



Daisy, Brownie, Junior Free Being Me Challenge

What's inside us matters most and there's not just one way to look beautiful. There is a huge diversity of beauty ideals around the world, and learning to value ourselves and our abilities builds body confidence. Sharing body confidence messages with friends can make us and our communities feel more empowered. **This challenge is filled with positive messages and confidence building activities that you can do with your troop or on your own!**

This year Girl Scouts of Maine is offering a **FREE** patch to all girls who complete this Challenge (while supplies last). By earning this patch, girls are empowered to challenge the idea that there is only one way to be beautiful, build their resilience and capacity to question, and reject the limiting messages about beauty they will encounter growing up. We want girls everywhere to feel free to be themselves!

What is the Free Being Me Program?

The World Association of Girl Guides and Girl Scouts (WAGGGS) partnered with the Dove Self Esteem Project in 2013 to create a program to make a real change in the way girls perceive and embrace beauty. Through the Free Being Me program, girls learn that body confidence and self-esteem come from valuing their bodies, standing up to social pressures, and supporting others to be more body confident.

Steps to Earn the Free Being Me Patch (Daisy, Brownie & Junior):

- Girls earn the patch by completing ten unique activities from the Free Being Me Program.
- Contact info@gsgst.org about receiving your free patch.

Reminders:

- This is a patch, so it is worn on the back of the vest or sash.
- GSGST has a limited supply of Free Being Me patches available, and the patch will be distributed to girls/troops as supplies last.

Activities

Activity 1:

Create a “Treasure Inside Me” box. You can use anything as your box, from a shoe box or plastic container to a tin you like. Now decorate your box in your style using markers, stickers, pictures or anything you choose.

You will add positive messages to your “Treasure Inside Me” box, showing that what is inside you matters most. Remember to add to your box each day!

Activity 2:

My Gold Pieces. In Ireland, there is a well-known legend about the leprechaun (a mischievous Irish fairy). He had lots of treasure that he kept locked inside an old pot, hidden at the end of the rainbow.

We are all special, a bit like the leprechaun’s treasure. Except, what makes us really special comes from inside us. We can be kind and brave, loving and clever; or things we are good at, such as painting, or science, etc. Sometimes, we keep what is special about us hidden deep inside, such as character qualities like being patient or curious, helpful or adventurous.

Print the Activity #2 sheet from the Appendix. Write something special about yourself on at least 5 pieces of the gold – remember to include both physical and those special qualities about yourself that are hidden deep inside you! On a sixth piece of gold, write “I am AMAZING!” Cut out the pieces and put in your “Treasure Inside Me” box.

Activity 3:

A “Perfect Looking” Princess? What does your “perfect” princess character look like? What are her features like? For example, what color are her eyes or hair? Now is your chance to design your own princess!

Print the Activity #3 sheet from the Appendix. The figure is already drawn for you...you just need to add the details. Be sure to focus on what your princess looks like in addition to what she is wearing. Cut out the picture of “My Perfect Looking Princess”.

Now look at your “Perfect Looking Princess” and answer the following questions.

- Isn’t it strange how so many princesses look alike, not in the way they dress, but in their physical features?
- Can you think of other places you have seen a similar looking princess, such as movies, TV, toys, famous people, etc.?
- In real life, do most girls have all these feature that you drew in your princess?

Sometimes it feels like the world around us is telling us there’s only one way to look beautiful, and we should all try to match that look. The way princesses are shown to us in films and on the television is one way we get sent the message that girls and women should look a certain way.

- So do you think there is really only one way to be beautiful?

So you just learned there is no “Perfect Looking Princess”, so cross out the words “Perfect Looking” below your princess. This is your princess! Add your princess to your “Treasure Inside Me” box, and every time you look at her remember there is NO perfect looking princess, just lots of ways to be beautiful as yourself.

Activities

Activity 4:

Beauty Around the World. Different societies around the world in the past and the present have had lots of different ideas about what is beautiful. For example, girls in the USA like to get tan in the summer so their skin is darker but there are countries where lighter skin is more attractive.

Actually, we often get told the story that there's only one way to be beautiful in our society. But it's not true – there are lots of ways to be beautiful. There's no such thing as a perfect look!

So is there only one way to look beautiful when beauty is seen so differently around the world? Let's look at ideas about beauty that are different around the world and have changed over time.

