

Program Toolkit

Bright Brave Bold

Girl Scouts are bright, brave, and bold! Join us to tap into your inner strength and elevate your personal growth. We will empower ourselves to take bold steps toward a bright future through activities such as public speaking, making vision boards, and learning how to overcome fears.

This program was created and first ran by Teens Take Over San Jose 2024-2025 Committee!

Time: 3-4 hours

Steps Overview:

- Envision your future by making a vision board
- Overcome your fears by looking up to role models and reflecting on your values
- Be bold by practicing public speaking

Materials Needed:

Activity #1: Future Vision Walk

- Paper
- Pens or pencils
- Clipboards
- Prompts (found in supporting materials section)

Activity #2: Vision Boards

- Cardstock or construction paper
- Magazines or vision board books (can be found on Amazon)
- Scissors
- Glue sticks
- Colors (markers, crayons, etc.)
- Optional:
 - Stickers
 - Washi tape
 - Other crafty supplies to decorate

Activity #3: Reflecting on Role Models

- Pens or pencils
- Post-it notes
- Scenario cards (found in supporting materials section)

Activity #4: Embracing Failure

- Pens or pencils
- Post-it notes

Activity #5: Mock Debate

- Paper
- Pens or pencils
- Technology to conduct research OR pre-prepared fact sheets (resource found in supporting materials section)
- Timer

Activity #6: Speech

- Random objects (e.g. wooden spoon, stuffed animal, flashlight)
- Timer

Introduction

Welcome to Bright Brave Bold! Today we have three different rotations that you will go through that will help you feel empowered in yourself through envisioning your future, overcoming fears, and practicing public speaking!

This program was created by the Teens Take Over San Jose Committee, and they hope these activities are both fun and inspirational for you.

Step #1: Bright (Vision Boards) - 1 hour

- Welcome to the Bright Station! In this station, we'll be making vision boards together to start thinking about and visualizing what we want our futures to look like! Vision boards are a collage of images and words that represent your goals and dreams. They can be used to help you stay motivated and focused on what you want to achieve. Therefore, it can be a visualization for you of your bright future!
- To help us start thinking about what we want our future to look like, we are going to do an activity called a Future Vision Walk.

Future Vision Walk Activity (15 minutes)

- For this activity, everyone will go around with a clipboard and paper and visit the papers posted on the wall that will give you a prompt to think about. For example, one might say "what does your ideal day look like?". Take a minute to think about your answer, then write or draw your answer on your paper. Continue to do this for each prompt around the room.
- This is a silent activity, so no talking!

You can play soft music during this time if you'd like.

Vision Boards (45 minutes)

- Hopefully the future vision walk helped you start thinking about what kinds of things you want for your future self! Now we will put all of those ideas into a piece of art!
- As a reminder, vision boards are a collage of images and words that represent what you want for yourself. All you have to do is use the materials in front of you to express any ideas you might have about your future plans, goals, etc.

- For example, you can glue down images or words that resonate with you, or you can draw or write things. No pressure if you are unsure what you want to put, just have fun with it! You can also just start by putting down things that you like, and maybe that will spark some ideas of what direction you want to go!
- We have poster boards, stickers, markers, and more materials for your boards! Be creative and have fun thinking of and paving the way for your future paths!



- Congratulations on completing the Bright station! Would anyone like to share a little bit about what their vision board represents?

Step #2: Brave (Facing Your Fears) - 1 hour

- Welcome to the Brave station! Today, we'll explore what it means to be brave - both physically and emotionally. Bravery isn't about being fearless; it's about moving forward despite fear. But first, let's get to know each other. We'll go around in a circle and say your name, grade, and something you're scared of.
- We are going to do two activities today: first, we'll reflect on who inspires you and give you scenarios to see how you'd act courageously, even when it's tough. Second, we'll talk about embracing failure.

Role Model Activity (35 Minutes)

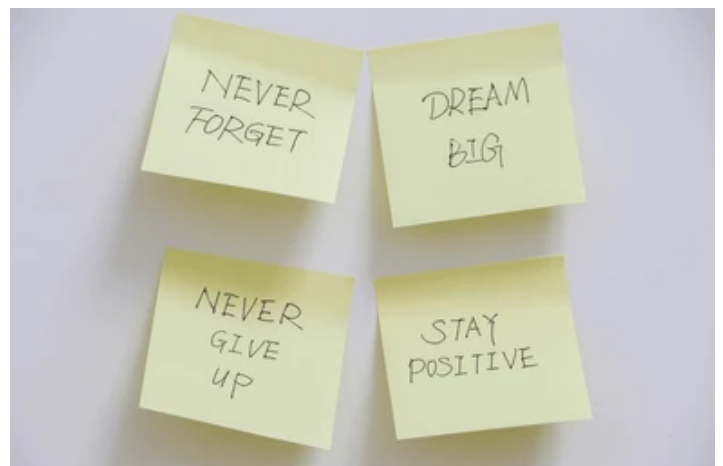
- For our first activity, we're going to explore personal growth and role models. Role models are people that we look up to as examples, and they can help us be brave because they can inspire us to do things we would otherwise be scared of.

