

GIRL POWER ONLINE WORKSHOPS SERIES - FREE TO BE ME (IDENTITY, INDIVIDUALITY AND STRENGTHS)

TIME	ACTIVITY	POWERPOINT SLIDE	PROPS/WORKSHEET GIRLS NEED
Log in 10 minutes early to check your connection, mic etc is working ok		1	Something colourful to wave (optional)
5 mins	<ul style="list-style-type: none"> • Introduce yourself the workshop topic • Explain that everyone will be on mute unless you ask them something or they want to say something – in this case they can wave their hand or something colourful (practice doing this) • Show the girls your special item and explain why it is special to you. Ask each girls individually to introduce themselves, tell us how old they are and show/tell us about their special item 	2	Item that is special to you
5 mins	<p><u>Game: Have You Ever?</u> Ask these questions and ask a few girls about what they did and how it made them feel</p> <ul style="list-style-type: none"> • Surprised someone with something nice? • Helped someone with a job when you didn't have to? • Done something brave? • Given someone a compliment? • Received a compliment? 	3	
5 mins	<p><u>Brainstorm Ways We Are Different</u> Write list on the PowerPoint</p>	4	
10 mins	<p><u>Free To Be Booklets</u> Talk girls briefly through the Free To Be Me Booklet and then they draw themselves on the front doing something they enjoy doing (eg dancing, cooking, looking after animals). Then they complete the page 'Basic Facts/Favourites'. Discuss some of their answers.</p>	5	Worksheet: <i>Free To Be Me Online A521004</i>
10 mins	Brainstorm Strengths	6	

	Write list on the PowerPoint Give examples of your own strengths to get the brainstorm started Girls circle their own strengths (in booklet) Add more if they like!		
10 mins	<u>Strengths Tree</u> Explain how to complete the Strengths Tree and then girls complete <i>(if running out of time, girls can do this after the workshop – you want to make sure you have time for the ‘What If’ game as they love this!)</i>	7	Worksheet: <i>Strengths Tree A41006</i>
	<u>Introduce the Game – What if??</u> Explain how it works.	8	
10 mins	<u>Game: What If?</u> One at a time, girls choose a picture. Click on the picture – girls answer the question. Discuss and ask for other opinions/answers from others as feels appropriate.	9	
5 mins	<u>Activity to do at home – Gratitude Jar</u> Explain how to make on – if you have one – show the girls!	10	
	Ask the girls what they enjoyed or learnt today	11	
	Thank the girls for coming!	12	