For this activity, you will need someone to read the prompts in blue to you from Activity #4 sheet from the Appendix...Don't look at the sheet. Each prompt will start with "Somewhere in the world..." Think about what you just heard and answer True or False for each prompt. After you answer, have the individual read the corresponding statement below each prompt. Were you surprised by the statements? Which were the most surprising to you?

As you learned from these statements, beauty is seen so differently around the world. Cut out the globe picture from Activity #4 sheet in the Appendix and add it to your "Treasure Inside Me" box. When you see the globe in your box, be sure to remind yourself that you are beautiful!

Activity 5:

Gilly and Millie. What do you think can happen if people try too hard to change their appearance to match the princess look from Activity #3. Thinking there's only one way to be beautiful can make people unhappy, as you will see in the story of Gilly and Millie.

Read the story of Gilly and Millie on Activity #5 sheet in the Appendix. What did you think? Spend a few minutes thinking about the answers to these questions.

- Think about Millie's character; what she's like or what she likes to do?
- Think about Gilly's character; what she's like or what she likes to do?
- In the story, what did Gilly miss out on because she was worried about the way she looked?
- Why does Gilly try so hard to change the way she looks?
- How do you think this makes Gilly feel?
- What do you think the story is trying to tell us?
- Does hearing about Gilly and Millie make you think differently about how you see yourself?

Now help you can help Millie show Gilly that what she looks like isn't the only important thing about her. For example, in the story, Gilly worries about her whiskers being straight. Millie could say that Gilly's whiskers are great just as they are, because they help her find her way through the woods. Help Gilly celebrate who she is by showing her all the great things she can do with her body. Using the picture following the story of Gilly and Millie in the Appendix, come up with some good examples of what Gilly can do with her body, instead of what it looks like.

We know that there's no such thing as one way to look beautiful. Perhaps Gilly needs to understand that too. Add Gilly's picture to your "Treasure Inside Me" box. When you see Gilly in your box, be sure to remind yourself of all the things you can do with your body.

Activities

Activity 6:

I Like Me Fortune Teller. Sometimes we get so caught up worrying about the way we look that we forget about all of the AMAZING qualities, talents and unique characteristics that each one of us possess. So, let's have fun!

On the Activity #6 sheet in the Appendix, fill out the fortune teller with eight special qualities, talents and/or unique characteristics you like about yourself. It sounds hard but it's really not. Think about your physical features, unique things you can do, and don't forget those character qualities hidden deep inside you from the Gold Coins Activity. Then cut out your Fortune teller, and fold it according to the directions.

Sometimes it's hard to say the things we like about ourselves out loud, so let's get some practice! Find someone to play your fortune teller with. Be sure to read your fortune out loud. Learning to speak confidently about ourselves and who we are is a great way to boost body confidence, so we should do it as much as we can!

Add your Fortune Teller to your "Treasure Inside Me" box. Use it often to remind yourself of all your AMAZING qualities, talents and unique characteristics.

Activity 7:

You're My Star. Let's share your knowledge and tell the people you know that there's not just one way to be beautiful, and looks aren't the only thing that matter. Think about a positive message that is important to you that you can share. Some examples are:

- You are a star just as you are!
- You are beautiful!
- Be proud of your body; it is amazing.

Using the star shapes on Activity #7 sheet in the Appendix, write down at least 3 additional positive messages (not the ones used as examples) about yourself that you would like to share with others.

When we do something positive in the world around us, like sharing our star messages, we're not acting alone. Around the world, millions of Girl Guides and Girl Scouts are taking action in their communities and helping others to feel good themselves. All those little actions add up to make a big change in the world. Become part of this action and share these positive messages with a friend.

Cut out the stars and add it to your "Treasure Inside Me" box. When you see the stars in your box, remind yourself that you are STAR!

Activities

Activity 8:

Feeling Great Messages. What do you say when you hear a friend say something negative about the way they look? How do you come up with a positive reply? It's not always simple; it takes some practice.

Your positive reply needs to let your friend know that there isn't just one way to be beautiful, so worrying about trying to fit with a certain look isn't worth it.

For example: In response to, "My friends won't like me if I'm not pretty", you could say: "Don't worry, I don't agree! People like you because of who you are, not what you look like!"

Look at Activity #8 sheet in the Appendix. These are real messages from real girls about their appearances! Pick at least 3 messages and come up with positive messages for the girls to help them understand that there's no such thing as one way to look beautiful.

Now that you have written some positive messages, think about...

