

 Happy to Be Me "I like myself and am aware of issues affecting girls/ young women like me."	 My Community "I feel a sense of belonging and connection to people and places."	 Be Creative "I can express myself and have interests and talents."	 Get Active "I enjoy feeling healthy and positive."	 Have Fun "I have fun, take risks and like working in a team."	 Skills for Life "I know how to look after myself and others."
--	--	--	---	--	--

 Issues Issues affecting girls and young	 Relationships Relating to others	 Volunteer Contributing to society	 Trips Out Supporting personal development	 Arts and Crafts Encouraging creativity and expression	 Music and Drama Development through performance	 Physical Being active, fit and healthy	 Games Developing social and emotional skills	 Group Challenge Group projects and teamwork	 Skill-Based Gaining essential life skills
--	---	--	--	---	--	---	---	--	--

Example Activities

Body Image	Friendships	Young Leader Award	Outdoor Adventure	Body Plaster Casting	Musical Instruments	Team Sports/ Ball Games	'Who Am I?'	Competitions	Independent Living
Digital Safety	Bullying/ Cyberbullying	Community Outreach	Residential Stay	Mural Painting	Singing	Yoga	Table Tennis/ Table Football	Quizzes	Young Mums' Group
'Independent Me'	Healthy Relationships	Campaigning	Regional Fun Day	Scrapbooking	Drama and Role Play	Self-Defence	Bingo	Clothes Swap	Healthy Cooking
'Girl Power'	'Saying No'	Fundraising	Nature Walk	Photo booth	Dance	Skateboarding Lessons	Circle Games	Dinner Party	First Aid
Strengths	Gratitude	Community Parade	Camping	Biscuit Icing	Charades	'Rounders for Rebels'	Blindfolded Games	Team Building	Keeping Safe
'Believe in Your Selfie'	Mentoring	Tree Planting	Beech trip	Jewellery Making	'GFS Has Got Talent'	Trampolining	Parachute Games	Tuck Shop	Dealing with Risks
'BOOST (Self-Esteem)'	'Tools for Happiness'	Youth Forum	Tree Trail	Needlecraft	Pantomime	Hula Hooping	'Listen Up'	Book Club	Gardening

Targeted to age groups: 5-10 yrs | 11-14 yrs | 15-18 yrs | 19-25 yrs