

Girls Circle & The Council Resource List



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Friendship

8-Weeks Girls Ages 9-14

Groundbreaking guide that addresses exclusion, intolerance, and feuding. Confronts relational aggression and shores girls up with strong interpersonal skills; knocks down barriers to pride, confidence, and empathy. Themes include topics such as "Being Included, Being Left Out," & "Feuds, Followers, & Fairness." Increases caring and relational competence.

Week	Theme	Activity	Materials Required
1	A Friendly Place	Creating Group Guidelines, Making Poster, Choosing a Name	Poster paper, markers
2	Being My Own Friend First	"The Qualities I Possess" Activity	Paper (color & white), scissors, yarn, markers, pens, glue, copies of cut-out
3	Being Included, Being Left Out	Pair Sharing, Group Sharing	Paper, pens or markers
4	Same and Different	Questions Sheets, Drawings	Questions sheet handout and crayons
5	The Whole is Greater than All the Parts	Mini-group Posters and Whole Group Mural	Posters, mural paper, markers
6	Feuds, Followers, and Fairness	Role-Plays	Situation Sheet, white board or poster and markers
7	Our Qualities & Strengths	Chain of Strengths	Coloured index cards, markers, string, and hole-puncher
8	Appreciation Celebration	Flower Petals	Colourful construction paper, scissors, felt pens, treats, and evaluation forms



Being A Girl

8-Weeks Girls Ages 11-13

Introduces girls to the positive experience of a support circle addressing topics such as "Growing Up Female," "Growth and Self-Care," and "Female Role Models." Activities include collage, affirmations, and theme-related crafts. Great kit for middle-school girls new to support groups.

Week	Theme	Activity	Materials Required
1	What is Girl's Circle?	Discussions and Journaling <i>*Send notes home for t-shirts required in Week 5. See Week 5 for suggestions.</i>	Pens, journals, markers, book of quotes (or see quotes in Appendix)
2	Being A Girl	Journaling and Collage	Glue sticks, magazines, markers, scissors
3	Body Image and Goals for Healthy Living	Journal and Mobiles	Hangers, ribbons, cards cut in various shapes and sizes, markers
4	Role Models	Journaling and Card Making	Plain paper, markers and scissors
5	Creativity	Journaling & Decorating Tee Shirts	T-shirts, puff paints, fabric markers, and newspaper or brown bags
6	Relationships	Journaling & Decorating Picture Frames	Plastic Frames, puffy paints, masking tape, paper towels, Kleenex, dry decorated t-shirts from last session, camera and film
7	Growth and Self-Care	Journaling & Seed Planting	Sunflower seeds, spoons, watering container, newspaper, rubber bands
8	Girl's Circle Wrap-Up	Journaling, Review, Affirmations	Markers, big note cards



Body Image

8-Weeks Girls Ages 12 and up

Examines cultural messages and personal beliefs that influence body image. Themes emphasize raising awareness, recognizing body signals, and exploring underlying causes of poor body image. Topics cover physical awareness, health, and emotional balance through media exploration, imagery, art, personal story telling, and more. Excellent prevention program.

Week	Theme	Activity	Materials Required
1	Body Talk	Creating Group Guidelines, "Healthy Body Means... Beautiful Body Means...", Activity with Quick Writing and Discussion	A few sheets of yellow and pink coloured paper, pens or pencils, and scissors
2	Body Messages – Part 1	"Glossies" Magazine Images, Exploration and Reflection	Butcher or poster paper, markers or crayons, glue sticks, 8 1/2 x 11 drawing paper, several magazines
3	Body Messages – Part 2	"Pie of Influence"	Paper, pens or markers
4	My Body	Body Drawing	Easel paper, markers, masking tape
5	Body Wisdom	Relaxation and Feelings Identification Exercise	Tape/CD player, background music for relaxation, paper and crayons
6	Accepting and Nurturing Our Bodies	Affirmation Boxes	8x11 paper, small pieces of cut-up paper, pens, undecorated cardboard boxes, acrylic paints, paint brushes, paint palettes or trays, and containers for water
7	Body Expression	Clothing & Appearance, Questions and Discussion	Paper and pens
8	Whole Body/Whole Person	"Appreciation Certificates" and Ceremony	Light coloured paper, Strips of paper, pens, thin ribbon, essential oil, basket, garbage pail, Tape/CD player, music



Honouring Our Diversity

12-Weeks Girls Ages 12-18

Recognizes girls' varied cultural, ethnic, and racial backgrounds emphasizing positive identity and alliance building. Includes discussions and activities that cover topics such as "Stereotype Busting," "Beyond Fear," "Cultural Treasures," "Culture Clash," and includes a community advocacy exercise. Themes focus on appreciating diversity in girls lives by identifying biases, developing navigational tools in a multi-cultural society, and promoting understanding and respect within and between groups. Guide includes a girls' journal for weekly reflection.