- Are there times when you've worried about things, the way the girls in those messages did?
- What message do you think will help you not to worry in the future?
- Cut out your positive messages and add it to your "Treasure Inside Me" box. When you see these messages in your box, remind yourself what you have learned in these activities:
- There isn't just one way to look beautiful.
- What's inside matters the most.
- It's great to appreciate what our bodies can do, as well as what they look like.
- It's important to be yourself. We are all different, and that makes us special.
- People don't decide if they like you or not just based on what you look like.

Activity 9:

A Free Being Me World. Imagine a world where girls feels free to be themselves, where they don't worry about the way they look, and feel more confident about themselves. What would that look like?

On Activity #9 sheet in the Appendix are a few comments about girls in a Free Being Me World. Think about what you have learned doing the previous activities. What other comments would you add? Maybe something about complimenting friends on who they are, not how they look; or don't compare yourself to others, we are all unique.

Add your comments in the empty spaces. Now cut out the Free Being Me World with the comments and add it to your "Treasure Inside Me" box. When you see the World and comment messages in your box, remind yourself that through your actions you can help make this world possible.

Activities

Activity 10:

Free Being Me Pledge Card. Think about what you’ve learned about yourself by completing these activities. Can you make a promise to do little things to help yourself and others to feel more confident about their bodies? For example: You could...

- Promise not to say anything hurtful to your friends that might make them worry about how they look.
- Promise to remind people that there isn’t just one way to look beautiful.

Look at the Activity #10 - Free Being Me Pledge Card in the Appendix. What two things have you learned by doing the activities? Write those on the card. Also, add how you can share these messages with others.

Now cut out your Free Being Me Pledge Card and share the messages with family and friends. Be sure to put your pledge card in your “Treasure Inside Me” box. When you see this pledge card in your box, remind yourself to share what the Free Being Me key messages with others.

Resources:

- World Association of Girl Guides and Girl Scouts
<https://www.wagggg.org/en/what-we-do/free-being-me/>
- Free Being Me Website
<https://free-being-me.com/>

Appendix:

