

Lesson:
Silhouette Reflection

Length of lesson:
20-30 Minutes

Materials:

- Large pieces of butcher paper
- Crayons or markers

Discussion Summary:

Girls ages 8 to 12 are physically and developmentally changing as they mature and go through puberty. As young people begin to form their sense of self and their own opinions during their impressionable pre-teen years, they are bombarded with messages from numerous cultural and social influences, including their parents, family, siblings, friends, peers, teachers, extra-curricular activity leaders, and the media. Teaching young women to recognize admirable qualities in others, give compliments, and accept compliments helps them maintain healthy friendships and can help them be proud of their own strengths, thereby resisting peer pressure, avoiding friends who don't treat them with respect, and helping build self-esteem. Recognizing and being proud of your strengths is different from bragging or believing you are perfect. Even if there are many things you may want to change about yourself, focusing on your positive qualities or those you don't want to change is a powerful exercise in building confidence. Teaching young people to love themselves and value their bodies, especially as they mature through puberty, helps them navigate pressures and difficulties they face as they enter adulthood.

Discussion Question:

- **What do you admire about your friends?**

1. Prepare large pieces of butcher paper long enough to fit participant's bodies.

2. Begin by explaining that today participants will be thinking about all the good things they think and see about each other. Remind them that sometimes it is difficult to remember all the great things about you, especially if people sometimes say mean things to you or about you. But sometimes other people can see positive things about you even if you have trouble seeing them or remembering them.

Give an example: "Theresa may not know it, but I think she is brave and smart for asking questions during Girls Only!." Explain that today they will be giving each other compliments or saying nice things about each other. Remind them that telling someone something nice about how they look, something they did, or something they created makes them feel good. Just think about the last time someone gave you a compliment and how it made you feel! Tell them it also makes you feel good to give a compliment because it makes someone else feel good! Explain they will

be getting and giving compliments today; they will see how they look reflected in someone else's eyes.

- 3.** Explain the activity. Participants will trace an outline, or a silhouette, of each other and then write positive words about each other on the silhouette.
- 4.** Divide participants into pairs or small groups. Pass out butcher paper, crayons, and markers.
- 5.** Direct participants to have the first model lie on the floor on top of the butcher paper. Have the other partner trace an outline of their partner's body using a crayon or marker. After the person is traced, have all members of the group decorated the silhouette to look like the person and write positive words about that person (examples: kind, helpful, funny, smart, enthusiastic, etc.).
- 6.** Repeat until all participants have been traced and have positive words written about them.
- 7.** When everyone has been traced, ask participants to share: How did it feel to describe your friend? How did it feel to hear the positive things your friend said about you?
- 8.** Participants can take their silhouettes home and hang them up to remind them of all the wonderful things other people see in them.