Week	Theme	Activity	Materials Required
1	Beautiful Diversity	Icebreakers, Creating Circle Guidelines, Journal Decoration *Optional: obtain video for Week 3	Poster, markers, pens, folders, "Journal Packets" (provided), diverse photos of girls and women, Human Bingo Handout, decorative supplies such as markers, lace, stickers, pens, glue sticks, magazine cut-outs, glitter
2	Beyond Fear	Team Building Games, Journaling, Group Discussion, and Personal Stories	Blanket, journals, pens, whiteboard/marker or flipchart paper
3	Stereotype Busting	"Graffiti Wall," Journaling, Wild Garden Poster *Optional: Video	Mural paper, markers, pastels, journals, pens, energetic music, CD player, *Optional: Bridging Racial Divisions Video
4	Cultural Treasures	Treasure Tiles, Journaling	Colourful construction paper, plain paper, scissors, markers, glue sticks, stickers, paper, pen, journals, *Optional: plastic sheet covers or lamination
5	Heroines	Heroine "Autobiography," Stage Readings, Journaling	Journals, pens, ("Autobiography" sheets in journals)
6	Culture Clash	Physical Drama/Enactment, Medicine Wheels	2 ropes, soft area (rug, foam, pads, grass), journals, sharpie pens, pens, natural tone card stock paper (firm, not flimsy paper), red, black, yellow, white and purple markers, black or blue pens
7	Stress Stories	"Girls' News Hour," Connection Web Activity	Paper, pens, journals, markers, props for "TV set", multicolour ball of yarn

8	Sisters!	Magic Coin Trust Exercise, Discussion, Group Trust Fall, Journaling	Coins (any), instructions (provided), journals, pens
9	Local Action, Part 1	Yoga Postures, Group Decision Making	News articles, magazines, and print materials addressing current local issues relevant to girls
10	Local Action, Part 2	Letter-Writing Campaign, Journaling, *Reminder for girls to bring excerpt or item for week 11	Paper, pens, dictionary, envelopes, stamps, names/titles/addresses of local leaders or resource directory or phone book, snacks/candy
11	Soul of My Culture	Artistic Expression: Poetry, Dance, Music, Art, Journaling, Group Poem & Photo *Reminder: Food plan for Week 12	CD player, journals, pens, markers, pastels, blank paper, camera and film for group photo
12	Community	Meal and Music; Appreciations; Closing Circle; Journal Distribution	Ethnic foods/drinks, cups/plates/napkins, and utensils, CD player, journals, pens, group photo and group poem for each girl



Mind, Body, Spirit

12-Weeks Girls Ages 12-16

This excellent prevention program addresses alcohol, tobacco, and drug decision making as well as healthy sexuality, promoting abstinence and/or reduction to high-risk behaviors by exploring the realities of risk and the power of self-care. Helps girls examine and evaluate choices through affirmations, role-play, media influence, journal writing, videos and more. Addresses sexuality decision-making and definitions of "infatuation, desire, and love" through real teen stories, music messages, and personal standards activity. Outstanding prevention program that promotes critical thinking and is much enjoyed by girls!

Week	Theme	Activity	Materials Required
1	Inner Champion/Inner Critic	<i>"Champion vs. Critic"</i> Reflection Activity, Journal Writing, Dyads, Group Discussion, Self-Affirmations	Journals, pens or pencils, copies of icebreaker sheets ("I am more like..."), poster board
2	Alcohol, Drugs and the Mind/Body/Spirit Balance- Part I	Print Media posters, Journal Writing, Self-Affirmations	Magazines, poster board, glue sticks, pens/markers, journals
3	Alcohol, Drugs and the Mind/Body/Spirit Balance- Part II	"Life" mobiles, Role-play, Journal Writing, Self-Affirmations	Popsicle sticks, hangers, journals, string/ribbon, pens/markers, role-play scenario cards
4	Alcohol, Drugs and the Mind/Body/Spirit Balance- Part III	Analyzing Video Clips, Journal Writing, Self-Affirmations	Pens/markers, selected video clips (e.g. <i>Grease, Pay-it Forward, Sweet November, The Wedding Planner, What Women Want etc.</i>) and VCR, journals
5	What is Love? Understanding Sex, Love and the Mind/Body/Spirit Balance- Part I	"Infatuation/Desire/Love" Definitions Activity, Teen Story (e.g. <i>"Friends first, some teens take their time for romance"</i>) and Discussion, Self-Affirmations	Copies of teen story, dictionary definitions, poster board, pens/pencils, journals
6	What is Love? Understanding Sex, Love and the Mind/Body/Spirit Balance- Part II	Analyzing Music Messages, Journal Writing and Self-Affirmations	Definition posters from last group, Interview sheets from girls, music clips (e.g. <i>"Justify My Love"- Madonna,</i>

