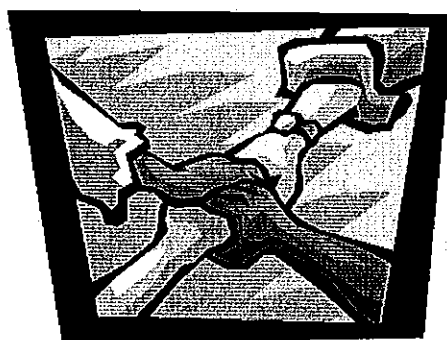


WORKING IT OUT

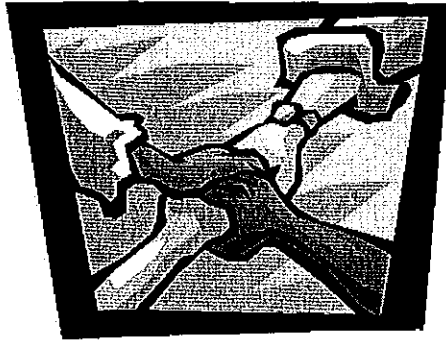
TRY-IT

(BROWNIE LEVEL)



WORKING IT OUT:
VIOLENCE PREVENTION

Girl Scout Council of the Nation's Capital
4301 Connecticut Ave. NW
Washington, DC 20008
(202)237-1670



WORKING IT OUT: VIOLENCE PREVENTION

"Working It Out" is a set of program activity tubs designed by the Girl Scout Council of the Nation's Capital. The goal of this program is to help our girls to stay safe from violence, as well as to help them avoid becoming the perpetrators of violence.

The main themes of the tubs are conflict resolution, cooperation, self-esteem, communication skills, and anger and stress management.

The tubs are in an easy-to-use format, with no training required for their use. For younger girls, tubs are tied to "Learning Petal," Try-It, or Badge activities. For teen girls, the tubs are linked to IPPs, but focus more on issues.

There is a "Working It Out" patch which can be purchased through the GSCNC Shop. To earn the patch, girls must participate in activities from one of the Working It Out activity tubs.

Working It Out Try-It Activity Tub

Contents:

23 - peach "Problem Solving" cards

Role play items:

Lei

Bandana

Sunglasses

Beads

Tutu

Contents check-off sheet

Activity evaluation

Please make sure that all components are returned to the tub and they are returned in clean, usable condition.



All girls who participate in activities from this tub can receive the Working It Out patch. The patch is available for purchase from the Girl Scout shop.

To earn the Working It Out Try-It, girls must complete at least four of these activities.

Activity #1: Cartoon Conflicts

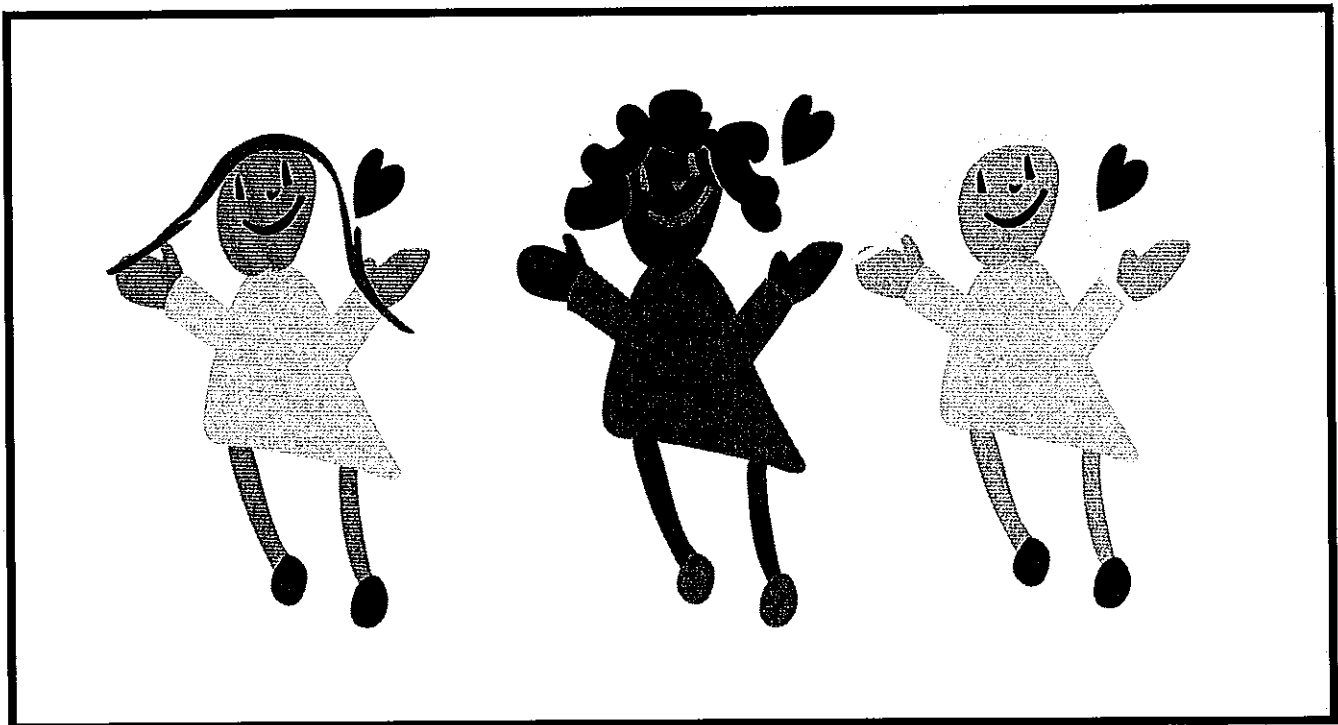
Materials:

Scrap paper

Pencils

Instructions:

1. Give each of the girls sheets of paper and a pencil. They should have enough paper to draw two pictures.
2. Tell the girls that you will read about a problem that they might have. Then they get to do two cartoons--one of the wrong way to handle the situation, and one of the right way to handle it.
3. Here are a list of common anger- and/or frustration-producing situations:
 - "Your brother or sister takes your toy"
 - "Your teacher does not believe your excuse for why you are late"
 - "Your parents are not happy with your homework and won't let you watch your favorite TV show"
 - "Your mom made a dish for dinner that you hate"
4. Read the situation out loud and let the girls draw for a while. You might give a time limit of 5 minutes for one picture and 5 for the other.
5. After they are finished, ask them to share their drawings. See if the other girls can guess which is the "right" way and which is the "wrong" way.
6. Repeat with a few additional situations.
7. To summarize, talk about why certain ways to react are better than others. Have the girls think about the negative consequences of reacting the "wrong" way (hitting, yelling, lying).



Activity #2: Act It Out

Materials:

Dress-up materials (included)

Scraps of paper, pens

Bowl



Instructions:

1. Write out on separate slips of paper two problems you face, perhaps a bully in your life, a teacher who yells at you, or a friend who doesn't pay attention.
2. Place the two slips of paper containing the problems in the bowl.
3. Find a partner and pick out a problem from the bowl. Using the dress-up materials, act out the problem together for the group.
4. Everyone else watches and then offers solutions.
5. Act out one of the solutions that has been offered.

Activity #3: Problem Solving



Materials:

Peach problem-solving cards (included)

Instructions:

All of the cards are about Frances, a girl who seems to be in a lot of frustrating and anger-producing situations! You have several options:

- you can read a card aloud to the group and have them brainstorm solutions
- you can break the group into smaller groups, give each group a card, and have them report out their solutions
- you can put the cards in a bowl and let individual girls pick out cards and give their solutions

There are no wrong answers, except for ones that end in violence. It's important for the girls to know that it is OK to get mad or frustrated; that's normal. They just have to think about how they are going to handle that anger or frustration.

Activity #4: Anger Outlets

Materials:

Three activities:

- 1 - pillows (have the girls bring their own)
- 2 - clay (preferred) or crayons and paper
- 3 - bouncy, fast music

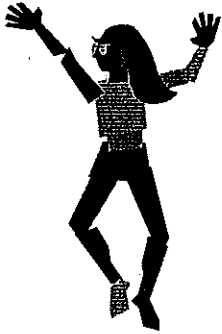
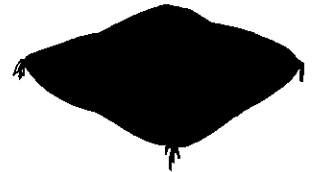
Instructions:

This is a good activity to do either before or after Activity #3, because it helps the girls discover ways to channel their energy and anger. Again, this activity is designed to teach the girls that it's OK to get angry, but they have to decide how to handle it.