Activity #2 – My Gold Pieces Sheet for Daisy, Brownie, and Junior

Activity #3 – A “Perfect Looking” Princess Sheet for Daisy, Brownie, and Junior

Activity #4 – Beauty Around the World Sheet for Daisy, Brownie, and Junior

Activity #5 – Gilly and Millie Sheet for Daisy, Brownie, and Junior

Activity #6 – I Like Me Fortune Teller Sheet for Daisy, Brownie, and Junior

Activity #7 – You’re My Star Sheet for Daisy, Brownie, and Junior

Activity #8 – Feeling Great Messages Sheet for Daisy, Brownie, and Junior

Activity #9 – A Free Being Me World Sheet for Daisy, Brownie, and Junior

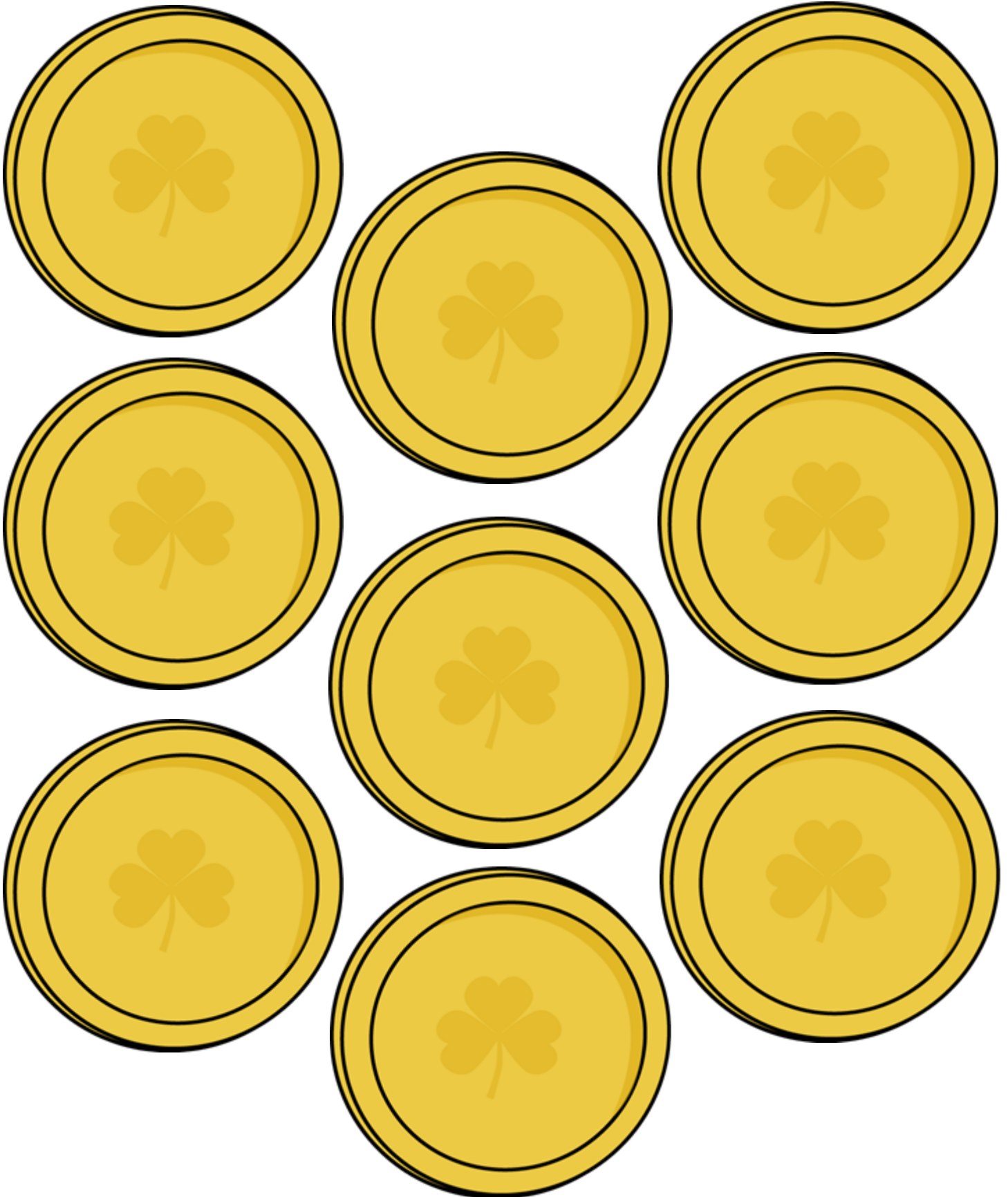
Activity #10 – Free Being Me Pledge Card for Daisy, Brownie, and Junior

Activity #2

My Gold Pieces

(Daisy, Brownie, and Junior)

Write something special about yourself on at least 5 gold pieces, then cut out.