			<p><i>“Jeannie in a Bottle”- Christina Aguilera,</i> <i>“Don’t say you Love Me”- M2M,</i> <i>“Bottylicious”- Destiny’s Child,</i> <i>“You Are My Friend”- Ledesi, etc.)</i> CD player, pens/journals</p>
7	<p>What is Love? Understanding Sex, Love and the Mind/Body/Spirit Balance- Part III</p>	<p>“Interview Stories” Dyad Sharing, Teen Story (e.g. <i>“First Time: Any Regrets”</i>) and Discussion, Self-Affirmations</p>	<p>Copies of teen story, pens/pencils and journals</p>
8	<p>Knowing What I Want! Understanding Sex, Love and the Mind/Body/Spirit Balance- Part IV</p>	<p>Dyads, Personal Standards Cards Activity</p>	<p>Large colourful index cards, large piece of butcher paper with “Personal Standards” questions written on it, pens, stickers</p>
9	<p>Standing For What I Want! Understanding the Alcohol, Drugs and Sex Connection</p>	<p>Teen story (e.g. <i>“Staying Straight, Plenty of Teens Do Without Drugs and Drinking”</i> and <i>“Feel Like You’re the Last American Virgin? - You’re Not!”</i>) and Discussion, Role-Play, Self-Affirmations</p>	<p>Copies of teen story, role-play situations, pens or pencils, journals, camera</p>
10	<p>Mind/Body Spirit Harmony</p>	<p>Breath Work Meditation, Self-Affirmations</p>	<p>Music and CD player, pens/pencils and journals</p>
11	<p>Affirming My Whole Self</p>	<p>Life Affirmation Poster</p>	<p>Poster board, stickers, pens, glitter etc., developed individual pictures from Week 9, music and CD player</p>
12	<p>Celebrating My Whole Self</p>	<p>Affirmation Frames, Closing Ceremony</p>	<p>Developed group pictures from week 9, simple cardboard frames, special pens, stickers, glitter etc., closing song and CD player</p>



Expressing My Individuality

8-Weeks Girls Ages 11-15

Explores topics such as celebrating individuality, diversity, getting along with others, and addresses goals, conflict styles, feeling good about ourselves, and taking time to relax. Activities include values exploration, "How Others See Me," making dream catchers, potting a plant to symbolize personal growth, and finally culminates with a girls' compliment circle. A variety of topics and activities for middle and high school girls!

Week	Theme	Activity	Materials Required
1	Celebrating My Individuality	Creating Circle Guidelines, Decorating Journals, and Discussion	8x11 wire-bound notebooks, glitter, magazines, markers, paint, brushes, disposable cups of water, scissors, glue stick
2	Celebrating Diversity	Human Bingo, "How Others See Me" Activity, Discussion and Wall of Stereotypes	Journals, Human Bingo sheets, lunch sized paper bags, crayons, 10 small strips of paper for each girl, large roll of butcher paper and markers, reminder notes
3	What's Important to Me?	Sharing Something Special, "Things that are Important to Me" Collage, Values Activity and Discussion	Journals, special object from home, poster board, old magazines, markers, crayons, glue, scissors, and glitter
4	Taking Time to Relax	Decorating Candles, Guided Relaxation and Discussion	Votive candles, clear glass votive holders, glass paint, brushes, disposable cups with water, glitter, glue, glass or plastic gems, incense, relaxing music, extra candles
5	Exploring My Goals and Dreams	Discussion and Making Dream Catchers	Journals, 8" hoop, leather lace, chonchos, sinew, feathers, plastic pipe beads, other plastic beads, hot glue, glue gun
6	Getting Along With Others	Cooperative Snacking, Discussion, and Conflict Styles Quiz	Graham crackers, peanut butter, oranges, carrots, cups, napkins, 3 table knives, carrot peeler, Kool-Aid powder (unsweetened), sugar, water, measuring cup, strips of old rags/towels, pencils, conflict styles quizzes

7	Feeling Good About Myself	Intention Box, Discussion, and Affirmation Key Chain	Strips of paper, pencils, undecorated cardboard boxes, paints, paint brushes, disposable cups with water, box of Angel Cards or other affirmation-type small cards, hole punch, key rings
8	Celebrating My Personal Growth	Decorating Flowerpots, Discussion, Potting a Plant and Compliment Circle	Clay flowerpots, acrylic paints, paint brushes, sponges, disposable cups with water, newspaper, plants, extra soil
	Appendix – Optional Activity	Communication Exercise	Handout (provided)



Relationships with Peers

10-Weeks Girls Ages 13-18

Enhances girls' awareness of their relationships with themselves and others. Themes include "Expressing Myself," "Accepting Different Parts of Myself," "Giving Voice to Feelings," Romantic Relationships, "Girlfights or Girlfriends" and are complimented by activities such as journaling, role-play, sculpting, and more. Highly engaging for teen girls.

Week	Theme	Activity	Materials Required
1	Connecting with Each Other	Creating Group Guidelines, Commonalities Bead Game	Poster and markers for Group Guidelines, assortment of colourful beads, journal for each girl, plastic baggies for beads
2	"Labels" – Exploring New Perspectives	Vision Quest Improvisational Game	Vision Quest Scenarios Handout (provided), used or toy plastic eyeglasses, brown paper bag, masking tape and markers.
3	Expressing Myself	Poetry Reading, Guided Visualization, and Poetry Writing	Tape player, relaxation music, coloured and regular pencils, paper, journals, and copies of "Just Because" poem by Esther Kamkar (provided)
4	Accepting All Different Parts of Myself	Quick Writing, Group Poster, Sculpting Bowls of Compassion	Journals, poster paper, "Sharpie" markers, mailing labels (one sheet for each girl), coloured "Skulpey" sculpting clay, pencils
5	Cultivating Respect	Tea Ceremony	Individual tea cups (to take home), large thermal canister to hold tea, herbal tea, cookies flower vase, flowers, small bowl, paper, small gong or resonant clapping blocks, flip chart paper or large poster paper
6	Giving Voice to Feelings – Part I	Journaling, Feelings Identification Exercise, "What are Feelings?" Activity	Journals, pens, Feelings Identification Chart (provided)

