

BLISS Bubble for Ambassadors

A group activity for girls to express all that keeps them strong and feeling confident

Goal: Girls understand the unique feelings, qualities, and actions that can strengthen their sense of self.

BUILD YOUR BUBBLE, FEEL THE BLISS!

Let the girls know that confidence can be like a protective bubble that offers shelter when someone says or does something that hurts them in some way. You might say something like, *With this bubble around you, it's easier to stay true to your own thoughts and feelings and not be influenced by pressures or unkind acts or words of others.* Then say:

- Think about some of the pressures you might be experiencing at school, with friends, at home, or elsewhere in your life (such as pressure to fit in or not be different or to do something you don't want to do). If you like, write your own personal pressures outside your bubble.
- Now, think about what keeps you feeling good and strong, no matter what you might be facing (things like talking about your feelings, learning about yourself, trying new activities, knowing everyone is different). Put all of these things inside your bubble.

Once the girls have filled their bubbles, ask them to talk about what they put in and outside the bubbles. Acknowledge that everyone feels pressure but it's how we handle that pressure that keeps us strong. Ask: *Do others have something in their bubbles that might keep you strong, too? Add it to your bubble!* You might say: *The more we remember these feelings, qualities, and actions, the easier it is for our confidence to shine! And that makes us feel blissful! So keep this bubble with you as a reminder of all your strength—and continue to feel the bliss!*

MATERIALS

Bubble activity sheets
(next page)

Colored pencils or markers

BLISS: LIVE IT! GIVE IT!

The storytelling theme of the new leadership journey offers a dreamy way for girls to understand themselves and their potential. *BLISS* invites girls to dream big, as all leaders do, and gives them the tools to do so.

Enjoy this activity with the girls, then take the whole journey together! Along the way, the girls can earn a leadership award, too!

