

LEADERS NOTES



1

Salt Sisters

Welcome and Would You Rather

Try to get creative with the different 'fears' one might have that you give to your chapter. Start with the obvious: spiders, heights, etc and then move on to other unexpected ones. If you want to add some trivia, you can have the girls guess different type of phobia names from the list provided in the link. (click on picture)

2

Motto

Salt Sisters

'LIKE SALT, I CAN HEAL, SOOTHE, PROTECT, AND PRESERVE MY SISTERS IN CHRIST JUST AS MYSELF.

Hey Salt Mama, we have two more challenges left to complete 12 months. If it is possible, please consider printing out the motto on some card stock or something for your chapter to keep.'



3

Trust Me Girl!

Salt Sisters

Everyone form a circle with one person blindfolded in the middle, and one outside the circle. The others are to gently throw one soft ball or crumpled paper at the blindfolded one, but the person on the outside is allowed to give them orders on how to avoid the ball.

Encourage all girls to have a go at this, monitor how they feel throughout.



4

Trust Issues - Let's Talk

Salt Sisters

What did it feel like to be blindfolded? Did you feel scared, or did you feel better having your guide give instructions, so you didn't trip?

Talk about what it means to have to depend on someone else for guidance and how our bodies react to that.



5

Salt Sisters

Fear Factor - Egg Roulette

Who remembers the show Fear Factor? It was a reality T.V. show where people were challenged to do very frightening things in order to become the final winner of the show. What about you? Let's test your bravery with a little game of Egg Roulette.

For this game, you want to give the girls the impression that there is one egg (or more) that is not boiled, but in reality, they will all be boiled. You want to encourage as many of the girls to try as possible. Then discuss how it felt facing the fear of getting egg on your face and what encouraged them to face that fear.





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Salt Sisters

TRUST TALKS

Look on the list on the next page.

On a scale of 1-5 (1 being not an issue, 5 is a major issue) score yourself and then discuss with the group.

Remember to a little bit of your own feelings as you mentor through this list.

7

Faith Factor

Read 1 Samuel 1:2-2:21 and the story of Hannah. What was her fear and sadness? How did she deal with it?

What does Hannah teach us about faith?

Try to have this printed out or up on the screen for time saving.



Salt Sisters

8

Pinky Promise Prayers

On a sticky note that your Salt Mama will provide, write down something that you feel comfortable enough and 'trusting enough' to share with the group that you need to work on.

As a group, 'hold pinkies' as a sign that you are trusting one another with these disclosures and pray for one another.

Girls may feel a little uncomfortable sharing so try to give them some simple and personal examples they can use if they don't feel comfortable sharing with one another on a deeper level. Maybe it is trusting they will do well on an exam, or trusting that they are 'enough' in the way they look, or trusting a friendship that has been true etc..



Salt Sisters

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Salt Sisters Challenge: Circle of Trust

Our challenge this month is to fill in the circle of trust with all the people you feel safe with.

As the month progresses and you have those moments you are struggling, who can you lean on to share your feelings?

Print out this handout and prompt the girls about the people they can use to fill in the circles. Help them see who they can reach out to for help trusting as well as emphasizing the importance of trusting in God and what that looks like as well.

<https://www.healthynativeyouth.org/wp-content/uploads/2022/01/Circle-of-Trust-Activity.pdf>



SALT SISTERS

10

Salt Sisters

Quote Me Sister!

Send us your favourite quote or bible verse about trust and we will post it!

If you have an original quote, don't forget to sign your name!

On the page below there are a few examples that you can use to prompt the girls. There are some examples from social media influencers that the girls may recognize.



Signs of Trust Issues

1. You focus on the negative
2. You feel like you have to do everything
3. You are suspicious of friends and family
4. You avoid intimacy
5. You hold grudges
6. You pick fights
7. You keep to yourself
8. You avoid commitment
9. You spy on people or check their phones
10. You are a loner
11. You find yourself in relationships with untrustworthy people
12. You smother people you care about
13. You have a fear of abandonment

"The best way to find out if you can trust somebody is to **trust** them." *E Hemmingway*

Trust is built with consistency. *L. Chafee*

Trust takes years to build, seconds to break, and forever to repair. *Dhar Mann*

Trust is built on telling the truth, not telling people what they want to hear. *Simon Sinek*

Trust is not built in big, sweeping moments. It's built in tiny moments. every day. *Brene Brown*

'Spirit lead where my **trust** is without borders' (*From song: Oceans:Where Feet May Fall*)

But I have **trusted** in Your steadfast love; my heart shall rejoice in Your salvation. *Psalms 13:5*

Some **trust** in chariots and some in horses, but we **trust** in the name of the LORD our God. *Psalms 20:7*

Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths. *Proverbs 3:5-6*

Whoever **trusts** in his own mind is a fool, but he who walks in wisdom will be delivered. *Proverbs 28:26*