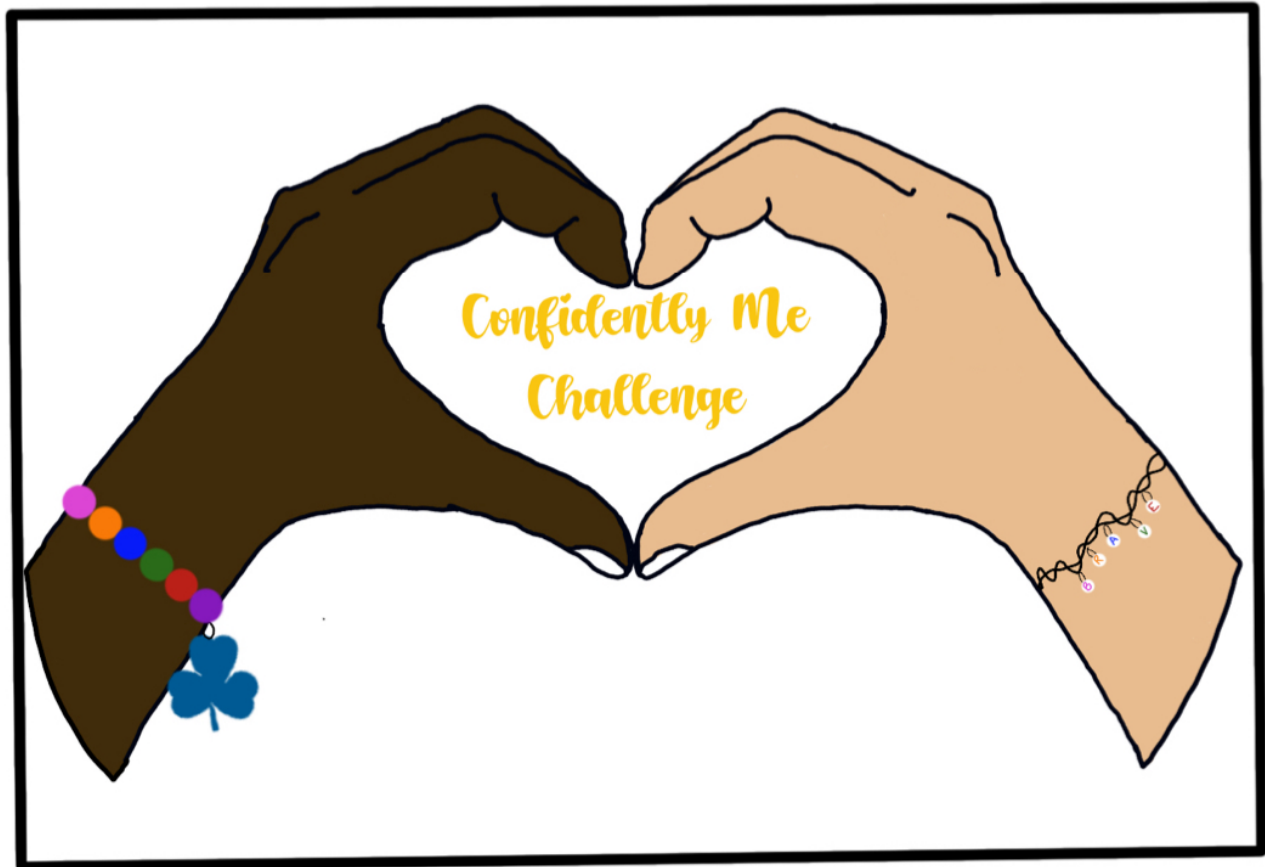




**Girl
Guides**

**Newfoundland and
Labrador Council**



Confidently Me Challenge

NL Programming Challenge

Background

Embark on the empowering journey of the "Confidently Me" challenge! Rooted in the belief that each youth possesses unique strengths, resilience, and capabilities, this challenge is designed to cultivate self-confidence, positive self-image, and personal growth. By creating a supportive environment, we aim to inspire youth to explore their individuality, express themselves authentically, and celebrate their inherent worth.

Guidelines

To complete this Challenge and earn the crest youth must complete the following:

Sparks & Embers: Opening and Closing. Pick 2 out of 10 activities. (total 4 activities)

Guides & Pathfinders: Opening and Closing. Pick 4 out of 10 activities. (total 6)

Rangers: Opening and Closing. Pick 5 out of 10 Activities (total 7)

When you have completed the required activities, crests can be ordered from the NL provincial office through the [GGCNL Crest Order Form](#)

Objective

The primary objective of the "Confidently Me" challenge is to provide a platform for youth to embark on a transformative journey of self-discovery and empowerment. Through engaging activities, crafts, and discussions, youth will delve into essential themes such as self-love, resilience, and the appreciation of their distinctive qualities. The challenge seeks to build a community where youth not only embrace their uniqueness but also foster mutual support, creating an environment conducive to the growth of confidence and self-assurance.

