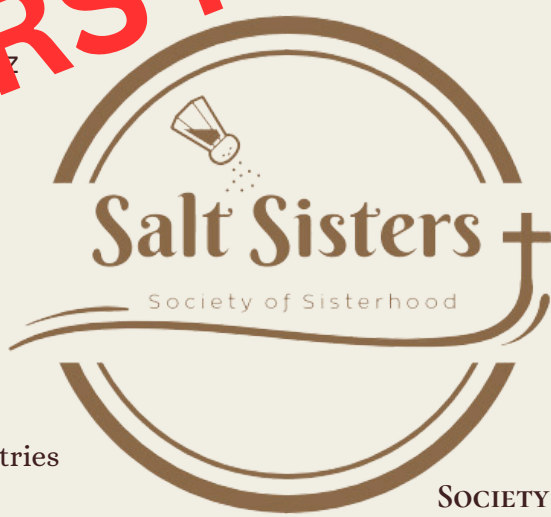


# LEADERS NOTES

Created by  
Patricia Ferreira Lopez

Challenge #5

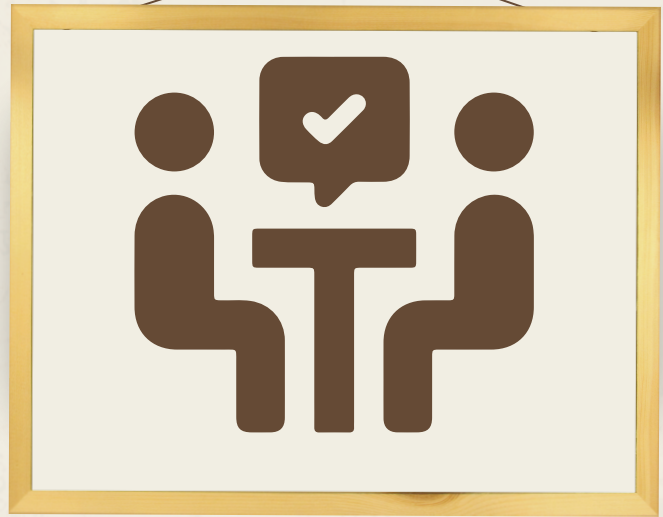


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Ontario Conference

SOCIETY OF SISTERHOOD IN CHRIST

## Welcome/Check in

When you speak to the girls about last month's challenge, be sure to encourage any win, even small. Ensure they know that even if they were not able complete the challenge, that it is a life long process and every day that we practice positive growth mindsets is a win over those 'minefields'



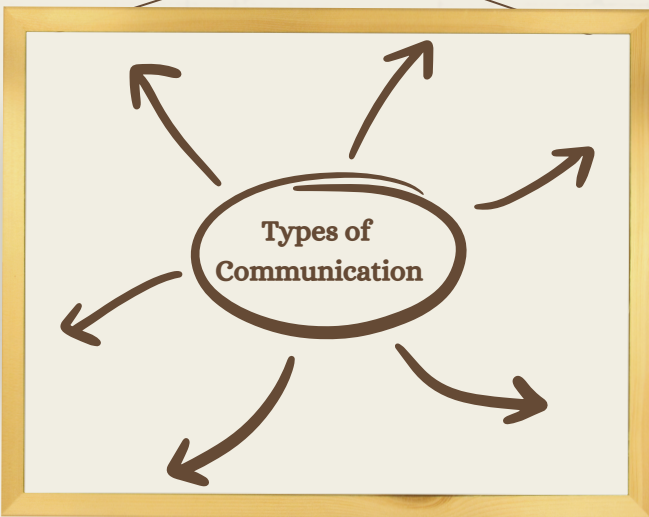
'LIKE SALT, I CAN HEAL, SOOTHE, PROTECT, AND PRESERVE MY SISTERS IN CHRIST JUST AS MYSELF.'

## Motto

I encourage you to purchase a small gift, perhaps a toiletry bag or face masks, something small to give to those who memorized the motto. We want all girls to know by the end of the year.

## Passive Aggressive Pam

This video was shortened as there was an inappropriate reference at the beginning, but Passive Aggressive Pam is a good example of passive aggressive comments people make. (Video sent via email link) Encourage the girls to keep count on the number of comments she makes and discuss incidents where they may have experienced this with friends or classmates.



