

Smart Girls

Session 1

Welcome to SMART Girls; You're Super Awesome!

Hello to all of our amazing SMART Girls at the Boys and Girls Clubs of Greater Northwest Indiana. Today we are going to kick off a series of fun lessons and activities to ensure that all of us become leaders, not only inside the Club, but outside as well. We want you to know how Awesome each and every one of you are and that we miss seeing you at our Clubs. During these next few lessons, we will be talking about...

- RESPECT. We treat each other the way we'd like to be treated and understand that everyone is equally important.
- TRUST. Everyone in the group wants the best for each other. They can rely on one another to be honest, open, and accepting.
- CONFIDENTIALITY. SMART Girls sessions are a safe place to share, learn, and have fun. Therefore, every girl agrees to keep other girls' comments, questions, and concerns to herself.

What is Self-Esteem? Self-esteem is each girl's idea of herself: Self-esteem isn't based on what other people think of you – it comes from inside you! Sometimes, self-esteem is called self-worth or self-image. No matter what it's called, though, remember that you are a valuable person with something to bring to the world.

Let's watch these 2 videos then list on a piece of paper what makes you Awesome, Kind, and Respectful. Then make sure to share them with our parents, siblings, friends, or any trusted adult in your life.

Video 1:

<https://www.youtube.com/watch?v=OOLBhHeCegk&list=PLotzEBRQdc0eX6sErNJED9JuHzJ1vclu>

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[Kindness 101 with Steve Hartman: Honesty - YouTube](#)

Steve Hartman teaches an online lesson for kids about honesty.

www.youtube.com

Video 2:

<https://www.youtube.com/watch?v=M6H0w03GJrQ>

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Session 2

Your Friends, the Media, and You

Today we're going to talk about how the media affects us. Media means mass communication, which are things like the TV, the internet, books, movies, games, or any other news outlet. The media has a lot of influence on our lives. It influences our likes and dislikes, our self-esteem, appearance, body image, and behavior. It can be positive when it encourages us to eat healthy, maintain good relationships, get involved in social issues like climate change or preventing depression or suicide. It also has a negative side. It's negative when we see unrealistic messages like, "skinny is beautiful", it's cool or grownup to smoke or drink alcohol or to dislike certain groups of people.

Make a list of 5 of your favorite things. Do you like any of them because your friends like them? Did you see them on TV or on the internet? Did you choose any of them because popular kids had them?

Watch these 2 videos, discuss the media with your parents, siblings, or friends. Can you recognize the media's influence on you? Continue to write down 3 things that you're grateful for every day in your gratitude journal.

<https://youtu.be/7QWoP6jJG3k>

<https://youtu.be/ULweH40OqQE>

SMART Girls

Session 3

Keeping It Clean

Today we're going to learn about germs and cleanliness. How often should you wash your hands? How about washing your hair...taking a shower, brushing your teeth or cleaning your nails?

The Centers for Disease Control (the CDC) suggests that you wash your hands after you use the toilet, before you touch or eat food, after you touch animals and after you cough, sneeze or blow your nose. You should brush your teeth after you eat and before bed. Take a shower and wash your hair at least every day. Clean your nails daily and trim them once a week and wear clean clothes daily. By valuing your health and cleanliness you show everyone that you have self-respect.

Experiment...Germs hate soap

Supplies

You will need...A shallow bowl, water, pepper, and dish soap.

- 1.Fill bowl with about an inch of water
- 2.Sprinkle pepper on the surface of the water
- 3.Dip your finger in the dish soap
4. Put your finger in the center of the bowl
5. Watch the pepper scatter to the sides of the bowl

This is how germs react to soap.

Watch the video, teach your parents, siblings or friends how to properly wash their hands. Remember to write 3 things that you're grateful for in your journal everyday.

<https://youtu.be/LWmok9avzr4>

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Session 4

Eating Well, Staying Fit

What should you eat to keep healthy? The USDA created 5 food groups that are filled with nutrient-rich food to give your body the energy it needs to grow. These are the recommendations for girls 8-10 years of age:

Fruits-1 ½ cup per day

Vegetables- 1 ½ - 2 cups per day

Grains- 5 oz per day

Protein- 4 oz per day

Dairy- 3 cups per day

An example of a healthy balanced diet for the 8-10 year old age group consists of 5 portions of fruit and vegetables, starchy foods – potatoes, bread, pasta or rice, dairy or milk, and some protein – meat, fish, eggs, or beans

Write down what you ate yesterday, watch the video... did you eat from all 5 groups? Did you miss a group or eat more from one than others? What can you change in your diet to eat from all 5 groups? Discuss your findings with a parent or adult. Create a menu for the week including all 5 groups. Don't forget to add 3 things that you're grateful for in your journal everyday.

https://youtu.be/OMRX_G-rNaY

SMART Girls

Session 5

What's a Good Friend?

