

SMART

Grade(s)	K
Kid Friendly Definition	Being smart can mean that we know a lot of things but it also means that we make good choices.
Example	A good choice might be to choose to eat vegetables instead of candy. Then we would be smart. A good choice would be to wait our turn at the monkey bars instead of pushing the person in front of us. That would be smart.
Extend	<p>Ask the girls to brainstorm other ways to be smart. Then, tell them scenarios that they should think about and what would be the smart choice</p> <ul style="list-style-type: none"> ★ You are working on your homework when the person sitting next to you is having trouble finishing. When you see that they are having a hard time with their homework would the smart choice be to make fun of them or to help them? ★ You are waiting to use the blue crayon but someone else is using it. Should you grab the crayon away from that person or should you ask nicely and wait your turn? ★ You are playing with a group of girls and someone feels left out and wants to play. What would be the smart choice? ★ You are sitting on the rug next to your best friend. You continue to talk to your friend as the teacher is talking. What would be a smart choice? ★ What are some smart choices that you can think of? <p>You can do this activity in Think, Pair, Share format and have the girls discuss smart choices.</p>

BOLD

Grade(s)	K
Kid Friendly Definition	Being bold means being brave and having courage. We can be bold when we try something new or when we stand up for what we know is right.
Example	Someone would be bold if they tried something new. You are all new to GIRLStart so you were all very bold to try something new.
Extend	We are going to continue to be bold and try new things. Make sure to lay down some ground rules (sometimes trying new things can be scary so we cannot laugh at other people...) Tell the girls that you are going to try to teach them how to do summersault. Some girls may already know but for the rest of the girls this may be new. Make sure to do this outside. Tell the girls to tuck their heads and kick over. Make sure to guide them one at a time. They will all after a while be doing it on their own and having a blast. Go back in side and tell the girls that though trying something new can be scary we all did it and you were all very bold.

EXPLORERS

Grade(s)	1-3
Kid Friendly Definition	<p>Explorers: We show curiosity by asking questions We exercise our imaginations We look for answers and solutions by ourselves We interact with the world around us</p>
Example	<p><u>We show curiosity by asking questions:</u> If you want to know more about a concept in a read aloud you raise your hand and ask a question.</p> <p><u>We exercise our imaginations:</u> When it is raining outside and you are upset that you can't go outside and play you imagine you are laying in the sunshine and smelling the flowers.</p> <p><u>We look for answers and solutions by ourselves:</u> When you are doing your homework you first read and reread the directions and try to solve the problem before asking for help.</p> <p><u>We interact with the world around us:</u> Instead of sitting and watching TV we go outdoors and play</p>
Extend	<p>Give various scenarios that describe an explorer and a few that do not. Have the girls give a thumbs-up or a thumbs-down If the girl is showing that she is an explorer. If she is not, ask a volunteer to explain how she can change her behavior to show that she is an explorer.</p> <p>Example scenario: Clarivell thinks that bugs are really cool and she wants to learn more about them! She wonders how bugs are born, what they eat, and where they sleep at night. She knows that there is a book about bugs in the GIRLStart classroom, so she decides to read the book to find the answers on her own.</p> <p>Have the girls fill out a chart with the circle in the middle saying "explorers". In the four squares the girls will write the 4 actions and then think of their own scenario that relates to each to write and illustrate. Pages will be kept for class book: <u>Strong, Smart, and Bold Girls Are...</u></p>

OPEN

Grade(s)	1-3
Kid Friendly Definition	<p>Open:</p> <p>We express our needs</p> <p>We listen to others with opened minds</p> <p>We earn trust</p> <p>We appreciate and accept differences</p>
Example	<p><u>Express our needs:</u> When you have a conflict with someone, use an “I Message” to express what you need.</p> <p><u>We listen to others with opened minds:</u> When someone is giving you an “I Message” you are really listening to what she are saying and hearing her needs.</p> <p><u>We earn trust:</u> When you go to the bathroom you come right back without playing in the halls.</p> <p><u>We appreciate and accept differences:</u> You don’t yuck people’s yums.</p>
Extend	<p>Give various scenarios that describe an open girl and a few that do not. Have the girls give a thumbs-up or a thumbs-down If the girl is showing that she is open. If she is not, ask a volunteer to explain how she can change her behavior to show that she is open.</p> <p>Example scenario: Yeny is upset because Dasani has been playing on the swing for ten minutes and she won’t give Yeny a turn. Instead of coming to Miss Suzie, Yeny says to Dasani that she is upset that she has not had a chance to swing, and she would really like it if Dasani shared with her. Dasani listens to Yeny and shares the swing with her, even though she wants to continue swinging. They are both being open.</p> <p>Have the girls fill out a chart with the circle in the middle saying “open”. In the four squares the girls will write the 4 actions and then think of their own scenario that relates to each to write and illustrate. Pages will be kept for class book: <u>Strong, Smart, and Bold Girls Are...</u></p>

EMPOWERED

Grade(s)	1-3
Kid Friendly Definition	<p>Empowered:</p> <p>We stand up for what we think is right</p> <p>We know when to ask for help</p> <p>We make positive choices</p> <p>We believe we can succeed</p>
Example	<p><u>We stand up for what we think is right:</u> Helping a friend when she is being bullied or cleaning up litter to make the school cleaner.</p> <p><u>Know when to ask for help:</u> When an “I Message” doesn’t work, go and get a teacher. When you have tried your hardest on your homework, but you are still confused, raise your hand.</p> <p><u>Make positive choices:</u> When other girls are doing something that they are not supposed to be doing, you walk away.</p> <p><u>Believe we can succeed:</u> When you try something new you believe in yourself and are confident that you will do great.</p>
Extend	<p>Give various scenarios that describe an empowered girl and a few that do not. Have the girls give a thumbs-up or a thumbs-down If the girl is showing that she is empowered. If she is not, ask a volunteer to explain how she can change her behavior to show that she is empowered.</p> <p>Example scenario: Zuleydi wants to try out the monkey bars for the first time. She believes that she will be able to do it, and she is excited to try. However, she knows that she needs to make safe choices, so she tries out the lower monkey bars first, before going to the higher ones. She also makes sure that Miss Suzie is watching, in case she gets stuck and needs help.</p> <p>Have the girls fill out a chart with the circle in the middle saying “empowered”. In the four squares the girls will write the 4 actions and then think of their own scenario that relates to each to draw and illustrate. Pages will be kept for class book: <u>Strong, Smart, and Bold Girls Are...</u></p>