

SELF ESTEEM ACTIVITIES

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GINGER GIRL

Give each girl (or team) a sheet with a picture of "Ginger"
(For sample [Click Here](#) - print 2 to a page) As you
read, you tell the girls to rip a piece of ginger off every time
you think someone has hurt her feelings.

Tues. Sept 3 Next week school starts. I can't wait. Since we
moved into our new neighborhood, I haven't met
any girls my age. Mommy says that I'll meet lots of new girls
at school.

Mon. Sept 9 Today was my first day at my new school. I was
scared. Nobody talked to me and I didn't know
anybody. The teacher told us to tell about our summer

vacations. I didn't say anything and she got mad at
me. She said that everyone had to share. I didn't want to
tell them about the divorce. Mommy said I didn't have to
tell anybody if I didn't want to. If mommy and daddy were
still married, we would still be living in Texas. I wish I could
go back to Texas. I hate my new school.

Wed. Sept. 11 I made a friend today. Her name is
Marcie. She said I could sit next to her at lunch.

Thurs. Sept 12 The bus driver yelled at me today. He said
that he wouldn't wait for me and that I should be on time
for the bus. He said, "Doesn't your family teach you
anything?" I also heard him say under his breath, "Those
kids are all the same." Who are those kids? Did he mean
me?

Mon. Sept 23 I haven't written for a long time now. I made
another friend. Her name is Lucille. But, Marcie got mad at
me at recess and said that if I didn't play with just her she
wasn't going to be my friend anymore. She said she doesn't

play with kids like Lucille. She said that I was dumb and probably didn't move from Texas but that I probably was lift back. She called me stupid. I think she's dumb. I don't ever want to talk to her again.

Wed Sept 25 I wanted to play football with the kids in the park yesterday. Mommy says that I should try to make new friends, but my sitter said that I couldn't play with the other kids. She said that football was for boys and I was crazy if I wanted to play with them. She said that girls shouldn't play sports like football. Then she took me to the playground equipment to play, but there were only babies there. I want to tell mommy, but she likes my sitter so much. She'll just get mad if I tell her.

Mon Oct 7 Mommy said that we would go shopping for some new gym shoes. The kids have been laughing at my old shoes. Everyone else has brand new high tops. I wish I had high tops, the kind with velcro. Why are they laughing at my shoes? I wish I didn't have to go to gym class.

Tues Oct 15 everyone is planning their outfits for Halloween. I want to be a bag of jelly beans. I saw the costume once. You get inside a big clear garbage bag and then fill it with different color balloons. It's really neat.

Wed Oct 16 I told Marcie about my idea for a costume. She said that it fit me--a big fat bag of jelly beans. She said that maybe I could just wear it all the time since it suited me so well. I told her that I wasn't fat and then she said that I should look in the mirror more often. Now, I don't know what to wear. Everyone will laugh at me if I go as a bag of jelly beans. Maybe I should just stay at home.

Thurs Oct 17 I still don't have an idea for a costume but mommy says I shouldn't listen to those other girls. Mommy said she would help me make a good costume.

Mon Oct 21 Halloween is almost here. I think I finally got a good idea for a costume

and mommy says that it would be easy to make and not cost a lot of money. I think I'm going to be a waitress. Like Brenda, the character I saw on that TV show that I like.

Wed Oct 22 Marcie said that a waitress costume suited me fine. What did she mean? I don't think she was complimenting me, but I don't know. Because I told her about getting the idea from the TV show, she didn't say anything else. What did she mean? Should I ask mommy? I think mommy's getting tired of my problems. Mommy is always so tired. I wish mommy could be with me all the time.

Fri Nov 1 we had our Halloween party at school. It was fun, but everyone kept teasing me today about taking their orders. They said that I could be their slave. I wish they hadn't said that. I got lots of candy last night. Mommy said I have to keep it in the refrigerator and only have one piece a day. The best part of Halloween was trick or treating.

Discussion Questions

1. What things on the list can not be changed? These represent factors in ginger's life that may affect how she is as a person, but they are not directly within her control. (example. The divorce)
2. What things on the list can be changed, influenced or modified? How could these things be changed? Who can help change them? What can you do to help?
3. What skills can ginger develop so she is better able to deal with these challenges?
4. What about Marcie? What might be causing her negative perspective? What is the personal cost to her of her attitudes and actions?
5. How can the Girl Scout experience contribute to improving ginger's situation and outlook? Can it also help Marcie? What strategies would you use in each case?

*By Martha A. Adler, adapted with permission from the
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SUSIE STORY

For dealing with cliques and the one girl that no one wants to spend time with. This exercise will "sensitize" them to the problem. First, make a paper doll about 2 feet tall and color her. Then, as you tell the story, wherever it says RIP, you will rip off a piece of the doll, starting with one elbow, then the next, then the knees, etc. In the second half of the story you tape her back together again.

Let me introduce you to a girl named Susie. Susie is an ordinary girl, just like you. There are things she likes and doesn't like, just like you. There are things that she is good at doing and things that she's not so good at.

She has friends and a family, just like you.

When people are nice to Susie, she's happy, and when they're not, it hurts her feelings. There is one very special thing about Susie though - when you hurt her feelings, you can actually see that she's hurt.

Let's listen to a story about one day in Susie's life:

Our story starts on a school day, when Susie's mother wakes her up for school. Well, Susie was kind of slow to get up that morning, and her mother said "Quit being lazy and get up. I wish you were more like your sister, she's never lazy in the morning." And that hurt Susie's feelings. RIP.

Well, Susie got up and got dressed, and went downstairs

for breakfast. Her older sister was already eating breakfast, and she looked up when Susie came in. She made a face a