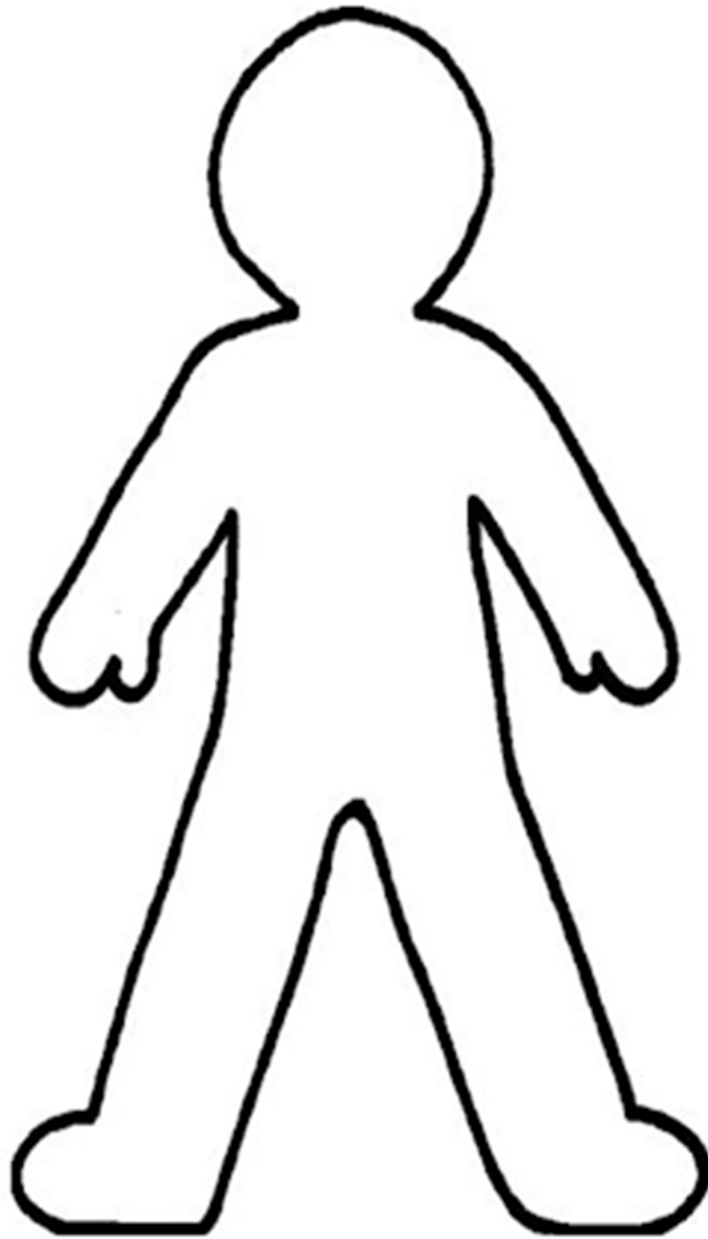


Activity #3

A “Perfect Looking” Princess

(Daisy, Brownie, and Junior)

What does your Princess look like? Make this figure into your favorite princess.
Then cut the picture out.



My Perfect Looking Princess

Activity #4

Beauty Around the World

(Daisy, Brownie, and Junior)

Have someone read the statements in bold to you, always starting with “**Somewhere in the world...**”. What do you think...True or False? Compare your answers with the comments below the statements in bold.

Somewhere in the world...

...it is considered that big women are beautiful.

In Mauritania and Nigeria in Africa, it's desirable for women to be as big as possible. Unfortunately sometimes girls are even force-fed to make them more attractive.

...people think it's beautiful to have a very long neck.

There are communities in Thailand and Myanmar where women and girls stretch their necks by adding neck rings to be considered beautiful and show they belong to their community.

...people with tanned skin are considered more beautiful.

In countries like Australia, the UK and the USA, many people want to look like they have been in the sun and have tanned skin, so they tan themselves with lotion or sunbeds or spend a long time in the sun. This can be dangerous and bad for your skin.

...tall is beautiful.

In some parts of Asia, such as South Korea, people have increased their height by having leg-lengthening surgery.

...having face tattoos are a sign of beauty.

Face tattooing is a sacred ritual to the Maori people of New Zealand. The swirling tattoos are called Ta-moko. Women with tattooed lips and chins and full, blue lips are considered the most beautiful.



...people have thought it beautiful for women to have very tiny feet.

In China, foot binding was very popular until the early 20th century. Girls had their feet bandaged to stop them growing. The way it made women walk was seen as attractive.

...a uni-brow – where both eyebrows join in the middle – is seen as beautiful for women.

In Tajikistan, women feel very lucky if their eyebrows grow across their foreheads. If they don't, they use a herbal mixture to draw a line and join their eyebrows together.

...having a plump curvy bottom is the most beautiful way to be.

In Jamaica, dancing is very important. Women with bigger bottoms can wiggle them a lot when they're dancing, which people find beautiful.

...dyed black teeth were thought to be very beautiful in women.

This is called Ohaguro, and was done generally by married women, and sometimes men, in Japan, until the 1900s. It followed an ancient tradition that pitch black things were seen as beautiful. The dye actually protected their teeth from decay!

...people feel it's more beautiful to have a lighter skin tone.

In many places in Asia, lighter skin is often considered more attractive, and will avoid going in the sun, even use a bleaching lotion to whiten their skin. Some people believe they will be more successful with whiter skin. For example, in Korea, being tanned means you are a poor peasant working outdoors as compared to pale skin people who represent luxury and wealth. And in India, being fair also means having wealth, luxury, and more importantly a status that commoners do not achieve in their lifetime.

Activity #5

Gilly and Millie

(Daisy, Brownie, and Junior)

Read the following story about Gilly and Millie.

Once upon a time, there was a mouse called Millie, who liked nothing more than spending a day playing with her friends, swimming in the pond and eating her favorite kind of cheese as a treat. Millie's best friend was called Gilly.

Gilly was great fun to be around, and made everyone giggle. Before Gilly went out to play though, she would always try to make sure she looked dressed up. Her whiskers would be polished, her claws painted and her fur brushed and shiny. She liked to sneak a look at her mum's favorite magazine, *Mouse Girl*, she thought that if she tried hard to look like the mice in the magazines and on the TV, it would mean that she would fit in better at school and have more friends.