Outcomes

- Personal Growth
- Empowerment
- Pride & Achievement
- Positive Mindset
- Self-Acceptance
- Self-Expression
- Body Positivity
- Confidence

Opening Activity: Unique Selfie Collage

Materials Needed:

- Magazines or printed images
- Scissors
- Glue or tape
- Large poster boards or sheets of paper
- Markers, colored pencils, or crayons

Instructions:

- 1) Provide each youth member with a large poster board or sheet of paper.
- 2) Ask the youth members to look through magazines or printed images to find pictures that represent different aspects of themselves, things they love, or qualities they appreciate in others.
- 3) Encourage them to cut out the images and create a "Unique Selfie Collage" on their poster boards.
- 4) Once they have collected and arranged their images, ask each youth member to share their collage with the group. They can explain why they chose specific images and what those images represent about themselves.
- 5) After the sharing, discuss as a group how everyone's collages are unique and celebrate the diversity and individuality within the group.
- 6) Display the collages throughout the duration of the challenge as a visual reminder of embracing and celebrating each youth member's uniqueness.

Activities

1) Empowerment Flags

Materials needed:

- Printout of banner template (provided, print # of copies as there is youth)
- scissors
- string/ribbon
- markers, coloured pencils, crayons, and/or paint
- stickers and other cutouts (optional)
- single-hole punch

Instructions:

- 1) Each youth will cut out the printout of the banner template
- 2) They can utilize markers, crayons, colored pencils, stickers, and cutouts from magazines or colored paper to decorate their flags. The focus is on self-expression, with an emphasis on positive messages, symbols, and colors that convey a sense of empowerment.
- 3) Before diving into the creative process, initiate a discussion about positive affirmations and intentions. Encourage each youth to reflect on a personal quality or message they want to convey through their flag. This pre-decorating reflection adds a meaningful touch to the activity.
- 4) After the creative burst, the next step involves punching two holes along the flat edge of each paper flag, situated approximately 1 inch from the corners. These holes will serve as attachment points for stringing the flags together into a cohesive and visually appealing banner.
- 5) With the decorated and dried flags in hand, the youth members can then string them together using ribbon or string. The flags should be threaded through the punched holes, creating a visually pleasing and unified empowerment banner.
- 6) To secure the flags and complete the project, tie knots or bows at each end of the string. The final step is to proudly display the collaborative creation in a communal space where everyone can admire and appreciate the collective effort.
- 7) In a reflective and supportive setting, encourage each youth to share the inspiration behind their paper flag.

2) Positive Affirmation Bracelets

Materials needed:

- Beads
- Letter Beads
- String
- Charms (optional)

Instructions:

- 1) Decide on the positive affirmations or inspirational words you want to include in your bracelet. These can be short and uplifting phrases that hold personal significance to you.
- 2) Cut a length of stretch cord or string based on your wrist size, leaving a few extra inches for tying knots. It's better to have more than you need than to run out.
- 3) Begin stringing the beads onto the cord. If you're using letter beads for affirmations, spell out each word as you go.
- 4) Once all the beads are strung, tie a secure knot at the ends of the cord. You may want to double or triple knot it for added security.
- 5) Trim any excess cord, ensuring the knots are secure. If you used regular thread, you can add a tiny drop of super glue to the knots for extra reinforcement.
- 6) Charge with Positive Energy! As a final step, hold the bracelet in your hands and focus on positive intentions. This is a personal touch to infuse the bracelet with positive energy.

3) DIY Empowerment T-Shirts

Materials needed:

- Plain T-Shirt (any lighter colour)
- Fabric Markers/Paint

Instructions:

- 1) Decide on the empowering quotes, affirmations, or designs you want to feature on your T-shirt. Consider using positive and motivational phrases.
- 2) If you have a specific design in mind, lightly sketch it on the T-shirt using a pencil or fabric pencil. This will serve as a guideline for painting.
- 3) Use fabric paints or markers to fill in your design. You can get creative with colors, patterns, and styles.
- 4) Let your T-shirt dry completely before moving or wearing it. Follow the drying instructions on the fabric paint or marker packaging.
- 5) Once your DIY empowerment T-shirt is dry and set, proudly wear it to spread positivity/confidence.

