



# SALT SISTERS CHALLENGE #

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## LEADERS NOTES

# 1

### SALT SISTER WELCOME

You are encouraged to start personalizing your chapter a little more as we are now halfway through our pilot year. You want to start thinking about what makes your chapter unique and dynamic. Girls can start by creating their own welcome, it could be a handshake, cheer, quote etc..

### MOTTO

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

# 2

### SOIREE SAVVY

# 3

As per our last SALT MAMA meeting, we are working towards that celebration at the end of the year and it was voted among us to assign a decade to each chapter to develop and present in a fashion show. Since some decades are more popular than others, we would ask for 3 choices.

### MIXED MESSAGES

Play a version of the broken telephone game, but instead of whispering something into the next person's ear, do an action instead. The first person does it and then turns the other way, and then the next person and so on until the final person does the action. What happened at the end?

# 4

### NOT ALL THAT GLITTERS IS GOLD...

# 5

WARNING: This activity can get messy, so do it in a carpet free space if possible. You can use whatever amount of money you want as incentive because there is no way that the girls will be able to complete this challenge (which is the point of what gossip does as it 'sticks' and leaves it remnants.)

### GOSSIP GIRL

- How do the last two games we played reflect how gossip is spread? What is gossip anyway? Have you ever gossiped about someone or has someone ever gossiped about you or someone you know? What happened in that situation? How did it feel? How did it feel in the moment? How did it feel afterward?

# 6

### FEEDING THE FIRE

# 7

You might want to have the Bible verse displayed somewhere or written up if the girls do not have access to Bibles or have Bible apps. Talk about how gossip is 'feeding a fire' and how that relates to our daily lives. What are the dangers of being near fire or playing with fire.



### T.H.I.N.K - SALT SISTER CHALLENGE

The T.H.I.N.K acronym is T- Is it TRUE. H- Is it HELPFUL. I- Is it inspiring - N- Is it NECESSARY. K- Is it KIND.

Go through each one and discuss. We want the girls to really understand the impact of their words and how they can heal or harm. Also, extend this to have them consider what they do online and how to apply T.H.I.N.K digitally.

# 8