7	Giving Voice to Feelings – Part II	Using “I Statements” Activity, Role-play	Journals, pens, “Feelings Identification Chart and Using “I” Statements Handouts (both provided), small paper bag
8	Romantic Relationships – What Is It Worth to You?	Identifying Relationship Values, Myth Busting, Healthy/Unhealthy Relationships Checklist, Looking at Past Relationships	Three small cardboard signs, flip chart paper, markers, “Looking at Past Relationships” Worksheet (provided)
9	Girlfights or Girlfriends?	“Talk Show” Dramatization (i.e. Oprah Winfrey) and Journaling	Journals, questions for talk show dramatization, fake microphone, flipchart paper *Optional: Video camera and tripod for “live” recording
10	Wholeness and Completion	Journaling and Mandala Making	Pre-cut 8" or 12" diameter paper circle for each girl with a few extras as needed, good coloured pencils or pastels (not markers), one large pre-cut poster board circle, scotch tape, camera, CD player, relaxation music, examples of mandala drawings and “Rules for Being Human” handouts (both provided)



Who Am I

8 Weeks Girls Ages 14-18

Works with girls to examine identity, assertiveness skills, and goal setting through role-play, mandala-making, relationship to music, and more. Themes include "Journaling and Self-Disclosure," "Song About Me-Who I Am," "Personal Growth/Assertiveness," and "Life Goals/Personal Goals." Very well received by high school girls.

Week	Theme	Activity	Materials Required
1	Building Trust/Group Bonding	Sharing Trios	None
2	Journaling and Self-Disclosure	Making Journals	Poster board, glue sticks, glue board, tissue paper, magazines, 3-hole punch, paper, ruler, pencils, 2" brass fasteners, other decorations for covers
3	Song About Me/Who I Am	Sharing Songs and Journaling	Journals and pens; CD/cassette player
4	Friendships/How I Relate	Sharing & Sculpting Activity	Easel paper (optional)
5	Personal Growth/Assertiveness	Drama/ Role Play <i>*Remind girls to select and bring a piece of music for Week 6.</i>	Journals, pens, Characteristic Signs, Characteristics worksheet
6	Life Goals/Personal Goals	Life Goals Activity	Easel paper, markers, masking tape, pencils
7	Where I've Been & Where I'm Going	Guided Meditation and Creating Mandalas	Paper, coloured markers or paints, or pastels, journals
8	Appreciation/Compliment Circle	Appreciation Certificates	Heavy paper, ribbon, pens/markers



Paths to the Future

12-Weeks Girls Ages 11-18

A skills-building support circle for use with at-risk or court- involved girls. Examines thoughts, beliefs, and actions about friendships, trust, authority figures, mother/daughter relationships, sexuality, dating violence, HIV, drug abuse, stress and goal-setting. Opens up girls to important exploration regarding their choices and behaviors and examines ways to promote self-care and healthy decision-making through lively, prepared discussions and activities. Creative activities include assertiveness role-plays, collage, progressive relaxation, writing, creating "Lifemaps" and more.

Week	Theme	Activity	Materials Required
1	Friendships and Bonding	Creating Group Guidelines Poster and Dyad Interviews	Poster paper or flipchart paper, markers, and pens
2	Communication Skills and Dealing with Authority Figures	Continuum of Behaviors, Role-Plays, and Discussion	Pens, Characteristic Signs, Characteristics worksheet (provided), plastic hamburger set (available at toy stores)
3	Mother/Daughter Relationships	Collage, Group Discussion and Letter Writing	Poster board or large paper, magazines for cut-outs, markers or pastels, glue sticks and scissors, paper, pens
4	Being the “Queen of Your Own Body” – Sexuality	Writing Exercise, Discussions and Role-Play	Paper, pens, poem (provided)
5	Dating Violence/Abusive Relationships	Discussion and Journal Writing	Paper, pens, Teen Dating Statistics, Cycle of Violence chart, “Examples of Emotional, Physical, and Sexual Abuse” and “Reasons Guys Say They Abuse Their Girlfriends” Handouts (all provided at end of unit)
6	HIV Prevention – Staying Safe, Staying HIV-Free	HIV Transmission Game, Discussion and Tug-of-War Game or Tug-of-War Poster	HIV Transmission Game (must get activity from website provided), large poster paper, paper, pencils, markers, long rope (optional)

