

Becoming "View" Finders:
Girls Find Their Own View
From *Media* leader book pages 33-36.

- Girls make their own director's viewfinder according to the directions on page 35; see attached sheet.
- Hand out the "Movie Camera Moves and Moods Chart" on page 34. Ask the girls to imitate the camera moves listed.
- Viewfinder Games, from page 36:
 - Each girl takes a turn as director. When the director shouts "Action!" the other girls move around the room looking through their viewfinders. When the director yells "Freeze frame!" everyone freezes and studies what's in their viewfinder. When the director calls "Let's see it!" girls who like their views raise their hands and share their "good shots".
 - Ask the girls to think of their favorite TV show or movie. Ask them to share what they see during the opening credits.
 - Ask the girls to scan the room with their viewfinder and find an "introductory shot" that could serve as the opening of their own personal "movie". They might choose a close-up shot of a pencil if they like to write/draw, or sneakers if they like sports, or a smile to represent happiness.

Materials for viewfinder:

- Cardboard tubes (toilet paper or paper towel)
- Black construction paper
- Traceable circle, such as a plastic coffee cup lid or paper cup. The radius should be $\frac{1}{2}$ inch wider than the opening of the cardboard tube.
- Scissors
- Pencils
- Tape
- Optional: hole punch and yarn so the viewfinder can be hung around your neck

Does Your Daughter Have a Healthy Body Image?

From <http://parentingteens.about.com/od/activitiesorteens/l/blbodyimage.htm>

Resources:

- [What is body image?](#)
- [Does Your Daughter Have a Positive Body Image?](#)
- [Book Review: Ultimate Weight Solution for Teens](#)
- [How does the media effect body image in teens?](#)
- [Help your Teen Develop a Positive Body Image](#)
- [More on Body Image](#)
- [Eating Disorders: Signs and Symptoms](#)

More Parenting Quizzes

- [Quiz: Are you raising a healthy teen?](#)
- [Quiz: Is your teen safe online?](#)
- [Quiz: Are You a Pushover Parent?](#)
- [Quiz: Do you have a case of parental burnout?](#)
- [Quiz: Is your teen over-scheduled?](#)
- [Quiz: Are you raising a mean girl?](#)
- [How Well Do You Really Know Your Teen?](#)
- [Screening Quiz: Is Your Teen Lying?](#)
- [Teens and Babysitting Quiz: Is Your Teen Ready to Babysit?](#)
- [Teen Depression Quiz: Is your teen depressed?](#)
- [Screening Quiz: Is your teen ready to get a job?](#)
- [Teen Dating Quiz - Are they friends or are they dating?](#)
- [Quiz: Is your teenager stressed out?](#)
- [Quiz: Is Your Teenager Using Drugs?](#)
- [All Parenting Teen Quizzes](#)

Help for Parents of At-Risk Teens:

- [Family Therapy for Troubled Teens: Getting Started](#)
- [How do I Know if My Teen is Engaging in Self-Harm?](#)
- [Parenting Troubled Teens Resources](#)

Related Articles

- [Help Your Teen Shape a Healthy Body Image](#)
- [Body Acceptance Quiz Results - Mostly Accepting of Your Body](#)
- [Body Acceptance Quiz Results - Somewhat accepting of your body](#)
- [Body Image - How I See Myself - Reader Stories: Has Arthritis Affected Your...](#)
- [Quiz: How Much do You Know About Your Butt, Hips & Thighs? Take the quiz to...](#)

Symphony of Noise

From *Breathe* leader book, pages 36-38

Cadettes use this activity to explore noises people are used to hearing, then experience the sound of silence as a team. This is followed with a discussion of Earth sounds.

Activity: Each girl chooses a noisemaker—you can provide kazoos or whistles, or have the girls use their cell phones or iPods.

Round 1: Ask for a volunteer to be the “conductor”. At her signal, each girl uses her gadget/noisemaker to send as much noise in the air as they can. When the conductor holds up her hand in the Girl Scout quiet sign, all noise stops. Ask the girls:

- What does it feel like to make a lot of noise?
- What do you love about your phone, music player, etc.?
- When is enough enough?

Round 2: Explain that the girls will make noise again, but this time little challenges will be added, such as “Count backward from 15 aloud”, “Everyone answer together: What is 8 x 9?” or “Shout your birthday one by one (go around the circle). All the while the girls keep making noise. (This is a good multitasking activity!). When the challenges are done, make the Quiet Sign and set a timer for five minutes. The girls need to sit in silence for those five minutes.

Now that the girls have experienced noise and silence, start a discussion about noise in our lives and the value of silence. Some guiding questions:

- Do you like to stay plugged in to you music even when you're with others? If so, why?
- Do you ever put in your earbuds to signal that you want to be alone? What's it like when you are with other people who are wearing earbuds?
- Can you think of examples when noise gets in our way of really connecting with others?
- What was it like to sit in silence together? Was five minutes a little or a lot?
- Do any of you enjoy silence in other ways, such as yoga or meditation? What do you gain from it?

Imagining the Sounds of Earth

Ask the girls to imagine Earth with no people noises. What do they hear, and how does it make them feel? Invite them to draw or write what they imagine.

Ask the girls to discuss how our daily noises can get in the way of taking the time to appreciate and care for the planet. Have our noises and gadgets disconnected us from the natural world so much that we sometimes forget to care?

Materials:

Noisemakers—kazoos, whistles, boom box. The girls can use their cell phones and iPods—for once these are sanctioned for troop use!

