

Cloak “Costume” for Juniors

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.

DON YOUR CLOAK!

Let the girls know that confidence can be like a protective cloak that shelters them when someone says or does something that hurts them in some way. You might say something like, *With this cloak 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 cloak.
- 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 on your cloak.

Once the girls have covered their cloaks, ask them to talk about what they put on and outside the cloaks. Acknowledge that everyone feels pressure but it's how we handle that pressure that keeps us strong. Ask: *Do others have something on their cloaks that might keep you strong, too? Add it to your cloak!* You might say: *The more we remember these feelings, qualities, and actions, the easier it is for our confidence to shine! Feel free to take this cloak home and hang where it will most inspire you.*

MATERIALS

Cloak activity sheets (next page)

Colored pencils, markers, or crayons

AMUSE

The storytelling theme of the new leadership journey offers a fun and amusing way for girls to understand themselves and their potential. *aMUSE* invites girls to try on new roles and gives them lots of fun activities and experiences—and three awards to earn, too.

Enjoy this activity with the girls, then take the whole journey together!