If possible, have three separate stations. If not, just do each activity individually.

Station 1 - Pillow Punch and Yell

Pillows don't mind if you let out your anger on them. Let the girls punch their pillow and yell into them as loud as they want.



Station 2 - Squeeze Out Tension

Clay doesn't mind if you squeeze it and squash it. Let the girls get out tension and energy by squeezing, punching and pounding clay. If clay isn't available, let the girls draw whatever they want to express themselves.

Station 3 - Dance Away Frustration

Play some fast, bouncy music and let the girls get wild. The girls can pick and even bring in some of their favorite songs. This is actually a great way to get out aggression and excess energy at meetings on a regular basis.

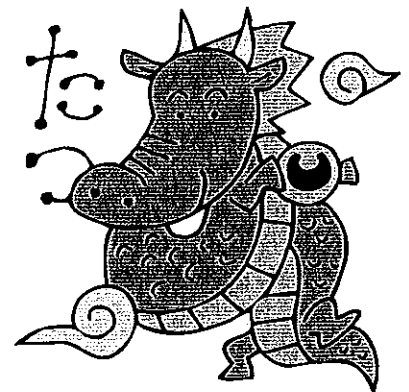
Activity #5: Creating Creatures: Teamwork

Materials needed:

- Scissors
- Construction Paper
- Glue

Instructions:

Divide the girls randomly into small groups of 3 to 5. Give each group scissors, glue, and a variety of colors of construction paper. Each group then has 15 minutes to design and construct a new species of animal. They then



need to decide on a name for their creature, where it lives and what it eats.

When the time is up, have each group introduce their creature to the group. Discuss which decisions concerning their creatures were the most difficult to make and which were the easiest. Would it have been easier if they were all told to create a new bird, rather than creating anything? Did they feel their teams worked well together? How could their group have worked better together?

Links:

Here are some links to other Girl Scout program/earned awards that can continue the lessons learned about with this program.

Daisy Girl Scout Learning Petals:

Responsible for what I say and do
Respect myself and others

Brownie Girl Scout Try-Its:

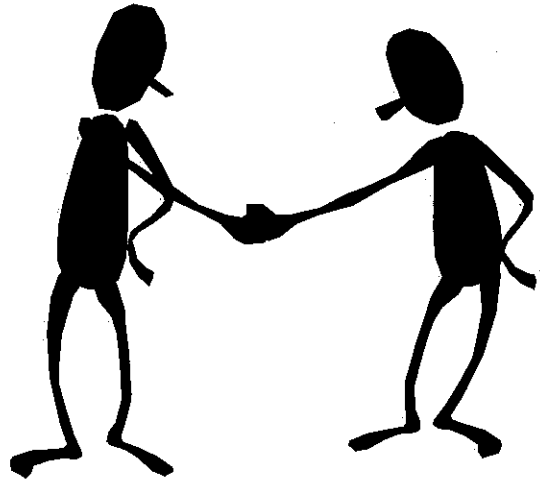
Caring and Sharing
People are Talking

Junior Girl Scout Badges:

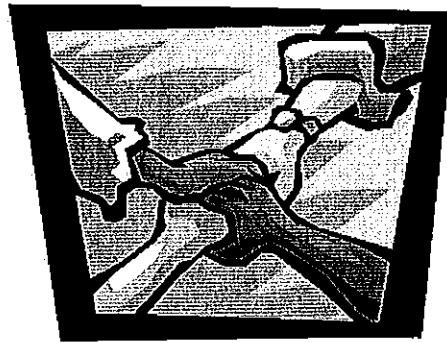
Communication
Healthy Relationships

Cadette and Senior Girl Scout Interest Project Patches:

Conflict Resolution
Understanding Yourself and Others



GSCNC "Increase the Peace" Patch Program



Working It Out:
Violence Prevention

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