

Table of Contents

Why the Need to Empower Girls?	5
Using This Book	6
StarBound Tips for Group Leaders	6
ASCA Mindsets and Behaviors	7
Forms	9
The StarBound Small Group Action Plan Form.....	10
Teacher Referral Form.....	11
StarBound Parent Consent Form	12
StarBound Attendance Tracker	13
Data, Data, Data (Data Tracker)	15
Lesson 1: StarBound	16
On Course Lesson	16
Activity 1.1 About Me Survey	18
Activity 1.2 Group Rules	20
Activity 1.3 Star Words.....	21
Activity 1.4 My Star Power	22
Activity 1.5 Membership Cards	23
Activity 1.6 Lesson 1 Exit Slips.....	24
Lesson 2: Starlight (Individual Uniqueness)	25
I Am Unique! Lesson	25
Who Am I? Lesson	27
I Am Girl! Lesson.....	28
Activity 2.1 Star Word Warm Ups	30
Activity 2.2 I Am Unique.....	33
Activity 2.3 Star Quotes	34
Activity 2.4 Corner Markers.....	38
Activity 2.5 Four Corners Activity	42
Activity 2.6 Lesson 2 Exit Slips.....	44
Lesson 3: Building Constellations (Teamwork)	45
The Power of Teamwork Lesson	45
Unicorns, Fairies, and Hockey Players Lesson	47
Building a Team Lesson.....	48
Activity 3.1 I Am Unique ~ Warm Up Questions.....	50
Activity 3.2 Unicorns, Fairies, and Hockey Players Instructions.....	53
Activity 3.3 Building a Team	54
Activity 3.4 Search and Rescue.....	55
Activity 3.5 Lesson 3 Exit Slips	56
Lesson 4: Helping Stars Shine (Friendship)	57
The Qualities of a Good Friend Lesson	58
First Impressions Lesson	59
Balancing New and Old Friends Lesson	61
Activity 4.1 Teamwork Warm Up Questions	62
Activity 4.2 Friendship BINGO	63
Activity 4.3 Friendship BINGO Word Draw Tiles.....	64
Activity 4.4 First Impressions Worksheet.....	65
Activity 4.5 Make it Brighter Role Play	67
Activity 4.6 Lesson 4 Exit Slips.....	69

Table of Contents

Lesson 5: What Makes Stars Dim (Girl Gossip)	70
Trash the Trash Talk Lesson	70
My Gossip Potential Lesson	72
The Blame Game Lesson	74
Activity 5.1 My Gossip Potential Quiz	76
Activity 5.2 My Gossip Potential Scoring	79
Activity 5.3 Trash It Worksheet	80
Activity 5.4 Lesson 5 Exit Slips	81
Lesson 6: Communicating With Other Stars (Communication)	82
"I" Statements Lesson	82
Giving Compliments Lesson	84
Communication Involves Listening Lesson	86
Activity 6.1 Ask Abby	88
Activity 6.2 You versus "I" Messages	89
Activity 6.3 Practicing "I" Messages	90
Activity 6.4 Compliment Tic-Tac-Toe	91
Activity 6.5 The Wright's Celebrate	92
Activity 6.6 Bad Habits	94
Activity 6.7 Lesson 6 Exit Slips	95
Lesson 7: Starburst (Developing the Leader Within)	96
The Starfish Lesson	96
What is a Leader? Lesson	98
Encouraging Others Lesson	100
Activity 7.1 Post Card Warm Up	102
Activity 7.2 The Starfish Story	103
Activity 7.3 Make a Difference	104
Activity 7.4 Leadership Quotes	105
Activity 7.5 Leadership Word Search	109
Activity 7.6 Building Towers with Encouragement	110
Activity 7.7 Lesson 7 Exit Slips	111
Lesson 8: Stardust (Spreading Kindness)	112
Spreading Kindness Lesson	112
Activity 8.1 Roll the Dice Warm Up	113
Activity 8.2 Spreading Kindness	114
StarBound: Post Survey	115
StarBound: Evaluation	116
Certificate of Completion	117
Follow-Up Forms	118
StarBound Parent Follow-Up	118
Teacher Follow-Up Form	120
StarBound Follow-Up	121
References	122
Helpful Websites	123
About The Author	124

★ Learning Objectives:

1. Girls will understand the purpose of the group and the reasons they are participating.
2. Girls will understand the group rules and expectations.
3. Girls will define empowerment and describe why it is important.
4. Girls will be introduced to words of empowerment.
5. Girls will understand why it is important to "reach for the stars."

★ Materials:

- Group Membership Cards photocopied and cut apart
- Group Rules Poster
- Writing Utensils
- Copies of "About Me" Survey for each girl
- Copies of "STAR Words" word list for each girl
- Copies of "My Star Power" worksheet for each girl
- Copies of "Lesson 1 Exit Slips" photocopied and cut apart for each girl
- Markers, glitter sticks, paint, and other craft materials for decorating
- Scissors
- Glue/tape
- Large sheet of colored poster paper to glue students' stars

★ Warm Up:

- Have each girl answer the following questions:
 - If I was the chef in the cafeteria, today I would make...
 - Today I am feeling. . .
- Have the girls collaboratively answer the following:
 - The phrase "Reach for the Stars" means...

★ Activity:

- Explain that the purpose of the group is to help make them become stronger leaders, build better friendships, communicate openly and honestly in a non-judgmental manner, and to have fun.
- Go over group rules. Explain rules and allow girls to add one or two more. Explain the importance of confidentiality.
- Hand out "StarBound Membership Cards" and have girls add the rules they came up with and sign.
- Have girls complete the "About Me Survey"
- Hand each girl "STAR Words" and "My Star Power" worksheets. Ask girls to look at the words and circle the words that they would like to be used to describe them, either now or in the future. Have them decorate their star with these words.

On Course *(continued)*

- While the girls work, talk to them about empowerment and leadership and setting standards for themselves.
- Have the girls arrange their stars in the shape of a larger star. Hang in a spot where the girls can see each week.

★ Discussion:

Ask the girls the following questions:

- How do you feel about the rules we established today? Do you think you will be able to honor the rule about confidentiality?
- Did you have a favorite STAR word? If so, which one?
- Why is it important for you to "Reach for the Stars?"
- Will the STAR words you choose help you to "Reach for the Stars?" Why or why not?
- What other STAR words would you add to the list?
- What would others think of you if they saw you described using your STAR words?
- Do you think that you will enjoy coming to group?

★ Evaluation:

Student:

- Give each student an "Exit Slip" which they should fill out, share, and hand in before they leave.

Leader:

- Did the students agree to the rules that were established?
- Did each girl actively participate in the activities?

Thank the girls for sharing and to: Remember to "Reach for the Stars!"

StarBound: About Me Survey

Name _____



Please check the response that you feel best describes you.

1. I would describe myself as a leader.

Yes

No

2. When I disagree with my friend, I can let her know how I feel.

Yes

No

3. When I fight with my friends, we stop talking to each other for a while.

Yes

No

4. If a friend says something that is hurtful to me I:

Can tell her how I feel

Say nothing

Tell another friend

5. I can have a positive impact on my school.

Yes

No

6. I can make a difference in the world.

Yes

No



Activity 1.1

StarBound: About Me Survey

(continued)



Directions: Please answer the following.

7. Empowerment means to me:

8. Three qualities of a good leader include:

1.

2.

3.

9. I solve conflicts by:

10. I hope to learn in StarBound:
