



North Star Session #2: Building Connections

Objective: For girls to continue to build and form supportive relationships with others in the group. For girls to feel less isolated and more connected with their peers.

Materials Needed: Beads, Bead Necklaces, North Star Journals, Large poster size paper or white board, Art Supplies (markers, glue, and more as needed).

Beginning of Group	Hang or post Group Guidelines in a visible place before session begins. Complete Bead Necklace Exercise and review guidelines as needed.
Bead Necklace Question	What characteristics make a good friend?
Discussion: Building Connections	Facilitators should explain to the girls that the topic for this session is building connections. Ask the girls why connections and relationships are important. Also discuss how the girls feel that their relationships with others affect their self-esteem.
Who Is Like You Activity	Each girl should fill out their own Who Is Like You Activity sheet in their North Star Journals. This worksheet consists of questions about themselves. After they finish filling out their worksheets, then give them five minutes to talk to as many other girls as they can in order to find others who have the same answers as they do. If another girl has their same answer, then she should sign her name after that question in the space provided. Girls can gather as many signatures as possible. The point of the activity is for girls to realize that they are often more alike than different.
Create a North Star Group Collage	Ask girls to go outside without talking to each other, and each girl should choose an object from nature that represents

herself. Facilitators should do this as well. Once they are back in the group, facilitators should ask the girls to share their object with the rest of the group and then ask them to work on making a collage with all of these objects together to represent this group. Encourage group members to work together in creating this collage. The girls can use other art supplies and markers as well. Hopefully, the collage can be made on large poster board and if possible, it can remain in a visible place throughout the duration of the North Star Program.

Journaling

This signals the end of the session. Facilitators should leave 10 minutes at the end of the session for the girls to journal. This includes filling out both the How Am I Feeling Today? scale and their Journal Page.

Journal Page

How does it feel to be a part of this group? What do you like about it?

Facilitator Tips:

Beginning of Group

I like to place the North Star Journals around the circle before the girls arrive. I try to have the girls sit next to different people during each group to build more connections and sometimes this helps provide some needed separation. I also think that the girls often like having an “assigned” place to sit so that they automatically feel included. This becomes less necessary as the group continues.

Create a North Star Group Collage

Facilitators should make note of who takes charge during the creation of the collage and what roles the girls take on. Facilitators should also make note of communication skills and styles. If time and opportunity, facilitators can discuss with the girls what they noted and while honoring diversity of roles and styles, facilitators can also suggest that the girls may want to try new and different roles within the safety of this group. Something to think about.

Building Connections

It is important for facilitators to talk about the significance of our relationships with others and how when we know that others have similar feelings or experiences it can help us feel less isolated and more connected. It has been documented that girls who report feeling more connected with others have higher self-esteem. That is part of what this group is all about.

Get Creative:**Who Is Like You Activity**

Facilitators can be creative with this exercise and depending on the length of time you have with this session you can increase the time the girls have to collect signatures and/or have the girls come up with other questions as well.

Web of Life Activity

Another fun activity if there is time. This is a well-known activity and is especially applicable during this North Star Session about building connections. This activity involves having the girls and facilitators stand in a circle with a ball of yarn. One person starts and holds then end of the yarn and then tosses the “ball” to another person. When the person tosses the ball, she should say something about herself to the group (i.e. I am on the soccer team at my school). About half way through the ball of yarn, the girls can have the option to either say something about herself or to say something positive about the girl that they are tossing the string to. This creates a very visual “web” for the girls about how they are connected to each other. Facilitators should help the girls discuss.

Digital Pictures and the North Star Collage

I think it can be very fun and useful to take pictures throughout the course of a group. If there is no place to keep or hang the North Star Collage, then try and take a picture of it and perhaps you can print it out and give it to all of the girls.

I also try to take a lot of candid pictures of the girls during our sessions together. Make sure you have the appropriate permissions to do so in your particular setting. Pictures are a great way for the girls to see themselves through another person’s eyes.

Session #2: Who is Like You?

Question	Your Answer	Signatures of Others with the Same Answer
What month were you born?		
What is your favorite food?		
What are you scared of?		
What does your family fight about?		
What is your favorite thing about camp?		
What is your favorite TV show?		
What is your favorite subject in school?		
Where do you feel like you can just be yourself?		
Who do you trust the most?		



