Objective: You will learn the importance of loving yourself well by understanding more of what makes you unique.

Duration: 1 hour

Materials Needed:
- Canvas paper
- Paint
- Markers
- Tissue paper (multi-color)
- G.E.M. journals
- Hidden Phase 1.1 Worksheet - Character trait worksheet
- Device to play calming music
- Pens
- Index cards
- Rap session ball

We are all unique, wonderful, and complex in our design. There is not another person in this world who is like you!

Icebreaker:
"Walk to the Line"- Girls will walk to the line if they can relate to any of the following statements (look to page ___ for sample statements under the Icebreaker section)

Check-In:
Introduce Check in with the girls by having everyone gather in a circle. Once gathered, check in with each girl and ask about any high points to their week (e.g. What happened that was good? How did it make you feel?).

Have each participant write down one value that they have (i.e. Love) on an index card and share why that value is important to them.

Lastly, ask how they like to be shown encouragement from others and how it makes them feel.

Lesson:
"If you want to learn to soar in life you must first learn to F.L.Y. (First Love Yourself)" -
Mark Sterling

You are at the most precious age and time of your life where you are still growing, still discovering, still learning who you are as an individual. We are all unique, wonderful, and complex in our design. There is not another person in this world who is like you. There will never be another person in this world who is like you. Now begins the important journey of discovering who you truly are.

Take a moment and complete the Character Trait Worksheet. Try to find at least five traits that you identify with. If you find more than five, even better! How was it finding out which trait matches with who you believe you are? Did you find this to be challenging?

There is a phrase "to know me is to love me". Let's adjust that phrase a little bit and say "to love me is to know me". The best way to begin knowing how to love yourself well is to first be willing to know who you are. Beginning with your character traits is an amazing start and, to go a step further, it is good to include knowing more of your emotional, physical, and even spiritual needs.

Emotional Needs = positive self-talk, belief, education, processing, expression of self
Physical Needs = food, water, energy, sleep, exercise
Spiritual Needs = faith, hope, meditation, unconditional love

Often you may be faced with different challenges that try to make you doubt who you are. However, loving yourself well is choosing to believe the very best about yourself regardless of what you may be faced with! Be unapologetically you! You are worth it, G.E.M.

Practical Steps

1. Take 5 minutes every day to learn about character traits and which ones you identify with most.
2. Take 5 minutes to Encourage yourself three days or more this week. Look at yourself in the mirror and say what you love about yourself (example: I love that I have joy!)
3. Once a week spend 15 minutes with just yourself and learn what you truly enjoy and even more what character traits are helping shape who you are! Try to do this without any distractions. No technology!

Key Questions:

1. What does it mean to love yourself?
2. Has there ever been a moment in your life when you didn't feel loved? What did that feel like? Are you still working through that feeling? How did you overcome it?
3. Why do you think it's easier to think negative things about ourselves than to think positive things?
4. Why do you think it is important to know more about yourself?
5. How do you think loving yourself well impacts those around you?

Rap Session Circle:

Items Needed:

- A talking stick or a ball to pass to each participant
- Index cards

Circle Norms:

- Listen!
- Be respectful!
- One speaker at a time (if you have the ball, you have the floor)!
- Learn!
- Share what's on your heart!

Layout:

- Move all chairs into a circle or sit on the floor in a circle.
- Have each girl write one value that they have (ex: respect, love, kindness).
- Do a brief check in with the girls. Ask for a thumbs up if doing great, sideways thumb if they are doing okay, or thumbs down if they are not doing well at all.
- Start with one light question. Below are light question samples:
  - If you could have any superpowers, which would you have and why?
  - If you could travel anywhere in the world for free, where would you go?
  - What is your favorite ice cream flavor?
- Ask one of the Key Questions that are listed above.
- Close with a fun handshake or dance.

Creative Activity:

"Who You Are" abstract portrait

- Pass out canvas paper.
- Place paint pallets on tables for girls to use.
- Place glue and tissue papers on tables for girls to use.
- Girls can choose to fill a blank portrait with tissue paper or paint it in with the paint.
- Once the portrait dries they can fill it in with a marker of what they love about themselves (ie- kind, loved, gentle).

Reflection & Journal Time

Play some soothing music and have them reflect on the following G.E.M. standards:

- Write down your truth! Write 4-5 truthful thoughts about yourself that are encouraging and uplifting.
- Write down the practical steps that were given in today's lesson. Which one do you want to work on the most?
- Write down 2-3 different ways you will love yourself well this week.
  - What is one short-term goal of how you will love yourself? (ie getting a manicure)
  - What is one long-term goal of how you will love yourself? (ie. speak life over yourself)
- Write down 1-2 names of people you would like to encourage and show kindness to this week.

G.E.M. Lesson 1 Highlights

- It is important to first love yourself so you can love others well.
- You are unique, wonderful, and complex in your design. There is no one in this world who is like you and there will never be another person who is like you!
- It is important to understand the type of character traits you want to develop .