7	Teen Drug Use and Abuse	Group Discussion and Life Maps	Pastels, markers, pencils, large individual sheets of drawing paper (approximately 18" x 24")
8	Body Image	Discussion, Magazine Collage, and Characteristics List	Poem, (provided), magazines, poster board, markers, glue, scissors, Characteristics List (provided), blank paper, pens *Optional: CD player, Video
9	Stress and Stress Management	Discussion, "Symphony of Stress" Role-Play Improvisation, Breathing Relaxation Exercise and/or Progressive Relaxation Exercise, and Coping Cards	Slips of paper – a few for each girl, pencils or pens, small bowl or paper bag for strips of paper, music for relaxation exercises, index cards, coloured pens
10	Goal Setting – Part One	Discussion and Path/Bridge Activity	Large paper (at least 18" X 24") coloured pencils, pastels, watercolours, paint brushes
11	Goal Setting – Part Two/ Action Plan for Support	Climbing the Mountain Activity, Circle of Support	Large paper (18"x 24"), pencils and/or pens, crayons or markers or pastels, plain paper (11" x 24")
12	Wrap up and Closure/Appreciation Ceremony	Sharing of Circle Experiences, Frame Making to include group picture or poem, Decorating Bookmarks, Appreciation Ceremony	Frames for each girl (to hold 4" x 6" photos or poem), Copies of 4" x 6" group photographs, OR (<i>if photographs are not allowed</i>), copies of a poem, coloured plastic "gems" or glass beads, or other small, decorative items to glue onto their frames for decoration, art glue, manila file folders, large, blank bookmarks, stickers, coloured pencils



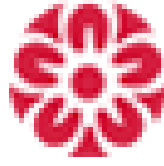
Wise & Well

8-Weeks Girls Ages 12-18

Addresses 21st Century challenges such as cyberbullying, social networking, binge drinking, marijuana use, the stigma of mental health and more. In this guide, girls and facilitators walk through the myriad of common 21st Century risks with discussions and activities that inspire eyes wide open, minds sharp and aware, and hearts willing to step up to leadership for their own health and safety.

Week	Theme	Activity	Materials Required
1	Creating Safety in Circle and Cyberspace	Create Group Guidelines, “Sexting Facts” Icebreaker, True Stories from Cyberspace	Poster board or flipchart paper, set of markers, pens, 2 envelopes, small basket, Sex and Tech Puzzle Icebreaker, TRUE STORIES, Parry Aftab’s 5 Tips for Teens About Sexting (all provided)
2	Agents of Change in Cyberspace	Break the Chain, Discussion, Mentor Your Little Sisters or Brothers	Flipchart paper and plain paper, markers and pens, Optional: A flip video camera or cell phone with video recording capability
3	Binge Drinking and Being in Charge	Who Really Scores? Discussion on Parties and Binge Drinking, Storyboarding: I’m in Charge	The Effects of Alcohol Handout (provided), 25 pieces of regular blank 8x11 paper, round waste basket, Sample Storyboard Diagram (provided), stronger stock 8x11 paper, paint, paint brushes, magazines, scissors, glue, stickers, markers
4	Coping through Hard Times	Discussion, Who Copes How? Each One Teach One Activity, Discussion and Reflection on Things I Want to Keep	3 paper bags or 3 small bowls, 5 blank index cards, glue and glitter, small canvas blocks, paints, small assort remnants of fabric, scissors, coloured glass stones, flipchart paper, laminating machine or laminator sheets, Coping Styles Cards and Self-Care Cards (both provided)

5	Marijuana and What I Want – Part 1	Discussion with Movements, Facts and Myths, Creative Activity – Path Toward My Goal	11x17 paper, coloured pencils or pastels, “Path to My Goal” sample with symbols, inspirational music, pens, note paper or journals
6	Marijuana and What I Want – Part 2	Discussion, Affirming Intentions Energizer, Exploration Wheel	“Path to My Goal” drawings from last week’s activity, journals, flipchart or mural paper, journals or coloured paper, pens, scissors, plenty of markers, ball of yarn or string, masking tape, inspiration background music on CD or iPod with speakers
7	Girls and Mental Health	Discussion, Envisioning My Healthy Life Drawing, Bust the Stigma Message Making	White board or flipchart, markers and pastels, 11x17 sheets of paper, paper plates for outlining circles, Mental Health Fact Sheet, Local Resources, National Mental Health Resources hadouts (all provided), CD or MP3 player, relaxing/uplifting music
8	Celebration Appreciations and Closing	Appreciations, Closing Ceremony, Guided Visualization and Mandala Painting, Discussion, The Queen’s Chair Closing Ceremony	Relaxing instrumental music, Mandala Image (provided), copier that can enlarge Mandala image onto 11x17 paper (approximately), large card stock paper or poster board, glue, assorted paints (including gold and silver if possible), paintbrushes, small cups for water, large coloured ribbon, coloured markers, masking tape, *Optional: food and drink to share after group



My Family, My Self

8-Weeks Girls Ages 12-18

This essential guide gets at the critical importance of girls’ development within the context of their family relationships and offers girls the opportunity to safely and respectfully acknowledge and explore the many gifts and challenges of growing up within the family unit. Girls are invited to share the influence of their families and cultural values on their own social-emotional development, and build skills to strengthen their confidence in relationships with relatives and peers.