One warm sunny day, Millie, Gilly and their friends agreed to go to the pond for a swim. Millie knocked on Gilly's door to collect her. She waited... and she waited... then she knocked again. "Gilly?!" she called up to her friend's window. Eventually the door opened, and Gilly's mum came out looking cross. "Gilly's still getting ready, I'm afraid," she said. "Why don't you go and get her, I've been trying to get her to go outside all morning!"

Millie ran upstairs to find Gilly brushing her fur. "Come on! We've missed loads of fun already, your fur looks great how it is!" said Millie.

Gilly didn't think so – she looked miserable. "I can't possibly go out like this! Look at me, I look like a sheep not a mouse!" Millie thought her friend looked perfect the way she was, and told her so. Gilly didn't listen.

"Come ON, Gilly!" Millie said. Eventually, Millie helped Gilly straighten the last bit of fur. Gilly stole one last look at the mirror, straightened a whisker, and finally went outside. The warm sun beamed down on them as they ran happily to see their friends at the pond.

As she ran, Gilly tripped on a stone and stumbled. "Whoops!" said Millie, "Are you ok?"

"N—n- no!" whimpered Gilly. "Look at my claw polish! It's ruined!" Millie looked, and there was a tiny chip on Gilly's claw. "Never mind," said Millie. "You can always repaint it when you get home". "But it looks awful now!" Gilly said sadly. "Everyone will laugh at me – I'll see you later, I'm going home to re-do it."

"No you don't! We're late already, come ON! No-one's going to care!" Eventually Millie managed to persuade Gilly to keep going.

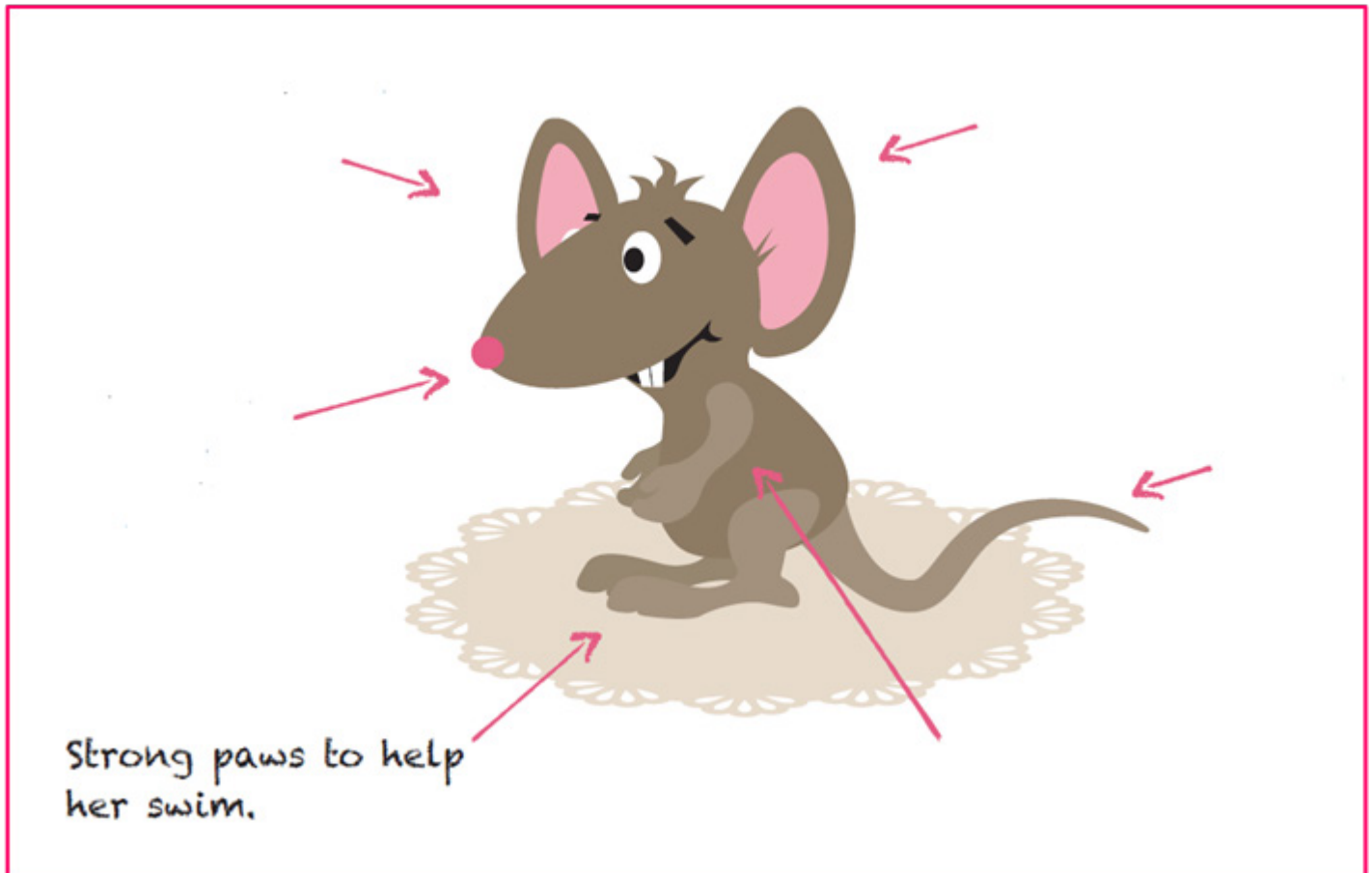
They reached the pond and everyone was excited to see them. Millie jumped into the water and made a huge splash! Everyone laughed, even the lifeguard, except Gilly who ran quickly backwards to avoid the splash. "Come on Gilly, your turn!" everyone yelled.

