

# We are Unique, We are Similar

## Today's Big Idea:

Our differences make us unique and are worth celebrating! Today's activities are all about celebrating what we have in common and what sets us apart.

## Why it Matters:

When we value differences, we give girls space and support to show up as themselves –rather than trying to “fit in” or be like everyone else. At the same time, celebrating our uniqueness helps girls embrace others’ uniqueness and build connections.

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## Silly Starters:

- Would you rather have a magic carpet that flies or a teleporting submarine? Why?
- Would you rather eat a bowl of spaghetti that was just one long noodle or eat mashed potatoes flung from a gigantic spoon? Why?

## Share the Big Idea:

There's no “right answer” to the silly starters above! Sometimes we'd rather do the same things as others, sometimes we go different ways. The fun part is hearing all the unique reasons why! All of the activities that come next are about celebrating our differences and what we have in common!

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## Get Moving! Can you guess?

### Materials:

- Scraps of paper
- Pencils/pens

### How to do it:

- Give each person a few scraps of paper and a pencil/pen
- Read a question aloud from the list below. Partner A secretly writes their answer to the question and Partner B secretly writes what they think Partner A will answer
- Then on the count of 3, reveal answers to each other and see if you have a match!



- Play again with the same question, but this time Partner B writes their answer and Partner A guesses Partner B's answer.
- Reveal your answers again and see if you have a match!
- After both partners answer the question everyone does a movement mix from the list. If you both guessed each other's answer correctly – pick a movement mix together. If only one person guessed correctly that person chooses a movement mix.
- Continue with the rest of the questions or feel free to make up your own! Complete a movement mix after each round!
- Note: If you have more than two people playing, choose two people at a time and rotate through. Everyone can do the movements along the way!

Questions	
Are you a night owl or an early bird? What do you like to do more – sing or dance? What is your favorite sport? Would you rather be with one or two friends or a big group? What do you like more – fruits or vegetables? What is the other person's favorite thing about you? What is your favorite movie? If you could have any superpower what would it be?	
Movement Mixes	
<b>Mix #1 (Repeat 3x)</b> Skip as high as you can for 30 seconds ** Do your favorite dance move for 15 seconds Do 15 Jacks	<b>Mix #2 (Repeat 3x)</b> Do 15 Star Jumps** Move like your favorite animal for 30 seconds (hop like a frog, waddle like a penguin) Watch an <a href="#">energy award video</a> and then do it!
<b>Mix #3 (Repeat 3x)</b> Run a lap around our space/in place for 1 minute Free choice -make your own movement Crab crawl back and forth across our space **	<b>Mix #4 (Repeat 3x)</b> Make your own mix! Use music, props, or anything else to make it your own!



### Age it up:

- Let your middle schooler pick the questions
- Give more challenging movement choices (example: hold a plank for 30 seconds) or make a more challenging mix (example: run in place for 30 seconds, then do 10 push-ups, then do 20 jacks)

### Share & Connect:

- How many of our answers were the same? How many were different?
  - How did it feel to have different answers? Why?
  - What are other situations where it feels easy or hard to be different?
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## **Get Creative! Shared Portraits**

### Materials:

- Paper, pens/pencils/markers
- Optional: paint, stickers, pipe cleaners, beads, cardboard

### How to do it:

- Use the materials to create self-portraits
- In each portrait, include one thing that is unique about you and one thing you think you have in common with the other person.
- Challenge yourself to think creatively – find similarities beyond physical characteristics and look for something unique that is important to you, and that you want to share with the other person.
- You can paint, draw, build or otherwise construct your portrait.

### Age it up:

- Challenge your middle-schooler to make a portrait using only a few materials you find around the house
- Find old newspapers and magazines and make a collage portrait – cutting out letters and images and pasting them together to show your unique selves.
- Swap it – rather than self-portraits do a portrait of each other.

### Share & Connect:

- Share your portraits, pointing out what specifically sets them apart and where there are similarities.
- Share your thoughts:
  - Why did you choose this unique piece to include?
  - Think of a time when you celebrated what makes you unique. Tell me about it. How did it make you feel?
  - Think about a time when you found something in common with someone else. How did it make you feel?



## Make it Stick! Roll & Share

### Materials:

- Dice

### How to do it:

- Take turns rolling the dice.
- Use the chart to respond to the question depending on the number you roll (for example: if you roll a 1, answer the question in the chart for rolling a 1).
- Work together in your responses, but let your Girls on the Run or Heart & Sole girl go first and lead the conversation!

Roll & Share Questions	
<b>If you roll a 1:</b> Why is it important to celebrate what we have in common and what sets us apart?	<b>If you roll a 4:</b> Think of someone who is very different than you. How can you celebrate their differences this week?
<b>If you roll a 2:</b> How can you celebrate what makes you unique (think of one thing you can do this week)?	<b>If you roll a 5:</b> Think of a person that's different from you. How can you find something you share and celebrate together?
<b>If you roll a 3:</b> How can you celebrate what you have in common with another person?	<b>If you roll a 6:</b> How can you share what you've learned about celebrating differences and similarities with someone else?

### Keep it Going – Challenge:

- Set a goal to celebrate something unique about each person in your household or neighborhood.
- The code word is: Movement Mix. If someone says it, you both do it! Challenge each other to do movement mixes throughout the week!



**\*\*Note to grown-ups:**

We want all girls to be able to participate in these activities. If your child requires adaptations, do whatever you think is best to meet her specific needs. Here are possible adaptations for the movement mix exercises should they be helpful:

- Skipping replaced with running arms
- Crab walk replaced with swimming arms
- Star jumps replaced with big arm circles (say “I’m a star!” as arms circle to the top)

If you need additional ideas for adaptations, please reach out to us.

