



“Women speaking up for themselves and for those around them is the strongest force we have to change the world.” Melinda Gates

I am...

Aim: Encourage girls to think about what their strengths and qualities are, and to talk each other up by sharing what they think others are good at. By the end of the session, everyone will have created something to keep that shows off their talents, skills, and qualities. There are two suggested ways of producing this, but feel free to be as creative as you like with whatever you have available.

Step 1: Get thinking

Think about what you are good at. If you're not sure, think about what you love doing most. It doesn't have to be about school. Here are some examples

I am inquisitive – I am good at maths – I am helpful at home – I am an expert tree climber – I am a great dancer – I am a good friend – I am creative – I am kind – I am curious

Step 2: Get creative

Time to write down all the things you're good at. You can do this in two ways:

Option 1: Draw a picture of yourself in the centre of the page

- Write down the list of positive thoughts, descriptions and qualities about yourself.
- Next, it's time to get swapping! Swap your work with lots of other people and ask them to write a positive message about you until the page is overflowing with positivity.

Option 2: Create a poster.

- Write down all of those positive things about yourself on a piece of plain paper.
- Get creative! Think about the way you want your work to look, the colours you want to use and style of writing or typography you are going to do (such as bubble writing).
- Next, it's time to get swapping! Swap your work with lots of other people and ask them to write a positive message about you until the page is overflowing with positivity.

Don't stop if you run out of space, get more paper if you need to and keep writing!

Next steps

As the session comes to a conclusion, discuss the activity with those around you. A few talking points could include:

- How did you feel before the activity started?
- How did you feel when you were writing positive things about yourself?
- Did you learn anything new about yourself?
- Why do you think you did this activity today?
- What was it like hearing other people's kind thoughts about you?
- What have you learned today, and will it make you think differently?
- Most importantly, did you have fun?

Don't let the good work stop here. Keep your piece of artwork, add to it, and look at it whenever you need to.