**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 am confident to try new things and contribute to the world around me”

---

**Example Activities**

- Body image
- Digital safety
- Inspiring women
- Friendship and sisterhood
- Bullying and cyberbullying
- Community events
- Fundraising
- Community campaigning
- Outdoor adventures
- Residential stays
- Regional fun day
- Spoken word performances
- Seasonal crafts
- Drama and roleplaying
- Singing
- Dancing
- Team sports/ball games
- Yoga
- Self-defence
- Hula-hooping
- Active games
- Non-traditional ‘girl sports’
- Fun games
- Parachute games
- Group projects
- Teambuilding
- GFS National Challenge
- Quizzes
- First aid
- Money management
- STEM workshops
- Public speaking
- Environmental awareness
- Cooking