- To start off, I'll share who my role model is and why. (share your role model) Would anyone else like to share? Those are all great role models!
- Now, let's all try to think about who inspires you personally. It could be a family member, a teacher, or even a friend. It could even be somebody famous that you look up to. What *qualities* do you admire about them? Write those qualities down on a Post-it, and when you're done, stick it to the wall (optional: can make a "Our Role Models" poster instead)
- Can I have some volunteers come up and read off some of the qualities we wrote?
- Now, everyone needs to get into small groups of 3 (or pairs). Your group will receive a scenario card that will ask you to make a decision. Some of these scenarios might involve going against what's popular or standing up for someone else. Read the card, and talk with your groupmates about what you would do.
- Some of these situations are really difficult, and we don't want you to feel bad if you don't think you are choosing to do the "right" thing. Instead of thinking in terms of right versus wrong, think about what you value, what qualities you admire about other people, or what you think your role model might do. Discuss with your group some of the different choices you can make to respond to your scenario. (pass out cards and give time for discussion) *Optional: can run multiple rounds, differing groups or passing out a new scenario card to groups*
- Does anyone want to share what they discussed? (respond to answers and facilitate discussion, affirming choices or asking questions to better understand choices)
 - How does your choice of action reflect your values?
 - What did you learn from this activity?
 - How did you feel having to make a decision?
 - Has anyone had to make a tough decision in their own lives? What did you do?
- Remember, being brave often means standing up for what's right, even when it's difficult. But in your choices, you should also feel safe, so if something in your gut is telling you that you do not feel comfortable doing something, then listen to your instinct.



Embracing Failure (25 Minutes)

- For our second activity, we're going to dive into an important topic: embracing failure. We often avoid talking about failure, but it is something that everyone experiences! Today, we'll explore how failure can be a powerful teacher and how understanding and managing emotions, especially fear about failure, can help us grow.
- Even the most successful people face failure. Take Walt Disney, for example - did you know that his first animation studio, Laugh-O-Gram, went bankrupt? But this loss encouraged him to move to Los Angeles, where he eventually gained enough traction to build Disneyland. And did you know that J.K. Rowling's Harry Potter manuscript was rejected by 12 different publishers? Yet, she didn't give up, and now the Harry Potter book series has been translated into 85 languages worldwide.
- Now it's your turn. Everyone will get a post-it note. Write down a time where you considered yourself to fail. Make sure that what you write down, you feel comfortable reflecting on because we want this to be a space where you feel accepting of yourself and your past. When you're done writing your failure, stick it on the wall - this is our fail wall. (optional: can make a "Fail Wall" poster instead)
- Take a look at all of the sticky notes up there - do you realize that everyone encounters failures in their lives? Because it is a normal part of the human experience, let's embrace it. Today, we call FAIL's First Attempts in Learning. Every time something does not go the way we wanted it to, we do still learn something, either about the process or about ourselves.
- I challenge you to now think about the failure you wrote down and on a new post-it note, write down at least 2 things you learned from that experience or new opportunities that arose instead. These could be things like "I learned I am actually more resilient than I thought" or "Even though I didn't get to do this, I found out I like to do this instead".
- Can everyone please turn to a buddy and share what things you learned. When you're done, stick your sticky note next to your failure on our FAIL wall. Now take a look at our wall at all of the lessons learned and new opportunities that arose!



- To end our Brave session, we are going to reflect on a success we have had, as when we think about all of things we have achieved, it can boost our self-confidence when we start to doubt ourselves when we fail. Let's all go around the room and share one success we've had - it can be recent or not, and the success can be big or small - we celebrate all wins!
- Congratulations on finishing the Brave station! We hope you'll take what you've learned today to keep believing in yourself, standing up for yourself and others, and keep growing! You got this!

