

LEADERS NOTES

Challenge #3



Ontario Young Women's Ministries

ROUND 3 FOR YOU & ME!

If you haven't already, try to get a different snack this time for the girls. Maybe a fun drink or something that will get the conversation going. Also, if it is possible, we would like the girls to each have journals, if it is possible, pick up something at a local dollar store so they all have the same or have them bring their own.



Five Finger Showdown

You can start off the game with a few suggestions but encourage the girls to come up with their own and see how the game evolves.



Salt Sisters Motto

Before you repeat the motto, make sure to remind the girls of what it means to create a safe space, and how that is so important and relevant to living out our motto.

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

'Me' and 'We'

The handout for this will be sent separately in the email with those who have registered. You will need scissors for the girls to borrow or you may want to pre cut the shapes before hand if you don't have enough scissors.



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Continued...

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LEADERS' NOTES

Self Study

If you don't have small mirrors, you can bring in a couple of bigger ones that girls can sit in front of, or alternatively they can use phones to take selfies or just have camera on to draw pictures. You will need paper and pencils.



Guess The Sketch



Go around the room and try to guess whose drawing is whose. Discuss the sketches and the perception that we have of ourselves. Make sure to make thoughtful observations here of how the girls perceive themselves to provoke conversation.



Dove Beauty Sketch

Watch this video created by Dove. Link is on image. Have girls each choose a woman in the video that surprised them in terms of description and the differences in images.



Self Reflection

Play some quiet music while girls are writing and encourage sharing if girls are willing afterwards. Prompt with some of your own thoughts on the reflection initiated.



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Continued

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I Am...

Make sure everyone participates in this including the Salt Mamas and that more than one word is written on the back of each salt sister's paper. You will need markers, paper, tape for this activity.



God's Girl



Check out these Bible verses, what do they say about you?

- Genesis 1:27**
- Ephesians 2:10**
- Psalms 139:14**
- Song of Solomon 4:7**
- Matthew 6:28-29**
- 1 Samuel 16:7**
- Proverbs 3:15-18**

Can you find anymore?



Now choose a verse that you want to pray and repeat as a group.

Salt Sister Challenge

For this month's challenge you will need to give each girl a pad of sticky notes to take home.

You can begin this activity by doing it on one of the mirrors that you brought in. Encourage Salt Mamas to take part in this as well and 'mirroring' positive affirmation and behaviour.

Girls can also write for each other..



SOS Social Media

Encourage the girls to follow and like on Social Media and share any ideas as to how to grow our Salt Sister social media presence.

Links are in icons! Thanks so much!



To print for each
salt sister
and cut out

