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Girl Empowerment Club

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NEBRASKA HONORS PROGRAM
CLC EXPANDED LEARNING OPPORTUNITY CLUBS
INFORMATION SHEET

Name of Club: Girl Empowerment Club

Age/Grade Level: 3rd – 5th Grade

Number of Attendees: 12-15

Goal of the Club: *(learning objectives/outcomes)*

To build confidence, character and life skills involving interpersonal interaction and self-awareness in young girls.

Resources: *(Information for club provided by)*

Content Areas: *(check all that apply)*

- Arts (Visual, Music, Theater & Performance)
- Literacy
- STEM (Science, Technology, Engineering & Math)
- Social Studies
- Wellness (Physical Education, Health, Nutrition & Character Education)

Outputs or final products: *(Does the club have a final product/project to showcase to community?)*

Introducing your Club/Activities:

Girl Empowerment Club teaches girls about self-reflection and communicating effectively in hope of inspiring confidence.

General Directions:

Briefly discuss the given learning objective and integrate a hands-on activity to expand on the topic and give members an opportunity to apply the lesson. After completing the activity, use the remaining time to debrief.

Tips/Tricks:

Find activities that encourage members to move about the room. It encouraged engagement. Mix up group to allow members to interact with members they may not have on their own. The point of this club is to stretch girls out of their comfort zones.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Get to Know You

Name:

Length of Activity: 25 Minutes

Supplies: Paper, Markers

Directions:

Introduce club objectives and members. Distribute paper and coloring utensils. Instruct members to draw a self-portrait of how they view themselves in the present day or their hopes for the future. Each member then introduces herself and gives a deeper explanation of what she drew and why.

Conclusion of the activity:

Got to know members and members had the opportunity to share more about themselves.

Parts of activity that worked:

Giving them an outlet for their creativity kept them engaged.

Parts of activity that did not work:

Some students were not comfortable with their drawing capability and asked to write instead.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name: Having A Positive Mindset

Length of Activity: 25 Minutes

Supplies: Paper, Pencils

Directions:

Introduce the learning objective. Distribute paper and writing utensils. Instruct members to make a list of things they love about themselves. At the conclusion of the activity, each member should share what they love about themselves with the group.

Conclusion of the activity:

Girls were actively thinking positive things about themselves which boosts confidence.

Parts of activity that worked:

Members came up with creative answers and took the lesson to heart.

Parts of activity that did not work:

Members were disengaged at the end of the activity and were not listening to their peers.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name:	Values
Length of Activity:	25 Minutes
Supplies:	Personal Values Bracket (http://mattpoepsel.com/family-meeting-01-personal-values-bracketology/), Pencils

Directions:

Introduce the learning objective. Distribute brackets and writing utensils. Instruct members to complete the bracket, selecting which values are most important to them. They should eliminate less important values until they have determined which value is most important to them. At the conclusion of the activity, each member should share which value is most important to them and how they live that out in day-to-day life with the group.

Conclusion of the activity:

Members held a deeper understanding of what values are and what values are most important to them

Parts of activity that worked:

Students bought into the activity and were engaged throughout.

Parts of activity that did not work:

Some members had a bigger vocabulary than others. Those who had a lesser vocabulary at times struggled to identify words and their meaning.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Supporting Others

Name:

Length of Activity: 25 Minutes

Supplies: Sticky Notes, Markers

Directions:

Introduce the learning objective. Distribute one sticky note and marker to each member. Instruct members to draw or write something that motivates them on the sticky note. When they have completed the first sticky note, tell them to take that sticky note home with them and hang it somewhere they will see it every day. Then distribute three more sticky notes to each member. Explain to the group that these sticky notes will be placed throughout the school and should display positive and motivational sayings. Make sure to get prior approval from school personnel. After the group has completed these sticky notes, form a line at the door and walk the halls while members hang sticky notes.

Conclusion of the activity:

Girls learned how to spread positivity into the lives of others.

Parts of activity that worked:

Members really bought into the activity. Some even wanted to go above and beyond to create more sticky notes for specific individuals.

Parts of activity that did not work:

Hanging sticky notes around the school was somewhat challenging because girls became very energetic.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Goal Setting – Goal Sheet

Name:

Length of Activity: 15 Minutes

Supplies: Paper, Pencils

Directions:

Introduce the learning objective. Distribute paper and writing utensils. Instruct members to set three goals, both short term and long term. Upon completion of the activity, each member should share a goal and how they plan to accomplish it.

Conclusion of the activity:

Girls set attainable goals and planned steps to achieve them.

Parts of activity that worked:

Each girl went home with a physical list of goals she can work toward.

Parts of activity that did not work:

The members did not stay engaged and some struggled to think of attainable and measurable goals.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Goal Setting – Letters to Future Selves

Name:

Length of Activity: 10 Minutes

Supplies: Paper, Pencils

Directions:

Introduce the activity. Distribute paper and writing utensils. Instruct members to write letters about the goals they had previously set for themselves. The letter should include an explanation of why they set the goals they did and what they hope their life will look like after they achieve them.

Conclusion of the activity:

Girls had a deeper understanding of why their goals were important to them.

Parts of activity that worked:

The idea of receiving a letter from themselves in the future excited each member.

Parts of activity that did not work:

Members were disengaged after completing the previous activity. It was difficult to motivate them to start another.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Leadership

Name:

Length of Activity: 25 Minutes

Supplies: Skein of Yarn

Directions:

Introduce the learning objective. Instruct girls to form a circle around the room. One person holds the ball of yarn and tosses it to another in the circle. When the person catches the yarn, the thrower compliments the other person on a leadership trait they see in them. The recipient holds their piece of yarn and repeats the previous steps. This is repeated until everyone in the circle and given and received a compliment. The yarn should create a web in the end.

Conclusion of the activity:

Girls better understand different leadership characteristics. They have a boosted sense of confidence after receiving a compliment and see leadership characteristics within themselves.

Parts of activity that worked:

Getting the girls out of their seats increased engagement.

Parts of activity that did not work:

Some individuals struggled to catch the ball of yarn. This created distractions and messes.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Teamwork and Communication

Name:

Length of Activity: 25 Minutes

Supplies: Paper

Directions:

Introduce the learning objective. Divide the group in half and send each group to different sides of the room. The maze made out of sheets of paper that formed a 4x6 grid should be arranged. We then followed the instructions given by the provided link. Students were not allowed to communicate verbally or non-verbally throughout the first round of this game. When all students had successfully completed the maze, the first round ended. The second round allowed students to communicate with each other. The maze was different in each round.

<https://play14.org/games/maze>

Conclusion of the activity:

Girls recognize the importance of communication when working in a team.

Parts of activity that worked:

Students had fun and were excited to complete the maze. They felt that had accomplished something.

Parts of activity that did not work:

Students were bored while waiting in line to complete the maze.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Self-Care

Name:

Length of Activity: 25 Minutes

Supplies:

Directions:

Introduce the learning objective. To highlight the importance of taking time to do fun things for yourself and to celebrate the end of our club, let the girls choose a game they want to play for the remainder of the club. Our group chose to play charades, however any game would suffice.

Conclusion of the activity:

Girls were reminded of the importance to relax and have fun when life gets stressful.

Parts of activity that worked:

This activity was fun for the group.

Parts of activity that did not work:

Members were upset when we ran out of time. They didn't want the game or the club to end.
