

# **Cadette aMAZE Journey in a day**

## **Plan for at least 6 hours (We did 4-10pm)**

**GOAL: Better understand the complexities of friendship and getting along with others. Better understand how to use relationship skills to make a difference in the world.**

### **4:00pm Activity: Create a maze**

Have girls come and bring an oversized plain white shirt and pants they can get dirty. As girls arrive, pair them up in groups of two to make a maze using straws taped to the bottom of a box for a marble to get through it. Once they have finished their maze, have them make a slogan that completes the sentence "Our life is like a maze because..."

### **4:30pm Discussion & talk about the night ahead**

Once they're done making their mazes, gather the girls to demonstrate their maze and share their slogan "Our life is a maze because..."

- "Our lives are like a maze. Mazes mean possibilities AND this aMAZE journey is about relationships - the twists and turns of getting along. We have to figure out how to navigate through our friendships successfully – and without running into obstacles! Today, we are going to complete the aMAZE journey. We will talk about different obstacles you might run into, brainstorm solutions, and come away feeling confident and ready to be AMAZING."
- "We are also going to have some spa fun, so you can relax and feel your best. And we will have a movie tonight – so you will have lots of time to enjoy yourself and your friends."
- "Let's start with a few ground rules. First of all – this is a safe space. That means that kindness rules. Go out of your way to be friendly, helpful, kind, and considerate to each other today. "
- "Second – we are going to have a lot of fun – but we are also going to have some serious conversations. When we are going over serious topics, please be respectful and thoughtful of the conversations taking place. You will have plenty of time to be goofy today, I promise!"
  - **What other rules should we set in place?**

### **5:00pm NAVIGATING FRIENDSHIPS**

**ACTIVITY- While we discuss this, have the girls sit in a circle facing the back of the person in front of them. Have them start to massage the shoulders of the girl in front of them.**

- Ask: What makes a good friend? Let's brainstorm what you look for in a friend.
  - A good friend is.... (take notes to add some of these qualities to the handprint activity below)

**Have the girls turn around and massage the shoulders of the girl that initially massaged their shoulders. "What goes around comes around! Be the friend you want to have!"**

- Ask: What qualities do YOU bring to a friendship?

### **5:15pm CONFLICTS**

- We all have conflicts with friends, but let's think about how we can better represent our feelings and stand up for ourselves while respecting our friends.

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- What are some examples of conflicts among friends?
- What are some things you have done that have NOT worked well when confronting a friend?
- What are some things you have done that HAVE worked well when confronting a friend?

**5:25pm**

#### **Activity- Practice "I-statements"**

- BE DIRECT– Our instinct is to gossip to a friend, but we should be clear how that person hurt us using "I- statements."
  - I-statements focus on a specific behavior and how it affects you. Here's an example: "When you make fun of the way I dress I feel discouraged because your opinion is important to me." INSTEAD OF "When you act like a jerk, I feel hurt."
  - "When you \_\_\_\_\_ (describe a specific situation that hurt you), I feel \_\_\_\_\_ (say your feeling) because \_\_\_\_\_ (why the action connects to your feeling).
- Pair the girls in a different pair from earlier and give them an example to practice the "I-statement." Have them give a what not to say, and what to say using an "I-statement." They have 5 mins to come up with what not to say and what to say then present to the group.
  - Over the past month, your best friend has been distant. You know she's busy with school and her afterschool activities. But every time you chat with her, she talks about her problems and then rushes you when you begin to talk about your day.
  - You have a morning class with a friend, then have lunch with her later that day. Lately, when you and your friend are together in class, she always agrees with what you say. But when you're at lunch, she says things to put you down."
  - Your soccer buddy (or friend during P.E.) teases you in front of the team about missing a goal. When you try to defend yourself, she calls you a "wuss" for not being able to take a joke.
  - Nearly every day your friend mentions how expensive her outfit is and how her mom keeps buying her new clothes. Your parents think it's silly to spend so much on clothes you'll grow out of in a year. You kind of do too, but are also dying for some expensive clothes too.

**5:40pm**

#### **ACTIVITY: HANDPRINT SHIRTS**

- Have each girl wear an oversized white t-shirt to wear for this activity. Troop Leaders will read out statements and girls can put their hand in paint and put their handprint on another scout's shirt. This activity is not about who is "the best" or "the worst," but is meant to be an uplifting confidence booster. Each girl will use a different color of paint. Instruct girls to pick 1-2 people per statement, and to really take this activity seriously, as a way to lift up the other girls in the troop.

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- “PUT YOUR HAND ON...” statements:
  - “a scout that is funny”
  - “a scout that you love”
  - “a scout that is genuine”
  - “a scout you want to get to know better”
  - “a scout with a great smile”
  - “a scout that is kind”
  - “a scout that is one of a kind”
  - “a scout that is a good friend”
  - “a scout that is a good listener”
  - “a scout you care about”
  - “a scout that is supportive”
- \*Use some qualities they mentioned for what makes a good friend. Could also invite them to each say one statement- focusing on things that are uplifting.

### 6:00pm BREAK & DINNER

No set discussion to allow the girls time to hang out. They are welcome to talk about any takeaways/thoughts they had from the shirt activity during dinner.