4) Self-Love Letter

Materials needed:

- Paper/Note Cards
- Marker/Pen/Pencil
- Envelopes
- Stickers or Decorative Elements
- Guiding Prompts (optional)

Instructions:

- 1) Start the activity with a brief introduction on the importance of self-love and the purpose of writing these letters. Emphasize that this is a personal and positive exercise meant to boost self-esteem and recognition of one's worth.
- 2) Encourage youth to find a quiet and comfortable space for this activity. Provide soft background music or maintain a peaceful atmosphere to enhance the reflective nature of the exercise.
- 3) If you choose to provide prompts, share them with youth to guide their thoughts. For example:
 - What are three physical attributes you genuinely love about yourself?
 - Recall a moment when you felt strong and capable.
 - Name an accomplishment you're proud of and explain why.
 - List qualities that make you a unique and valuable individual.

- 4) Encourage youth to get creative with their letters. They can use different colors, draw illustrations, or add decorative elements to make their letters visually appealing and personalized.
- 5) If youth are comfortable, provide envelopes for them to seal their letters. Emphasize that this is a personal choice, and they are welcome to keep their letters private.
- 6) If the group is comfortable, you can create a safe and supportive environment for youth to share their reflections or aspects of their letters. However, stress that sharing is entirely optional and based on individual comfort levels.
- 7) Reinforce the idea that self-love is an ongoing journey, and this exercise is a meaningful step toward building a healthy relationship with oneself.

5) Compliment Circle

Materials needed:

- No Materials Needed

Instructions:

- 1) Explain to the youth that before beginning the compliment circle, they will have an opportunity to reflect on positive qualities and attributes of their peers – 5-10 minutes if needed

Provide prompts or guiding questions to stimulate thoughts about positive aspects of each other. For example:

- "Think of a time when [name] showed kindness to someone else."
- "What unique talents or strengths do you admire in [name]?"
- "How does [name] contribute positively to our group or community?"

- 2) Arrange youth in a circle. If using chairs, make sure everyone has a seat.
- 3) Share guidelines to ensure that compliments are respectful, inclusive, and positively impactful. For example:
 - Compliments should be specific and genuine.
 - Avoid comparisons between youth.
 - Encourage compliments that go beyond physical appearance.
- 4) Start the activity by having the first youth give a compliment to the person on their right. Instruct youth to continue passing compliments clockwise. After each

compliment, youth rotate in the circle to face the next person, ensuring everyone has a chance to both give and receive compliments.

- 5) After the activity, provide a few minutes for youth to reflect on their experience. Ask them how receiving compliments made them feel and if they discovered anything new about themselves.

6) Positive Traits Hunt

Materials needed:

- Printed Traits (Provided) OR Write your own positive traits onto Index cards

Instructions:

- 1) Explain the purpose of the Positive Traits Treasure Hunt – to discover and appreciate positive qualities within oneself and others.
- 2) Write positive traits on individual index cards or pieces of paper. Include a variety of traits such as kindness, resilience, creativity, leadership, empathy, etc.
- 3) Before the activity, hide the trait cards in various locations within the designated area. Ensure they are well-hidden but accessible.
- 4) If you have a larger group, consider dividing youth into teams. Each team will work together to find the positive traits.
- 5) Briefly explain the rules of the treasure hunt. Youth or teams will search for hidden trait cards and, when found, read the positive trait aloud.
- 6) When a trait card is found, the youth or team reads the positive trait aloud. Take a moment for reflection on how that trait is manifested in their lives.
- 7) If you want to add a sense of urgency, set a timer for the treasure hunt. Youth or teams aim to find as many trait cards as possible within the given time.
- 8) After the treasure hunt, gather youth for a debriefing session. Discuss the positive traits they found, how they felt during the activity, and any insights gained.

7) Positivity Photo Booth

Materials needed:

- Backdrops and Props: Provide a variety of backdrops and props that align with a body-positive theme. This could include colorful backgrounds, empowering quotes, and fun accessories.
- Camera or Smartphone
- Tripod
- Photo Printing (Optional): If possible, consider having a photo printer to provide youth with instant prints of their photos.
- Photo Booth Signage: Create signs or posters with body-positive affirmations to enhance the positive atmosphere.

