

Dream it. Do it. Be it. Watch Party

STAR POWER ACTIVITY!

This activity is inspired by a Girls on the Run lesson and is designed to connect your guests to the GOTR mission. The theme of the activity is “Star Power” an important Girls on the Run concept that is central to the program. Throughout this 10-minute activity, your guests will have an opportunity to get to know one another, connect with their inner star power, and learn how to make it shine brightly for all to see! Then, as you watch the Dream it. Do it. Be it. Virtual Event together, you will see this powerful lesson in Star Power come to life as our speakers and guests share their stories of inspiration, strength, and resiliency. Have fun and thanks for being a part of this magical evening!

WELCOME AND GETTING STARTED

Start by welcoming everyone to your Watch Party and sharing why Girls on the Run is important to you.

YOU SAY...

SUPPLIES NEEDED

- Star Power cards
- Something for everyone to write with

SET THE STAGE FOR THE ACTIVITY

I am so excited to share an activity that we can do together that will bring the mission of Girls on the Run to life. It will give us an opportunity to connect and get to know each other better, as well as gain a deeper understanding of what girls learn at Girls on the Run.

Now, one big difference between our activity tonight and the GOTR lessons for girls is physical activity. We are not going to run around the neighborhood together tonight, I promise! While physical activity is a distinguishing element of Girls on the Run and contributes to the positive impact they have on girls’ lives, it is not part of tonight’s activity.

The theme of the activity is Star Power! Star Power is a concept throughout the Girls on the Run lessons, and it is all about recognizing and celebrating the qualities that make you unique.



ICE BREAKER

Before we get started learning about and activating our Star Power, let's introduce ourselves! At Girls on the Run, the season starts with each girl coming up with their "GOTR NAME" which they use during practices throughout the season. A GOTR name is just your first name, but with an adjective that begins with the first letter of your first name in front of it! [For example, some of the GOTR names I've heard during my time at Girls on the Run are: insert names you have heard.... Smart Serena, Kind Karissa, Brave Beth or share your GOTR name] Let's take 10 seconds to think of our GOTR name. [Give guests 10 seconds]. OK! Everyone have their GOTR Name?



Now, when I say go, introduce yourself to 2 different people using your GOTR name. Ready? Go!



STAR POWER ACTIVITY

Star Power is an important lesson for the girls – they learn to celebrate what makes them unique and also how to recognize when their star or someone else's star has become clouded. Throughout the season, they learn skills to keep their star shining brightly - lessons like positive self-talk, how to manage emotions and resolve conflict, coping strategies, and the importance of giving back to their community.

Everyone get comfortable – I am going to walk you through a 2-minute Star Power visualization exercise that the GOTR coaches do with their girls to help them understand the concept of Star Power.

**GO TO THE STAR POWER VISUALIZATION
HANDOUT ON THE NEXT PAGE.
READ THE VISUALIZATION OUT LOUD TO GUESTS.**





STAR POWER VISUALIZATION

TIP: Pause after each paragraph to allow everyone to fully visualize the words you just read.

Close your eyes while you take a long, slow, deep breath. Imagine that it is night, and the sky is dark. From your window, you look up at the sky and see it filled with thousands of twinkling stars. Focus on one of the stars and make it your own. Watch how your star shines brighter in the sky as you focus on it. You are just like that star. Although you are one of millions of people, there is no one just like you! There is no one who laughs like you, no one who dances like you, no one who thinks of the world in the same way you do.

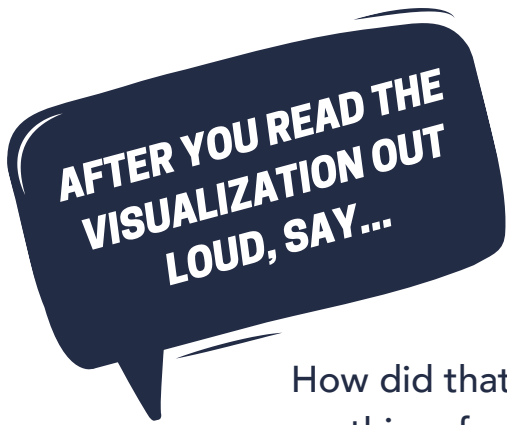
Now imagine yourself reaching up as high as you can and pulling your star out of the sky. You hug it so tight that it becomes a part of you, and you can feel it shining in your heart – giving you Star Power. When your Star Power is activated, others can see it through the twinkle in your eye and the love in your heart. You activate your Star Power when you help a friend or when you sing at the top of your lungs. And your Star Power is the strongest when you are doing things that make you happy.

Now imagine a cloudy night when you can't see the stars. Just like some nights there are clouds in the sky and you can't see the stars, you may have some cloudy times when it is hard to activate your Star Power.

When this happens, remember that your Star Power still shines inside you, right next to your heart. When you lose sight of your Star Power, there are different ways to activate it again. You might take a deep breath in or out, or you might do something that you enjoy, like read a book, listen to music, or go for a run. Sometimes, you may not know how to activate your Star Power and you need someone to help you. They might do this by giving you a hug, telling you a joke, or listening to you.

Take a moment to feel your Star Power and see it shining. Remember that your Star Power is always inside of you, letting you know how truly amazing you are. When you are ready, slowly open your eyes.





Ok, let's have a little fun!

When I say go, move like a girl whose Star Power is activated.

Go!

[GIVE GUESTS 5-10 SECONDS AND THEN STOP]

How did that make you feel? [happy, positive, confident, like I could do anything, free, powerful, etc.]

When I say go, move like a girl whose star is covered by clouds. Go!

[GIVE GUESTS 5-10 SECONDS AND THEN STOP]

Which one felt better?

Your star is always inside of you and activating your Star Power is a choice you can make. But sometimes, life is hard, and we get so busy that our star gets clouded over. Those are the times we need help remembering to activate our Star Power!

I have these fun reminder cards that you will fill in tonight with activities and things that activate your star power. After you complete a card, take it home and put it somewhere that might help you the next time the clouds start to roll in. And then, that Star Power of yours will shine brightly again!

[HAVE GUESTS COMPLETE THE REMINDER CARDS.]



[ASK IF ANYONE WOULD LIKE TO SHARE SOMETHING THEY WILL DO TO ACTIVATE THEIR STAR POWER.]

CLOSING

Thanks for being great sports and playing along with me tonight! I hope this gave you a glimpse into some of the powerful lessons that girls learn throughout Girls on the Run. As you can see, these are lessons that adults can use too! This is such an important program, and as we watch the show tonight, you will hear stories from Girls on the Run Alums about how they have used what they learned at GOTR to activate their power and potential to chase their dreams. I hope that you will consider making a gift tonight to ensure that more girls have the opportunity to be transformed by Girls on the Run. Your support will make a world of a difference.

Ways I can activate my

STAR POWER

•

•

•

•

•

Ways I can activate my

STAR POWER

•

•

•

•

•

Ways I can activate my

STAR POWER

•

•

•

•

•

Ways I can activate my

STAR POWER

•

•

•

•

•

WAYS I CAN ACTIVATE MY STAR POWER!



Handwriting practice lines consisting of seven horizontal, wavy black lines.



WAYS I CAN ACTIVATE MY STAR POWER!



Handwriting practice lines consisting of seven horizontal, wavy black lines.