"Oh no," Gilly said. "I've just come to watch – I've just brushed my fur and I'll look awful if it gets wet." Millie and all her friends tried to persuade her, but it was no use.

All day, Gilly sat on the edge of the pond with her paws in the pool, watching the others. She wanted so much to join in, but she was worried that the other mice would think she looked silly. At lunch time, she joined in the picnic but wouldn't eat even a little bit of the cheese Millie had brought – she was worried she'd get fat.

After their long day playing in the sunshine, everyone went home to bed. Millie couldn't sleep though. She lay awake feeling a bit sad that Gilly wouldn't join in, and didn't seem to be having fun like everyone else. How could she help Gilly, and show her how much more fun it is to be yourself? She wasn't sure...

Picture of Gilly. Add comments about what unique things she can do with the different parts of her body. There is one comment to get you started and labels on other parts. Are there any other parts you can comment on?



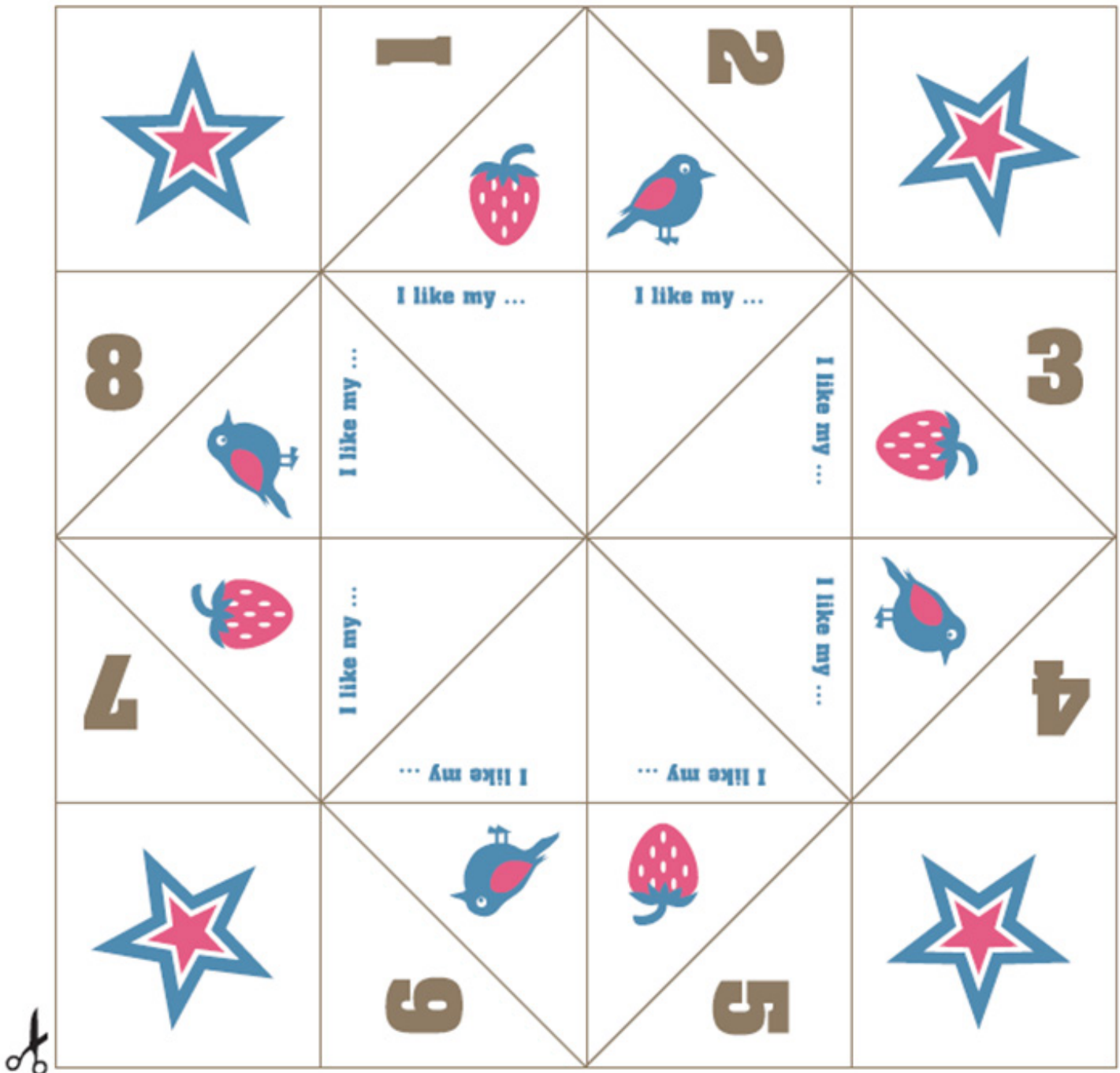
Comments:

Activity #6

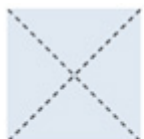
I Like Me Fortune Teller

(Daisy, Brownie, and Junior)

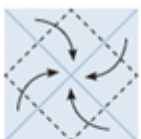
Make your own fortune teller and use 8 words to describe special qualities, talents and/or unique characteristics you like about yourself.



Cut out, then fold according to instructions:



1. With the pictures face down, fold on both diagonals. Unfold



2. Fold all four corners to centre



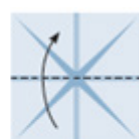
3. Turn paper over



4. Again, fold all four corners to centre



5. Fold paper in half and unfold



6. Fold in half from top to bottom. Do not unfold

7. Slide thumbs and forefingers under the squares and move the fortune teller back and forth to play



Activity #7

You're My Star

(Daisy, Brownie, and Junior)

Write positive messages to yourself in the stars. The first is an example and you need to complete at least 3 more stars.



Activity #8

Feeling Great Messages

(Daisy, Brownie, and Junior)

Below are real messages from real girls about their appearances! Pick at least 3 messages and come up with positive messages for the girls to help them understand that there's no such thing as one way to look beautiful.

I don't want to go swimming anymore because my knees look knobbly.

My hair is really frizzy, everyone else has straight hair. I hate my hair.

I don't have anything to wear to school. My clothes are babyish, I'm going to get teased.

My friends won't like me if I'm not pretty.

I'm shorter than my friends! I don't think I'm ever going to grow tall.

My shoes are really ugly and not the most popular. People will laugh at me.

Everyone in this TV show is tall and skinny. I feel really ugly when I compare myself to them.

My tummy sticks out. I better wear a baggy T shirt.

If I don't like pink, I'm not a normal girl.

Your Positive Message:

Your Positive Message:

Your Positive Message:

Activity #9

A Free Being Me World

(Daisy, Brownie, and Junior)

In the empty shapes, add your own comments needed to make a Free Being Me World based on what you have learned in the previous activities.



Activity #10

Free Being Me Pledge Card (Daisy, Brownie, and Junior)

Cut the Pledge Card out, complete it with your promises and share with your family and friends.



The image shows a 'Free Being Me Pledge Card' template. It is divided into two main sections: a pink top section for promises and a blue bottom section for key messages. The pink section has a dashed border and a pair of scissors icon on the left, indicating where to cut. It contains two sets of horizontal lines for writing, each preceded by a number '1)' and '2)'. The blue section also has a dashed border and contains the title 'Free Being Me key messages' in bold. Below the title are five horizontal lines for writing, each preceded by a number '1)' and '2)'. At the bottom of the blue section is a large blue key icon.

Free Being Me key messages

There isn't just one way to look beautiful.

What's inside matters the most.

It's great to appreciate what our bodies can do, as well as what they look like.

It's important to be yourself. We are all different, and that makes us special.

People don't decide if they like you or not just based on what you look like.