Step #3: Bold (Public Speaking) - 55 minutes

- Welcome to the Bold Station! Being bold means you take risks, whether that is doing something new, expressing yourself authentically, or standing up for what you believe in. As Girl Scouts, we practice being bold by learning new skills that might be challenging at first and by speaking up about issues in the community that we care about.
- Today we are going to practice being bold through some public speaking games that will encourage you to use your voice.
 - *Optional:* Speaking of using your voice, let's start off with an icebreaker that will get you using your voice - a Girl Scout song! Lead a song with the group, or ask a Girl Scout to lead a song.

Mock Debate (40 minutes)

- Today we are going to practice being bold through public speaking. Public speaking is the act of delivering a speech to a live audience with various goals of being persuasive, entertaining or motivating them. An example of public speaking is Speech and Debate.
- Here is a little background on speech and debate. What is mock debate, what do you do on a speech and debate team? Is anyone here on a speech/debate team?
 - Mock debate, which can often be done in middle, high school and college, is a simulated argument where participants take on opposing views and cover a variety of topics with the aim of persuading their judge.
 - Speech and Debate is a club or team that takes on all aspects of public speaking to teach you valuable leadership, effective communication, thinking from opposing views, argumentation and persuasion, as well as research skills.

- Our first activity will be a mock debate, so here is a little background on what that is.
 - Debate involves two main events called Lincoln Douglas and Public Forum. Lincoln Douglas debating is one-on-one and it is based on morality and what one “ought” to do. During the round there are 2-3 speeches per side with cross examinations in between which is an opportunity to ask the opposing side questions about their case. An example topic is The United States ought to require that workers receive a living wage.
 - Public Forum debating is two-on-two and it is based on hard evidence and numbers, it involves more current events. During the round there are four speeches per side with cross fire in between which is another chance to ask the opposing side questions about their case. An example topic is The cost of college education outweigh the benefits.
- Being bold is all about embracing yourself and doing so with confidence. A huge part of Speech and Debate is being able to connect with others even if they carry an opposing opinion. Speech and Debate can also involve developing the courage and vulnerability to share a speech that you have spent a lot of time writing in front of judges. Being bold is all about being authentically you.
- To get a little experience in debate, we are going to play a game that will help you come up with creative arguments and be persuasive. It is called Dream Destination.



- You are a travel agent, and you are trying to convince a client why your place is the best spot to visit.
 - To start, please pick a location (city, state, or country) that you want to argue for
 - *Options:* allow Girl Scouts to pick, or you have pre-selected choices they can choose from
 - Once everyone has a place in mind, let's go around and say what our places are. (repeat places are OK as long as they debate against a different place)

- Now you have 5 minutes to do research on your place and form your talking points. Use the paper and pen/pencil given to you to write down your points.
 - Options: allow Girl Scouts to use phones or technology to conduct research, or have pre-selected choices fact sheets they can refer to
- Once the 5 minutes is up, have every Girl Scout pair up. If odd number, have the facilitator pair up.
 - This is going to be your debate buddy. I am going to set up a 90 second timer. Only one Girl Scout can talk at a time - the other buddy is listening.
 - 🕒 ▪ Figure out which Girl Scout is talking first. Set timer for 90 seconds. Call time.
 - 🕒 ▪ Now it is your buddy's turn to speak. Set another 90-seconds timer. Call time.
 - Now, we are going into crossfire, which means your buddy is able to ask you questions about your argument. In your answer, make sure you are arguing FOR your destination, and not AGAINST your buddy's destination.
 - 🕒 ▪ You have 90 seconds for crossfire discussion. Whoever went first, it is your turn to speak again, and your buddy is able to ask you questions. I'm setting the timer now. Call time.
 - 🕒 ▪ Now it is your buddy's turn to do a crossfire discussion. Set 90-second timer and call time.
 - *Option: repeat mock debate as many times as time allots, with Girl Scouts switching buddies*
- Great job practicing debating!

Speech (15 minutes)

- Now we will be practicing the speech part of Speech and Debate. Speech involves creative performance skills where the speaker is presenting for 5-10 minutes. Speech builds confidence and has three main categories. This includes limited prep (spontaneous), which is essentially thinking on your feet, being original where you write on your own, and interpretation which is all about acting where you perform a published script.

- To practice speech, today you will be practicing doing an impromptu persuasive speech (also known as a sales pitch) with random items. Everyone will be paired with a buddy then draw out a random item from a bag. You have no time to prepare what you're saying - so think on your feet, and do your best! Each person will speak for 1 minute.
- Have Girl Scouts pair up (if odd, can have group of 3). Go around with bag of random objects, and have one Girl Scout in each pair draw an item. Set a timer for 1-minute, and have them go!
 - Call time, return items, and repeat for the other Girl Scout in the pair.
 - Repeat this activity as many times as time allots, with Girl Scouts switching buddies
- Congratulations on completing the Bold station! Remember, you have the ability to be bold, so use your voice!