What is your idea of a good friend? What characteristics are important to you in a friend? What characteristics are important to you in a friend? Some qualities might include being trustworthy, talkative, smart, generous, loyal and fun. Is it important that a friend shares or takes turns, or that they keep their promises or have the same hobby as you? Are you being a good friend? Is there anything that you can do to be a good friend?

Friends shape your identity. They influence the person that you will one day become, and which path you'll take in the future. It's been said that you are the average of the 5 people that you spend the most time with...so choose wisely!!!!

Make a list of qualities you want in a friend. Who are your friends now? List their qualities.... Write how you can be a good friend to others. Watch the videos.... discuss them with your parents, siblings and friends. Ask them about their friendships. Remember to write 3 things that you're grateful for in your gratitude journal each day.

<https://youtu.be/lZkITuBp7pU>

https://youtu.be/e6fD_rYI9vA

SMART Girls

Session 6

What's With Bullies?

The definition of bullying is an intentional behavior that hurt, harms, or humiliates a person either emotionally or physically and can happen at school, in the community or online. The person being bullied may feel that he can't do anything to stop it. A bully can be a boy or a girl. He/She usually picks on a weaker or smaller person who may have fewer friends and won't stand up to him/her. A person may bully to get what he/she wants, to impress friends or because he/she was being bullied.

Experiment: Crumpled Paper

1. Take a piece of paper
2. Crumple it into a ball and say mean things to it
3. Throw it on the floor and stomp on it while continuing to say mean things to it
4. Pick up the paper and try to straighten it out
5. Apologize to the paper

Did you notice that the paper remained wrinkled even after you picked it up and tried to straighten it out and apologize to it? You cannot return the paper to its original shape. There will always be wrinkles on the paper that you can't fix, no matter how many times you apologize to it. That's what bullying does to a person. That person will never be the same. Take time to think about this experiment the next time you want to say something mean on the internet or when you exclude someone in your group or at parties, or when you repeat gossip. You're changing that person...and not in a good way.

Watch the video....discuss it with parents, adults, siblings and friends. Write in your gratitude journal.

<https://youtu.be/RtpPB3WL1eQ>



[Golden Rule School: Resilient](https://youtu.be/RtpPB3WL1eQ)

youtu.be

SMART Girls

Session 7

We Are Family

What is a family? Family can be defined as a group consisting of parents and children living in a household and all descendants of a common ancestor. It can also be defined as individuals related by blood, marriage, or adoption.

What is your definition of family? Is it your parents, grandparents, siblings, aunts, uncles, cousins? Could family be more? Think about the qualities that you wanted in a friend...can you apply it to family? Can friends be included in family? My favorite definition of family doesn't involve just biology, it includes people who support, have compassion, and who love and accept you unconditionally.

Make a list of everyone that you consider family. Why do you consider these people family? Make a family tree using everyone you listed.

Watch the videos- discuss it with your parents, siblings or friends. Discuss your family tree drawing and why you chose the people that you put on it. Don't forget to write 3 things you're grateful for in your journal each day.

https://youtu.be/g7uMi_SnvDQ

<https://youtu.be/1U135cDwuMw>

SMART Girls

Session 8

Looking Up

What makes a good role model? Should they be confident, moral, unafraid to be unique and able to relate to anyone? Do you think they should be respectful, optimistic, hardworking, accepting of others and selfless? Remember...this is a person that you look up to and want to be like. It could be a parent or relative, a celebrity, athlete, teacher, minister, neighbor...or anyone in your life?

Who is your role model? Who do you admire and want to be like? Are you someone's role model? Can you be one? What would it take? Make a list of who you admire and why. Write down ways that you can be a role model.

Watch the videos and discuss them with parents, adults, friends and siblings. Ask them who their role models are and why they chose them. Don't forget to write in your journal!

<https://youtu.be/JnNrxoxkg20>

<https://youtu.be/eyoYcOqfa1o>