Week	Theme	Activity	Materials Required
1	Introducing My Story	Icebreaker, Creating Circle Agreements, Writing and Discussion	“Sentence Completion” Icebreaker, clipboard or hard surface for writing, pens or pencils, flipchart paper, flipchart markers, journals
2	Where I Come From	Journal Decorating, Creating Family Genograms, Discussion and Journaling	Journals, magazines, scissors, glue sticks, stickers and/or glitter, markers, pens and pencils, Family Genogram Sample, Genogram Key handout, flipchart paper, flipchart, Letter to Parent/Guardian
3	Cultural Values and Who I Am	My Cultural Values – Sharing Food/Personal Items; Venn Diagram – Who I Am in the World	Venn Diagram – Who I Am Worksheet (provided), markers and pens, plates, napkins, cups for sharing food and beverages, water or other beverage to compliment meal
4	Coping with Stress	Discussion, Stress Popper, Relaxation Cards, “See, Feel, Hear” Relaxation Tool and Journaling	Journals, balloons, thick-tipped permanent markers, 8x11 sheet of paper, 5”x7’ index cards, hole punch, scissors, ribbon, stickers, markers, pens and pencils, soothing instrumental music, flipchart paper and markers

5	Setting Boundaries and Staying Safe	Discussion, Practice with “I Statements”, Defining My Rights and Banner of Rights Activity	Permanent markers, watercolours, pain brushers, small cups with water, paper towels, large cardstock, paper or poster board for Banner of Rights activity, glue sticks, Power and Control Wheel, I Statement Template and Defining My Rights handouts (all provided)
6	Substance Abuse and Family Roles	Discussion, Family Roles, Poetry Reading and Writing, Teen Brain Development	Journals, pens, Family Roles, Poem on Family Secrets, Alcohol and the Brain , Blood Alcohol Chart handouts (all provided)
7	Goals for the Future	Journals, Fork in the Road Activity	Journals, 11x14 or large pieces of white paper, assorted coloured markers or assorted pastels, magazines, scissors, glue, pens, flipchart
8	Celebrating Our Journey	Discussion, Decorating Bookmarks, Journaling, Inspiration Cards, Goodbyes and Closing	Light-coloured cardstock paper to make bookmarks, hole punch, ribbon, decorative stickers, thin-tipped markers, pens and pencils, soothing music, MP3 or CD player, journals, Inspiration Cards (provided), cardstock paper flipchart, markers, snacks and drinks, plates, napkins, cups, and utensils, small basket to hold inspiration cards *Optional: Lamination machine/sheets for inspiration cards



Mother-Daughter Circle: Heart of the Matter

8-Weeks Mothers of All Ages with Daughters Ages 11-18

Mothers or Female Caregivers and their daughters join together in combined and age-appropriate groups to strengthen their bonds through shared listening, creative expression, and skill building. "Heart of the Matter" promotes empathy, communication skills, stress reduction, setting limits and honouring boundaries, exploring meanings and messages about female identity, identifying relationship accountability, and experiencing affirmation together and within their broader female community. Co-facilitation recommended.

Week	Theme	Activity	Materials Required
1	Building Safety	Mothers/Daughters: Where Do You Stand?; Storytelling; Visions of Hope Exchange	Flip chart paper, journals and pens, Connection Cards for closing ritual, small decorative bowl or basket
2	Healthy Communication	Facilitator Skits of Common Mother-Daughter Patterns; Mother/Daughter Circle Listening Activity; Discussion and Application of Strengths-Based Approaches	Healthy Communication handout (provided)
3	Communicating Under Stress	Role-Plays: Conflict Skits using empathic communication and strengths-based approaches; Designing a "Healthy Communication" Vision Board	Bell for icebreaker, Emotions Chart, Healthy Communication from Week 2), and Communication Cards (all provided) large index cards, poster board (one for ever mother/daughter pair), magazines, pastels and/or markers, glitter, glue, glue sticks, flip chart paper and markers, coloured glass stones or beads, small bowls for glass stones
4	Building and Deepening Trust	Trust Exercise with Discussion; Writing and Pair Share: Letter to Teen Self (Mothers); Letter to Younger Girls Self	Blank paper and pens for each participants, soft music for guided visualization (Recommended: Enya's <i>Memory of Trees</i>), flip chart and markers

5	Setting Expectations and Meeting Needs	Creating Do's and Don'ts List; Yoga Balancing Posture; 5 S.T.E.P.S. Presentation, Demonstration and Role-Plays	Flipchart paper, markers, paper bag, scissors, The 5 S.T.E.P.S. handouts, The 5 S.T.E.P.S. card size cut-outs for each parent, role-play scenarios pages copied and cut out into separate scenes
6	Road Trip to Relationships: Mapping Out Agreements	Life Maps – Focusing on Connection	Butcher paper (2.5”X3.5” approx.) or flip chart size paper, scissors, wide and thin markers, pens, pencils, glue or glue sticks, tooth picks, fabric scraps, glitter, CD player/iPod/CDs for instrumental background, music during creative activity
7	Forecast: Success!	"Talk Show: Mothers and Daughters Tell the Real Story"; Mother/Daughter "Recipes for Success"	Fake microphone, flipchart paper, 8x10 card stock paper, markers, glitter or glitter glue, fun stickers and other decorative items, 8x10 picture frames
8	Mother/Daughter Appreciation Ceremony	Circle of Recognition; Group Appreciation Ceremony	Flip chart, marker, coloured or card stock paper for copying, 1 special pen (such as silver or gold) for the Circle of Recognition cards, regular pens – one for each group member



Growing Healthy, Going Strong

10-Weeks Boys Ages 9-14

Boys will have fun identifying social-emotional messages, experiences, attitudes, and smart options for growing up male in our culture. Competition, bullying, recognizing and expressing emotions, male and female role expectations, self confidence, and teamwork are highlighted through games and team challenges. Boys develop vocabulary and skills to expect and enact fairness, healthy competition, and respect for self and others.

