

GIRLS CIRCLE CURRICULUM

PATHS TO THE FUTURE

Themes and Activity Plan

<i>WEEK</i>	<i>THEME</i>	<i>ACTIVITY</i>
1	Friendship and Bonding	Creating Group Guidelines; Poster and Dyad Interviews
2	Communication Skills and Dealing with Authority Figures	Continuum of Behaviors, Role-Plays, and Discussion
3	Mother/Daughter Relationships	Collage, Group Discussion and Letter Writing
4	Being the "Queen of Your Own Body"	Writing Exercise, Discussions and Role-Play
5	Dating Violence/Abusive Relationships	Discussion and Journal Writing
6	HIV Prevention-Staying Safe, Staying HIV Free	HIV Transmission Game, Discussion and Tug-of-War Game or Tug-of-War poster
7	Teen Drug Use and Abuse	Group Discussion and Life Maps
8	Body Image	Discussion, Magazine Collage, and Characteristics List
9	Stress and Stress Management	Discussion, "Symphony of Stress" Role-Play Improvisation, Breathing Relaxation Exercise and/or Progressive Relaxation Exercise, and Coping Cards

10	Goal Setting-Part One	Discussion and Path/Bridge Activity
11	Goal Setting-Part Two/Action Plan for Support	Climbing the Mountain Activity, Circle of Support
12	Wrap up and Closure/Appreciation Ceremony	Sharing of Circle Experiences, Frame Making to Include Group Picture or Poem, Decorating Bookmarks, Appreciation Ceremony
Appendix:	Bonus Optional Unit On: Shoplifting	Discussion, "Awareness Chart," Writing and Collage
Information Piece: "How to Talk to a Teenager"		

RELATIONSHIPS
Theme and Activity Plan Overview

<i>Week</i>	<i>Theme</i>	<i>Activity</i>
1	Connecting with Myself	Imagery/Drawing/Writing
2	Expressing Myself	Relaxation and Poetry
3	All Different Parts of Myself	Quick Writing and Collage
4	Feeling Stuck or Confused	Journaling/Self-Dialogue
5	Clearing Up Unfinished Business	Quick Writing and Role-play
6	Sexuality	Dramatization of Talk Show
7	Relationship Give and Take	Movement with Music
8	Wholeness and Completion	Mandala Making

WHO I AM, HOW I RELATE, WHERE I'M GOING
Theme and Activity Plan Overview

<i>Week</i>	<i>Theme</i>	<i>Overview</i>
1	Building Trust/Group Bonding	Sharing Trio
2	Journaling and Self-Disclosure	Making Journals
3	Song About Me/Who I am	Sharing Songs and Journaling
4	Friendships/How I Relate	Sharing and Sculpture Activity
5	Personal Growth/Assertiveness	Drama/Role Play
6	Life Goals/Personal Goals	Life Goals Activity
7	Where I've Been & Where I'm Going	Guided Meditation and Creating Materials
8	Appreciation/Compliment Circle	Appreciation Certificates

MIND/BODY/SPIRIT

Theme and Activity Plan Overview

<i>Week</i>	<i>Theme</i>	<i>Activity</i>
1	Inner Champion/Inner Critic	"Champion vs. Critic" reflection activity, journal writing, dyads, group discussion, self-affirmations
2	Alcohol, Drugs and the Mind/Body/Spirit Balance - Part I	Print Media posters, journal writing, self-affirmations
3	Alcohol, Drugs and the Mind/Body/Spirit Balance - Part II	"Life" mobiles, role-play, journal writing, self-affirmations
4	Alcohol, Drugs, and the Mind/Body/Spirit Balance - Part III	Analyzing Video Clips, journal writing, self-affirmations
5	What is Love? Understanding Sex, Love and the Mind/Body/Spirit Balance Part I	"Infatuation/Desire/Love" definitions activity, teen story and discussion, self-affirmations
6	What is Love? Understanding Sex, Love and the Mind/Body/Spirit Balance Part II	Analyzing music messages, journal writing and self affirmations
7	What is Love? Understanding Sex, Love and the Mind/Body/Spirit Balance Part III	"Interview Stories" dyad sharing, teen story and discussion, self-affirmations
8	Knowing What I Want! Understanding the Sex, Love and the Mind/Body/Spirit Balance - Part IV	Dyads, Personal Standards card activity
9	Standing for What I Want! Understanding the Alcohol, Drugs and Sex Connections	Teen story and discussion, role-play, self affirmations
10	Mind/Body/Spirit Harmony	Breath work meditation, self-affirmations

11	<i>Affirming My Whole Self</i>	Life Affirmation poster
12	<i>Celebrating My Whole Self</i>	Affirmation Frames, closing ceremony

BODY IMAGE
Theme and Activity Plan Overview

<i>Week</i>	<i>Theme</i>	<i>Activity</i>
1	Body Talk	"Fat Means...Thin Means...Activity" Discussion, Brainstorming and Writing
2	Body Messages - Part I	"Glossies" Magazine Images, Exploration and Reflection
3	Body Messages - Part II	"Pie of Influence"
4	My Body	Body Drawing
5	Body Wisdom	Relaxation and Feelings Identification Exercise
6	Accepting and Nurturing our Bodies	Affirmation Boxes
7	Body Expression	Questioning and Discussion
8	Whole Body/Whole Person	"Appreciation Certificates" and Ceremony