters Break Out Room

1. Tell the girls that you are going to lead them through a **guided visualization** where they think back to a time when they were a younger girl, before they knew they were growing up (i.e 9 or 10, or whatever is true for them). Say:
 - Now, I am going to lead you through a guided visualization where you think back to a time when you were a younger girl who had not yet started growing into an adolescent. This is an exercise that invites some memories of your girlhood.
 - We all have different experiences with our childhood. For some there were many good memories and a joyful time, while for others, this was not so good. Sometimes girls have survived being hurt by others.
 - This is a safe time here, and let's invite a spirit of safety. We can show each other respect and be caring toward all girls here as we go back in our minds a few years.
2. Ask the following questions in a calm, slow methodical way, pausing after each question to allow some time for visualization. Say:

- Sitting wherever you are comfortable, let's take a good, deep, slow breath in through our noses, fill up our bellies as if we have a balloon inside that is getting full, exhale very slowly through our mouths like we are blowing out through a straw.
- You can close your eyes if you want, or focus on a spot where it is comfortable.
- Think back when you were about 9 or 10 years old. I will ask you some questions and you can think quietly to yourself about your responses:
 - ❖ *What did you look like? What clothes did you wear? How did you wear your hair?*
 - ❖ *What were your interests and favorite things to do? Who were your friends?*
 - ❖ *How did you play?*
 - ❖ *What was your life like as a younger girl?*
 - ❖ *What type of mischief did you get into at that time?*
 - ❖ *What was your family life like?*
 - ❖ *What type of younger girl were you - quiet, friendly, lonely, noisy, full of imagination, sad, mad, a leader?*
 - ❖ *What was hard for you as a young girl?*
 - ❖ *Who did you look up to as a girl?*
 - ❖ *Who did you go to for comfort or reassurance?*
 - ❖ *How was your relationship with your mother during those years?*

3. Now, I would like to slowly bring you back to your space, and ask you to notice your body again and yourself as you are now, at your current age, and open your eyes when you are ready. *Pause* Now, keeping in this quiet reflective place and being mindful and sensitive to others' experiences, please take out your piece of paper and I invite you to write a letter to your younger girl self. Tell her anything that you would want her to know now. This can include anything such as guidance, advice, wisdom, encouragement, and thinking about the kind of teen that your younger self will grow to become, anything you would like to say to her now as an older girl. Take about five minutes.

Sharing in Small Group

After the girls have completed their letters, say:

- We've all had very different experiences as girls. Take a look at your own letter and choose two or three things that you would feel comfortable sharing with others in our group. You can read the whole letter or maybe share what the activity was like for you, remembering yourself as a younger girl. When you would like to share, raise your hand and I will call on you one at a time. After all the girls have had an opportunity to share ask the following questions:
- What do you think was the point of this activity?
- Do you think your experiences as a younger girl affects how you feel as teenagers today?
- How has your relationship with your mother changed since you were younger?

Thank the girls for sharing and let them know in a few minutes they will be returning to the large group with their mothers.

Mothers Break Out Room

1. Tell the moms that you are going to lead them through a **guided visualization** where they think back to a time when they were a teen. Say:

- Now, I am going to lead you through a guided visualization where you think back to a time when you were a teen. This is an exercise that invites some memories of adolescence.
- We all have different experiences with that time in our lives. For some there were many good recollections, while for others, this was a very difficult time. It may not be easy to look back.

- Some of us may be survivors ourselves. Please take care of yourselves today and during this exercise. Go at your own pace. Let us all be sensitive to one another and create safety for each other as we do not know what others have been through.
- In this spirit of respect and support I invite you to participate in the exercise.

2. Ask the following questions in a calm, slow methodical way Pausing after each question to allow some time for visualization. Say:

- Sitting wherever you are comfortable, let's take a good, deep, slow in-breath and exhale very slowly. Close your eyes if you feel comfortable.
- Think back when you were about 15 or 16 years old. I will ask you some questions and you can think quietly to yourself about your responses:
 - ❖ *What did you look like? What clothes did you wear?*
 - ❖ *What were your favorite songs or groups? Who were your friends?*
 - ❖ *What did you do for fun?*
 - ❖ *What was it like for you at that time in your life?*
 - ❖ *What type of trouble did you get into at that time?*
 - ❖ *What was your family life like?*
 - ❖ *What type of teenager were you - rebellious, quiet, a loner, part of a clique?*
 - ❖ *What was challenging for you as a teenager?*
 - ❖ *Who was a significant influence in your life at that time?*
 - ❖ *Was there an adult that you could talk to and confide in?*

3. Now, I would like to slowly bring you back to your space, and open your eyes when you are ready. *Pause*

Now, keeping in this quiet reflective place and being mindful and sensitive to others' experiences and keeping yourself muted, please take out your piece of paper and I invite you to write a letter to your teen self. Tell her anything that you would want her to know now. This can include anything such as guidance, advice,

wisdom, encouragement, anything you would like to say to her now as an adult. Take about five minutes.

Sharing in Small Group

After the mothers have completed their letters, say:

We've all had very different experiences as teenagers. Take a look at your own letter and choose two or three things that you would feel comfortable sharing with others in our group. You can read the whole letter or maybe share what the activity was like for you. Take a few minutes in your group to share with others in the group. (Unmute yourselves when sharing).

After all the mothers have had an opportunity to share ask the following questions:

- What do you think was the point of this activity?
- Do you think your own life experiences, as teenagers, impacts how we mother our own daughters today? were younger?

Thank the women for sharing and let them know in a few minutes they will be returning to the large group with their daughters.

Sharing in Large Group

1. Bring the two break out rooms together. Tell them:
 - We've been in separate groups, remembering when we were younger and what our experiences were like at that particular time. The letters of wisdom and encouragement you wrote to your younger self express some important understandings you have since developed. Now you will have a chance to speak closely with your mother or daughter here, exchanging some of these words of wisdom.

2. Let the group know that you as the facilitator will be muting their volume so they can have privacy when they share parts of their letters with each other. Let the group know that they will be able to hear the instructions but no one will be able to hear their conversations. Let the group know if they have questions while they are sharing with their mother or daughter they can privately write in the chat box to the facilitator.
3. Ask mothers and daughters to find a space where they can sit facing one another, so that their knees are close together.
 - When you begin to share parts of your letters please practice reflective listening skills and mothers will practice using affirmations.
 - Daughters, please prepare to read to your mothers any portion of the letter you wrote to your younger girls self.
 - Mothers, please use your best reflective listening skills. When your daughter shares what she has written, please listen, and then tell your daughter what you heard her express. For example : “ *You want your younger self to know that _____, is that what you mean?* ”
 - Daughters, go ahead and read to your mothers now.
 - Mothers go ahead and use your reflective listening skills.
 - Mothers, now, state an affirmation to your daughter. Remember an affirmation is telling your daughter something specific you see she is doing well, for example: “*I see you doing _____ more often lately; that means alot to me*”
 - Mothers, now read to your daughter the section you’ve chosen from your own Letter to Your Teen Self. You may also share any words of wisdom to her.
 - When you have each spoken, please thank each other for this talk. When everyone is finished I will unmute everyone.

Reflection Questions:

- What was that like?
- How did it feel to exchange writings?
- How was that to express those words to your daughters?
- Daughters, how was it to hear encouraging words?

- As women and young women, what is the value of giving and receiving these kinds of messages?
- Can these messages strengthen trust in your relationship ? If so how?

Application Question: As mother and daughter what is one thing that you both want to do this week, related to the messages you shared together?