Week	Theme	Activity	Materials Required
1	Creating Our Council	Photo Finish Teambuilding Challenge	White board or flipchart, markers, items to be used in opening/closing rituals such as a chime or drum, lunch size paper bags, coloured pens
2	Getting Connected	Guess Who?	Extra brown bags, magazine pictures and images, glue sticks, scissors, large table, index cards, pens
3	Healthy Competition – Part I	Race to Win	White board or flipchart, markers, pens, legal size paper, *Optional: small prizes (i.e. m&m's)
4	Healthy Competition – Part II	Play Hard, Play Safe, Play Fair, Have Fun	White board or flip chart, markers, pens, paper
5	Bullying	The “After School Bully” Role-play & “Stop the Bullying” Role-play	One backpack, one five dollar bill
6	What’s Your Choice? Boys and Their Emotions – Part I	“Catch the Message” – an Active Listening Exercise	Large Blow Up or Hand Copy of “Feeling Chart”, multiple squishy balls
7	What’s Your Choice? Boys and Their Emotions – Part II	“Growing Edges” – Self-Disclosure through Physical Activity	Long rope(s) or roll of masking tape, a large unobstructed area.
8	Boys’ Unspoken Rules	“The Real Guy Game Show” and Discussion	White board or flipchart and markers, pens, paper, one bag of M&M’s, stop watch

9	Male & Female: Roles and Expectations	Baby Dolls and Discussion	White board or flipchart, markers, 2 identical baby dolls wearing an identical diaper (one with a pink blanket, the other with a blue blanket or clothing), pipe cleaners
10	Staying Connected	Celebrating My Whole Self & Building Council Connections	Large sheet of paper for every participant cut out pictures, scissors, magazines, coloured paper, coloured markers, glue, and other items for decorating, flat stones, quick drying permanent paint, paint brushes, drop cloth or newspaper



Standing Together: A Journey into Respect

10-Weeks Boys Ages 9-14

This guide provides engaging ways to address common themes which pre-teens and early adolescents encounter, including breaking down social-cultural barriers, motives and actions around put-downs, knowing their personal rights, defining assumptions about male power, respecting others' physical boundaries, understanding and using the energy of strong emotions, and standing up for each other in community.

Week	Theme	Activity	Materials Required
1	Creating Our Council	Developing an opening and Closing Ritual, Stranded on an Island	Items to be used in opening/closing rituals such as a chime or drum, copies of The Council Format Handout, flipchart, markers
2	Similar and Different	Are we More Alike or Different? & If I Were a ...	Masking tape or a rope, soft nerf type balls or bean bags *Optional: paper and pens
3	Put Downs – Part I	Dude! A Quick Drama and Team Building Game; Put Down & Build Up Role-plays; Optional Film: Tête à Tête à Tête	White board or flipchart, markers, pens, papers *Optional: a flip video camera or other video camera
4	Put Downs – Part I	Keeping Each Other Afloat & Balloon Bash	Lots of deflated balloons, permanent markers, poster board & markers.
5	Space Invaders	Physical Boundaries	A large unobstructed space for the activity
6	Boys' Rights	My Boundaries & Charter to Protect and Respect Boundaries	A backpack with items typical to the age group (wallet with \$1, ear phones, a folded note, bag of chips or snack), flip chart paper, markers
7	E-motions – Part I	Who's Feeling is that Anyway? & My Most Common Emotions	Pens or pencils, white board or flipchart, markers, drawing paper and art supplies (oil or chalk pastels, coloured pencils or markers)

8	E-motions – Part I	Storytelling and Role-playing feelings	“Contrasting Feelings” Cutout, paper, pens, pencils, “Feeling Situations” and “Feeling Words” handouts
9	Boys & Power	Aces and Deuces	A deck of playing cards
10	Community & Recognition	Group acknowledgment books	1/2 sheets of paper, pens, coloured markers, and staplers. *Optional: program feedback forms



Living a Legacy: A Rite of Passage

10-Weeks Boys Ages 13-18

Young men gain skills and knowledge to navigate growing up male in today's society through the introduction of topics and experiential activities that address a myriad of relevant challenges - safely, powerfully, and within a spirit of "council" connection. Boys will explore: relationships, conflict resolution, education, leadership, community service, diversity, mass media messages, personal values, integrity, and future goals.

Week	Theme	Activity	Materials Required
1	Creating Our Council	Name Scramble, Hopes and Fears, Council Guidelines, Boys to Men	Council Format handout, talking pieces, flipchart paper, markers, index cards, pens/pencils
2	Connecting Our Council	Personal Timelines, The Maze	Masking tape, flip chart or butcher/construction paper, markers, the maze directions and key
3	Strength Through Diversity	Culture Grams, Stand Up-Sit Down Discrimination Exercise, Just Because Poems (optional)	White butcher paper (4ft. x 8ft.), markers, white paper (8.5in x 11in)
4	Mentors, Role Models and Heroes	Web of influence, Personal Web of Influence	Ball of yarn, flip chart or construction paper, markers
5	Unlocking the Code	Boys Boxed In	Masking tape, flip chart paper, easel, markers
6	Health Relationships	Hot Shots, Relationship Reflections	Paper (8.5in x 11in), basketball hoop (or box, bowl, or waste can that can be used as one) Relationships Reflections Handout, pens/pencils
7	Who's the Man? Boys and the Media	Star of the Show, Real Men Collage	Paper copies of the Star of the Show activity, pens/pencils, boys/mens magazines, scissors, glue, poster boards
8	Conflict Resolution: Squash it Before It Starts	Squash it before it Starts – Joe's Story	Copies of Joe's Story, markers, flip chart or butcher paper