Instructions:

- 1) Arrange the photo booth area with an appealing backdrop. Place a camera or smartphone on a tripod for stability.
- 2) Decorate the photo booth area with themed backdrops and a variety of props. Include items that encourage self-expression, body positivity, and celebration.
- 3) Encourage them to express themselves, use props that resonate with them, and celebrate their bodies in a positive light.
- 4) Allow youth to take turns in the photo booth, capturing a series of empowering and fun photos. Encourage creativity, poses that make them feel confident, and expressions of joy.
- 5) If you have a photo printer available, offer youth the option to have their photos printed instantly. This provides a tangible memento of their positive and empowering experience.
- 6) Display body-positive affirmations around the photo booth area. These affirmations can serve as a source of encouragement and reinforce the theme of the activity.
- 7) Create a space for youth to share their photos and reflections with the group if they feel comfortable. This can foster a sense of community and celebration.

8) Vision Boards

Materials needed:

- Poster Boards
- Magazines and Images
- Scissors
- Glue Sticks
- Markers, Pens, and Stickers:
- Optional: Personal Photos and Mementos
- Example Provided at the bottom

Instructions:

- 1) Begin by explaining the purpose of vision boards and how they can serve as powerful tools for setting and achieving goals while promoting a positive self-image.
- 2) Start with a brief reflective exercise where youth think about their short-term and long-term goals, aspirations, and what a positive self-image looks like to them.
- 3) Provide a variety of magazines, and encourage youth to explore and select images or words that resonate with their vision for the future. Remind them to consider aspects related to confidence and empowerment.
- 4) Youth cut out their chosen images and words. As they work, emphasize the importance of selecting items that genuinely evoke positive emotions and align with their vision.
- 5) Invite youth to arrange and glue their chosen images onto the vision board. There are no strict rules; the goal is to create a visually appealing and meaningful representation.
- 6) Encourage youth to personalize their vision boards further with markers, pens, and stickers. They can add affirmations, write down specific goals, or decorate the board in a way that feels uniquely theirs.
- 7) Provide an opportunity for youth to share their vision boards with the group. Discussing the elements chosen can deepen the connection between the visual representation and their aspirations.
- 8) Suggest youth place their vision boards in a location where they'll see them regularly. Visualization of the goals and positive self-image can be a daily reminder of what they are working towards.

9) Dance Party

Materials needed:

- Music
- Glow-Sticks (optional)

Instructions:

- 1) Encourage youth to engage in freestyle dancing. There are no specific moves or routines – the goal is to move in a way that feels natural and enjoyable. Remind them that there's no judgment, and they are free to express themselves.
- 2) If you've provided glow-sticks, invite youth to use them during the dance party. This adds a visually captivating element and enhances the overall experience.

10) Self-Portrait Puppets

Materials needed:

- Craft Paper or Cardstock: Various colors for creating the puppet's body and features.
- Markers/Colored Pencils
- Scissors
- Glue
- Craft Sticks or Popsicle Sticks
- Decorative Items (Optional): Sequins, yarn, fabric scraps, or any additional materials for embellishing the puppet.

Instructions:

- 1) Begin by explaining the activity to the youth. Let them know they will be creating self-portrait puppets that represent their unique qualities and features.
- 2) Instruct youth to start by sketching a simple self-portrait on a piece of craft paper or cardstock. Encourage them to focus on facial features, hairstyles, and any distinctive characteristics that make them who they are.
- 3) Once the self-portraits are sketched, youth can use markers or colored pencils to add vibrant colors and personalized details. Emphasize the importance of celebrating uniqueness.

- 4) Using scissors, guide youth to carefully cut out their self-portraits, creating a silhouette that will serve as the puppet's face.
- 5) Provide additional craft paper or cardstock for youth to cut out a simple body shape for their puppets. This can be as basic as an oval or rectangle, depending on their preferences.
- 6) Have youth glue the self-portrait face onto the puppet's body. Encourage them to get creative with the placement and orientation of their self-portraits.
- 7) If desired, youth can embellish their puppets with decorative items such as sequins, yarn for hair, fabric scraps for clothing, or any other materials that represent their personalities.
- 8) Using craft sticks or popsicle sticks, youth can attach the handle to the back of their puppets. This creates a simple and functional way to bring their self-portraits to life.
- 9) During the crafting process, encourage youth to reflect on the positive aspects of themselves that they are highlighting in their self-portraits.

