

Turtle Shell for Daisies

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.

DECORATE YOUR STRONG SHELL!

Let the girls know that confidence can be like a shell (just like a turtle has!) that protects them and always keeps them strong and feeling great about themselves. You might say something like, *Just imagine that every time you wear this shell, it's easy to believe in yourself and your ability to do great things!* Then say:

- Do you ever think, “I just can’t do it” or “Maybe I shouldn’t even try”? We all think these things sometimes, but with this shell protecting you will remember all the strength and all the skills you have inside you!
- Let’s think about what keeps you feeling good and strong (things like your family, your friends, your pets, learning about yourself, trying new activities, knowing everyone is special in her own way). Now, with pictures or words, let’s each of us put all of the things that make us feel good and strong on our shells.

Once the girls have decorated their shells, ask them to talk about what they put on the shells. Ask: *Do other girls have something on their shells that might keep you strong, too? Add it to your shell!* You might say: *Take this shell home and keep it in a special place. Whenever you look at it, remember all the strength and all the skills you have inside you. With these strengths and skills, you can always do great things!*

MATERIALS

Turtle shell activity sheets (next page)

Colored pencils, markers, or crayons

3 CHEERS FOR ANIMALS!

The storytelling theme of the new Daisy leadership journey offers a fun and friendly way for girls to understand themselves and their potential. *3 Cheers for Animals!* invites girls to learn how much they can care for animals and for themselves.

Enjoy this activity with girls, then take the whole journey together. Along the way, the girls can earn three awards!

