

Lilly the Lash

Girl Scout Patch Program - Option 1

"Framing My World"

Age Level:

Juniors

Group Size:

1 to 30

Materials:

The Garden Gathering book by Julie Woik

One Week Self-Esteem Chart (included)

A raw wooden frame (Michaels' Craft Store for \$2.00 to \$3.00)

Girl Scout to bring: A picture they like of themselves

Acrylic Paints

Foam shapes, letters, rub-on decorations, sequins, buttons, and stickers

Magazines or newspapers of all sorts that can be cut up

Scissors and glue



Discover:

Read The Garden Gathering together as a group. Discuss the feelings Sunny expressed and why it was important for Lilly to help her realize her value. Discover how a strong self-esteem affects your attitude and how you live your life.

Connect:

- Girl Scouts will start with painting the frame.
- They will create a frame with decorations that make them feel good and use positive words that describe how they feel about themselves.
- Place the picture of themselves in the slot provided.

Take Action:

Each girl will get a One Week Self-Esteem Chart and fill it out over the next week. Start with the day that follows this meeting. She should write at least one sentence describing something that affected her self-esteem each day. Unfortunately, it may not always be positive. Share the results with the group at the next meeting.

Example: Monday - I helped my teacher clean the craft area. I felt good.
Wednesday - Someone called me a name on the bus. I felt hurt and sad.