Closing Activity: Confidence Pledge Circle

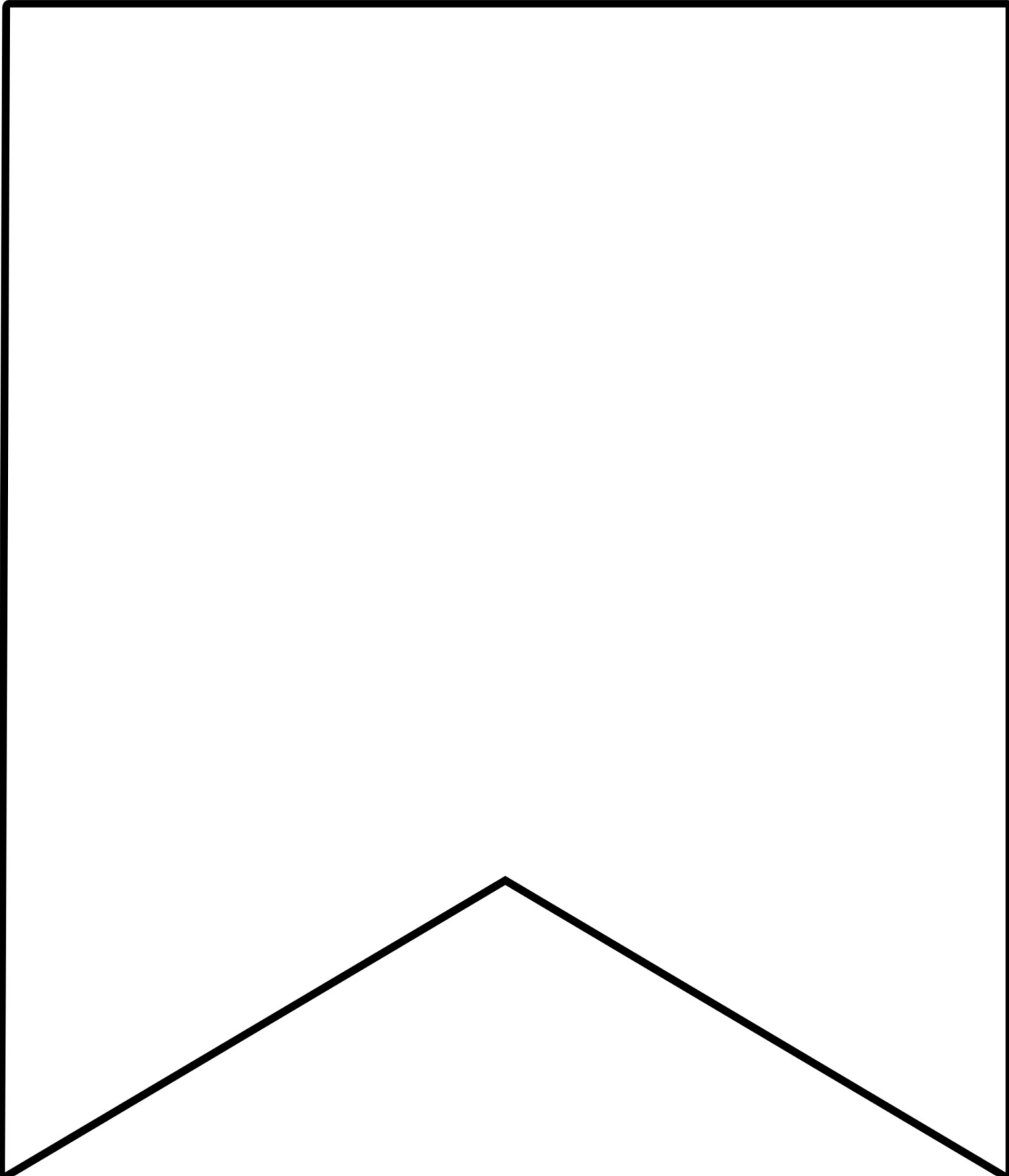
Materials Needed:

- Small slips of paper
- Pens or markers
- A decorative container or box

Instructions:

- 1) Distribute small slips of paper and pens to each youth member.
- 2) Ask each youth member to write down one positive affirmation or a personal commitment related to self-confidence on their slip of paper. It could be something they learned during the challenge or a goal they have for embracing confidence.
- 3) Once everyone has written their affirmation, gather in a circle.
- 4) Invite each youth member to share their affirmation with the group. Encourage them to speak confidently and proudly about their commitment.
- 5) After sharing, ask each youth member to fold their slip of paper and place it into a decorative container or box.
- 6) Close the circle by having everyone join hands or symbolically connect in a positive way.
- 7) Conclude the challenge by expressing gratitude for the shared experiences and affirmations, emphasizing the growth and support within the group.
- 8) Encourage the youth members to keep their affirmation slips as a personal reminder of their journey toward confidence.

Empowerment Flag Template



Positive Traits

Kindness

Honesty

Empathy

Open-mindedness

Resilience

Positivity

Compassion

Adaptability

Generosity

Cooperation

Gratitude

Appreciation

Patience

Resourcefulness

Creativity

Respect

Leadership

Confidence

Optimism

Self-love

Determination

Forgiveness

Courage

Vision Board Examples