## Communication 101

Continue the conversation with other types of communication. This can include: Aggressive, Passive Aggressive, Assertive and even manipulative. Discuss which is most effective in conflict resolution and the pitfalls of each.

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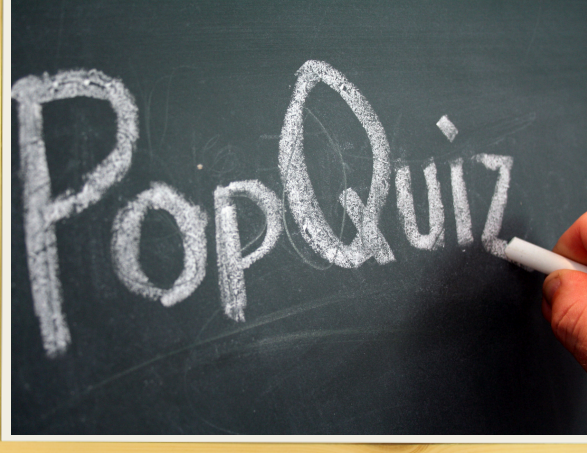
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## Pop Quiz

This little 'quiz' is just for the girls to get a sense of the kind of communicator they are.

Tell them that the more honest they are the better it will be and that the answers are private and for self reflection. They can share only if they want to.



## The Chair

Find a sister who you would consider a 'strong' person. Salt Mamas will select 4 other people and Salt Mamas privately assign them a behaviour type – assertive, aggressive, passive, passive-aggressive and advise them that their task is to persuade the person on the chair to relinquish the chair.

This can also be done with a box of chocolates or sweets where the girls have to convince the person to share a sweet.



## I statements

Model how to create an 'I' statement. I feel... (state your emotion) when... (describe the specific situation in a neutral and objective way) because... (state the effect on your life) and I want... (state the action you want taken). It is very important to begin I statements by stating the emotion you have about the situation, rather than a thought or action. Go through scenarios together. and practice 'I' statements. Here are a few to consider:

(You can add your own)

- A friend who is always late for everything
- A sibling who is always getting you in trouble
- A parent/teacher who you feel doesn't listen to your ideas
- Someone who criticizes the way you do things.

I matter!

## Unwrapping Scripture

Wrap up a bible verse in a few layers of tissue paper or wrapping paper.

Pass it around so girls can unwrap a layer at a time for a little brain break, then read the verse together. What are the 3 things to consider for conflict resolution. Verse in link on picture.



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## Salt Sister Challenge

Our Salt Sister Challenge this month is to go home and make a list of all the people and situations that you have needed some conflict resolution with. Write down an 'I' statement next to each situation and practice using it next time conflict arises.



## Pulse Check

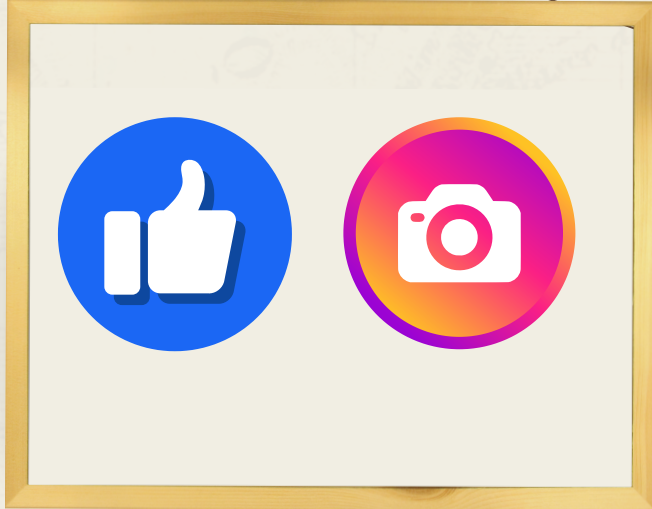
{How are you enjoying Salt Sisters?  
Anything you would like to see us add?

Anything you would change?  
Your feedback matters!

Salt Mamas, this is a good opportunity to take a pause and see how the girls are feeling about the group, and note any comments or suggestions. Please share feedback as well.

## Social Media

Don't forget to like us on Facebook and Instagram. if you have any thoughts or photos to share, we are always looking for new content!



## Remember ...

As you think about how you communicate to others, don't forget YOU are the SALT of the EARTH and are called to be SALT SISTERS!