Closing

We hope you all had a great time today. We loved seeing you engage in all the activities and hope you learned something new while having fun! We hope you're walking away with new skills, newfound confidence, and, most importantly, wonderful memories! We want to take a moment to thank all of you for being part of this special day.

We encourage you to take what you've learned today and carry it with you beyond this event. Whether it's setting bold goals, being brave in new situations, or staying bright with optimism, you are all capable of amazing things!



Notes:

- Option to run the Bright Brave Bold stations in smaller rotations or as a whole group depending on the size of your audience
- For the Bright Station, you can also invite career guest speakers or college students for older Girl Scouts (e.g. Ambassadors) to discuss future plans instead of or in addition to completing vision boards
- Another fun option you can consider implementing in this program is a self-defense class! You'll have to take a look to see what instructors are offered in your area and whether it fits within your budget.
- Limited number of patches are available for purchase to give out at the end of the Bright Brave Bold program! Each patch is \$4. Please email Kristi Ryono (kryono@gsnorcal.org) if you would like to purchase patches. See the patch below (designed by a TTO SJ Committee member!)



The patch comes in 3 separate pieces and interlock as a puzzle

[Supporting Materials on following pages](#)

**What types of jobs, careers,
or topics interest or excite
you?**

What does your ideal day look like in “x” amount of time?

(you choose how much time you want to consider)

**What new skills do you want to
learn? Or what new habits do
you want to develop?**

**What kinds of relationships do
you want to nurture?**

Where do you want to go?

What do you want to experience?

The Unfair Grade

You spent hours preparing for an important test, but when you receive your grade, you notice that the teacher marked several of your correct answers as wrong. Your friends tell you to just accept it because the teacher doesn't like students questioning them.

You need a good grade to maintain your GPA, but speaking up might make the teacher view you differently.

What do you do?

Public Speaking Anxiety

You have a major presentation coming up, but public speaking terrifies you.

Your teacher assigns you to go first, and you start panicking. Your hands shake, your voice trembles, and you feel like running out of the room.

Do you push through the fear, or try to find a way out of presenting?

Confronting a Bully

You witness a group of students teasing a younger student in the hallway. At first, it seems like harmless jokes, but the younger student looks increasingly uncomfortable. When you think about stepping in, you realize the bullies are popular and have a strong influence over your peers.

Do you speak up, intervene, or walk away?

The Leadership Opportunity

Your school is selecting a student leader for an upcoming event, and your teacher encourages you to apply. You want to, but you're scared you might fail in front of everyone. Another student, who is more outgoing and confident, also wants the role.

Do you take the risk and apply, or step back and let someone else have the opportunity?

Defending an Unpopular Opinion

During a class discussion, you express an opinion that contradicts what most of your classmates believe.

Do you continue defending your view or stay silent to avoid conflict?

The Unnoticed Good Deed

You see someone drop money without realizing it. You can return it immediately, keep it, or leave it in hopes someone else does the right thing.

What choice do you make?

The Unexpected Advantage

Your teacher accidentally gives you extra credit on an assignment, pushing your grade higher than it should be. No one else noticed, and keeping the extra points would boost your GPA.

Do you tell the teacher or stay quiet?

Rejecting a Promotion for Ethics

You're up for a promotion at work, but it requires doing something you morally disagree with, like marketing a product you believe is harmful.

Do you take the promotion or walk away?

The Difficult Customer

You have a part-time job at a store, and a customer is being rude to you for no reason. Your manager is busy, and your co-workers ignore the situation.

Do you stand up for yourself, ask for help, or just stay polite and let it pass?

Borrowed Trust

A classmate lends you their expensive calculator for a test, and you accidentally break it. You could return it and claim it was already damaged or take responsibility and offer to replace it. What's do you do?

Taking the Blame at Work

A mistake happens at work, but your coworker shifts the blame onto you.

Your manager believes them, and you're now at risk of being disciplined.

Do you fight back, let it go, or try to prove the truth?

The Peer Pressure Test

Your friends start making fun of someone behind their back. You feel uncomfortable, but speaking up might make you the next target.

Do you challenge them or stay silent?

Resource for country research:
www.kids-world-travel-guide.com

[Countries of the World](#) | [Country Facts for Kids](#) | [Geography](#) | [Travel](#)

