

Camera Lens for Cadettes

A group activity for girls to express all that keeps them strong and feeling confident

Goal: Girls understand the unique feelings, qualities, and actions that can strengthen their sense of self.

CREATE YOUR SPECIAL CAMERA LENS!

Let the girls know that confidence can be like a special camera lens that offers some protective distance when someone says or does something that hurts them in some way. You might say something like, *With this lens to stand behind, it's easier to stay true to your own thoughts and feelings and not be influenced by pressures or unkind acts or words of others.* Then say:

- Think about some of the pressures you might be experiencing at school, with friends, at home, or elsewhere in your life (such as pressure to fit in or not be different or to do something you don't want to do). If you like, write your own personal pressures outside your camera lens.
- Now, think about what keeps you feeling good and strong, no matter what you might be facing (things like talking about your feelings, learning about yourself, trying new activities, knowing everyone is different). Put all of these things inside your camera lens.

Once the girls have filled their camera lenses, ask them to talk about how the world looks through their lens! Acknowledge that everyone feels pressure but it's how we handle that pressure that keeps us strong. Ask: *Do others have something in their camera lens that might keep you strong, too? Add it to your camera lens!* You might say: *The more we remember these feelings, qualities, and actions, the easier it is for our confidence to shine! Take this camera lens home and keep it where it will remind you of your unique view of the world!*

MATERIALS

Camera lens activity sheets (next page)

Colored pencils or markers

MEDIA

The storytelling theme of the new leadership journey offers a fun and fresh way for girls to understand themselves and their potential. *MEdia* invites girls to put the ME in media and gives them all the tools to do so.

Enjoy this activity with the girls, then take the whole journey together. It offers lots of fun things to do and fun awards to earn, too!



PROFESSIONAL ZOOM LENS

EF 16-35mm 1:2.8 L II USM
Ø 82mm