9	No One Walks Alone	Leadership Quote Reflection, Dear “Little Brother” Letter	Paper copies of Dear “Little Brother” Letter, pens/pencils, *Optional: envelopes, stamps, telephone book and/or school address book
10	Living and Leaving a Legacy	The Council Unit Reflections, Personal Eulogy	Markers, construction paper (various colors), sample Personal Eulogy, *Optional: Certificates of Participation, food for celebration



Journey of the Great Warrior: Empowering Minority & Disenfranchised Youth

18-Sessions Boys Ages 13-18

Using the symbol of the Medicine Wheel of the indigenous people of the Americas and the metaphor of the journey of a great warrior, this guide takes young men further into a holistic process of growth and transformation that includes four areas of human development: emotional/spiritual, psychological, social, and intellectual.

Week	Theme	Activity	Materials Required
1	Renewing Our Council	“The Medicine Wheel Interview”	Pencils, flip chart, pad of paper, markers, medium size hand balls, a timer or watch, dry leaves, stones, pine cones, sticks, or other small objects from nature, a “rattler” or shaking instrument
2	The Home Base	The Magic Box: Looking into our Home Base, Making the Council our Temporary Home Base	Shoe box or cardboard box of similar size, blank index cards, markers, coloured pencils or pastels, a blindfold, flip chart, marker
3	The Home Base (N)	The Earth Community as our Home Base	Talking piece, a blindfold, two tennis balls and a smaller ball
4	The Warrior’s Initiation, Power & Survival	The Story of the “Great Warrior” with self-charting and pair sharing, The Introduction Ceremony	Talking piece, 1 set of the following coloured markers per each member: red, orange, blue, green, purple, gray, a high platform or stepping stool large enough to stand on, noise makers, flip chart paper
5	Initiation, Power, & Survival (N)	Solving the Secret Clues	Talking piece, four objects from nature (such as a pinecone, stone, feather or stick), a small branch, index cards, pencils, scotch tape, small strips of paper

6	Unveiling the Dark Side	Brief Discussion, Trapped Inside the Dungeon, Untangling the Knot	Talking piece, flip chart paper, black marker, paper, scotch tape, yarn, seven chairs, blind fold, hat or container, pieces of cloth or rags , index cards and pencils
7	Unveiling the Dark Side (N)	A Monument to the Light	Talking piece, camera, large paper bag, whistle or bell, two medium size balls of different colors
8	The Journey of Return	The Personal Inventory, Journey of Return Activity	Talking piece, flipchart paper, the members' timelines from Session 4, letter size white paper, pencils, 10 chairs, yoga/gym mat, cushion, a large white sheet, four poles with bases or standing objects to hold the sheet over the mat creating a type of cave (such as 4 chairs), folder for storing group members' work
9	The Journey of Return	The Nature Guide	Talking piece, blindfolds, white paper, pencils
10	Transformation of the Home Base	Transformation Cards, The Trust Circle	Talking piece, flip chart, index cards, pencils/pens, small zip-lock bags , masking tape
11	Transformation of the Home Base (N)	Gifts of Nature Walk, Planning an Ecological Project	Talking piece, 100 feet or more of yarn, baskets, bowls, variety of fruits (grapes, cherries, strawberries, and pineapple), blindfold, additional items that can be gathered at the setting (such as pine cones, sticks, leaves, grasses, branches, feathers)
12	Awakening to a New Power	Vision Chart, The Rise of the Great Warrior	Talking piece, index cards, pens or pencils, paper, flip chart paper for drawing (coloured pastels or markers, four steady platforms each of a successively higher level or alternatively one stepping stool with at least four levels, MP3 or CD player, instrumental music

13	Awakening to a New Power (N)	Crossing the Bridge, Planning an Ecological Project	Talking piece, bandanas or rope
14	Connecting with the Inner Self	Hardware-Software, Seeking Inner Balance	Talking piece, butcher/construction paper, color markers, pencils, pens, note pad, hat or small container, flip chart
15	Connecting with the Inner Self (N)	The Voice of Nature, Planning an Ecological Project	Talking piece, color markers, color pencils, pens, notebooks, whistle or bell
16	Connecting with all of Life	Brief Discussion: Causes of Oppression, Role Plays – Interaction Styles	Talking piece, a dictionary, pens, note pad, hat or small container, paper, index cards,
17	Connecting with all of Life (N)	Helping Mother Nature Recover	Talking piece, hat or container, other materials appropriate to the chosen activism activity
18	The Endless New Journey	The New Beginning, The Council as a Unified Force	Talking piece, a rattler, flipchart paper, markers, dry leaves, stones, pine cones, sticks, a rope approximately 8' in length, pieces of cloth or rags