### 6:30pm DISCUSSION

#### FRIEND GROUPS

- It's perfectly normal for tweens and teens to group together and hang on tight! Human beings are social creatures and we often connect with others who have similar personalities and interests.
- Brainstorm 2 lists– “CLICK” vs “CLIQUE”
  - Have girls make a list on each side of the posterboard- start with what words, phrases, feelings relate to “clique” behavior. (Ex: “left out,” “popular,” etc.
  - Then have them brainstorm words, phrases or feelings that come to mind when they think about an inclusive circle of belonging– “Clicking”
- **CLICKS (with a “K”)**
  - Friend groups made up of kids who “**CLICK**” (with a “K”) are usually healthy. People in healthy friend groups are there for each other, go to each other's special events, support each other through hard times, and let people be individuals.
  - Go around the circle and have each girl name one person (not in the troop) you CLICK with and answer what is it about them that you like the most?
- **CLIQUE** (with a “Q”) aren't *a/ways* made up of people who “click.” These groups do not come together by genuine interest in each other. Instead, they are organized by power and popularity.
  - Cliques often exclude others and are very selective about who they interact with. Anyone who does not match the clique's ideas of how to dress, behave, or even what to be interested in will be made fun of and may be kicked out of the group.
  - Cliques are not always just the “popular” people. Many groups can form cliques that deliberately include or exclude others, have certain rules, and are not very supportive.
- **ASK:**

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- What experiences have you had that feel more like what we described on our “click/circle of belonging list”?
- What could you change (if anything) about how you and your friends interact with others?
- What could you do to avoid acting like a clique?

#### **DISCUSS TAKE ACTION PROJECT**

- What can you do in your friend communities to help create peace and friendship-building skills? How can you become a peacemaker?
- Let's create a Take Action Project.

#### **OUR TAKE ACTION PLAN:**

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#### **7:15pm SPA NIGHT**

- Change into comfy clothes/PJs
- Pass out spa masks to apply (masks stay on for 15-20 mins).

**(After 15min- wash off face masks and wash their hands using exfoliating scrub. When they come back they can pick a lotion, chapstick & other goodies to take home.)**

#### **7:40pm ACTIVITY: Watch “Mean Girls” (1hr 37min movie + discussion)**

- “We are going to watch “Mean Girls” tonight to dive deeper into these topics and see them play out through the lens of ‘Hollywood.’ Some of the stereotypes and cliques in the movie are way over the top, but they make a point and draw a parallel to what every day can look like to us. We’ll stop the movie part way through for dessert and a short chat about the movie.”
- Stop the movie part way through to have a discussion and make a “candy salad”,
  - **Activity**– Girls bring their favorite candy to share. Have them choose a slip of paper from a cup something about the topics discussed or seen and share something from the movie that hits that point.
    - Ex: stereotypes, bullying, unhealthy conflict, healthy conflict, clicks, clique, good friend, peer pressure, etc.
    - Share what their favorite candy is to add to the candy “salad” bowl.
      - The “candy salad” will represent our special troop- each of us different in our own ways, but a sweet and special group all together. That can be “healthy” part of our lives (aka the salad).
  - Make popcorn and take the discussion where it goes, then finish the movie.

#### **10:00pm PARENTS PICK UP**

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### **THREE AWARDS IN JOURNEY–**

#### **INTERACT AWARD** (complete 3/9 challenges)

1. Choose a movie that features cliques, and host a viewing night with friends. Discuss how the cliques resemble (or not) those you know at school. See if you can think of even one small thing to do to try to shift a real-life dynamic you dislike– and get your friends to do the same. (*Watching “Mean Girls”*)
2. Design your own note cards and surprise three friends with them, telling them a few of the specific qualities you enjoy about them and your friendship. Encourage your friends to pass the gesture forward. (*A spin on this through Hands on t-shirt activity*)
3. Get direct. A friend hurt your feelings. Instead of telling her directly, your inclination is to vent to other friends. Stop the urge. Speak directly to the person that hurt your feelings. “I- statement” anyone? Encourage your friends to do the same. Get them to “pass it forward.” (*I-statement activity*)

#### **DIPLOMAT AWARD**

- To earn the award, Cadettes demonstrate that they can pass their relationship skills on to others through a Take Action Project (TAP).

#### **PEACEMAKER AWARD**

- Invites the girls to consider how the relationship skills they are exploring could create more peace in the world. The girls earn the Peacemaker Award at the end of the journey by reviewing all the tools they’ve collected and making a commitment to use them throughout their lives. (*Reviewing the night and making a commitment- could discuss this during movie break.*)

#### **SUPPLIES:**

- |   |                                       |
|---|---------------------------------------|
| • Shower caps                                 | • Paint for each girl (diff colors)   |
| • Marbles (4-5)                               | • “Mean Girls” Movie                  |
| • 3 boxes for marble maze                     | • Pizza/ cheese bread/ salad          |
| • Straws                                      | • Drinks                              |
| • Clear tape                                  | • popcorn                             |
| • “Our life is like a maze because....” slips | • Slips of paper for movie discussion |
| • Pens  | • Spa mask                            |
| • Markers for poster board                    | • Towels for them to dry their faces  |
| • I-statements printed out                    | • Exfoliating soap                    |
| • White shirts for each girl (they bring)     | • Lotion                              |
|   | • Slippers (or socks) for each girl   |
|   | • Bags for gifts                      |

#### **Girls bring:**

- (hidden in a bag) favorite candy able to be shared
- Oversized white shirt
- Cozy PJs

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Stereotypes

Bullying

unhealthy conflict

healthy conflict

clicks

clique

good friend

peer pressure