More Home Activities for Cadettes

**Mirror, Mirror**

Write some affirmations that you can tell yourself in front of a mirror in the morning, or whenever you're feeling uncomfortable in your body. Write down the following:

- Three things you like about your character
- Three parts of your body you like because of what they can do
- Three parts of your body you like the look of

*Time: 10 mins  Supplies Needed: Pen and paper  Dove Free Being Me Patch*

**Pressure at the Party**

Pick a fashion magazine (seventeen, cosmo, etc.) and pretend that you are event organizers for a party being thrown by that magazine. Their boss has asked you to organize a fancy event and to come up with the "perfect-looking" guest. Use the pictures in the magazines and what you know about society's idea of a "perfect girl" to come up with a list of attributes for this guest. (Appearance features can include: "perfect" hair, body, height, skin tone, etc.) Read out your entire list. Does it seem realistic to hold all of these expectations? Why or why not?

*Time: 20 mins  Supplies Needed: Pen and paper, magazine  Dove Free Being Me Patch*

**Recycled Fashion**

Collect some newspapers, colored paper or magazines, tape and whatever other recycled materials you may have lying around. Then, you have 20 minutes to create an outfit for yourself out of the materials provided - don't forget accessories! Once you finish your outfit, designate an area as the catwalk with chairs and have a fashion show for whoever is around!

*Time: 25 mins  Supplies Needed: Recycled materials, tape  MEdia Journey*
**I'll Sell You Anything**

Grabb somen items fror around your home and come up with a minute-long commercial for each that sells the item’s million uses. These uses do not need to be accurate or realistic—they should be silly and fun yet presented as real uses in the commercial. (For example, a bucket could be used to wash the dog, serve as a beautiful stepping stool or be a serving-size measure for a giant’s bowl of spaghetti!) Present your commercial to someone else, and make it convincing!

**Circle of Friends**

Draw a circle on your paper. The circle represents your friends. Write words in the middle of the circle that describe the qualities you look for in friends. Next, outside of the circle, write words you feel that you bring to friendships. Look at what is in your circles. Are there any words missing? Which would you—or did you add? Are there any that describe friendships that sound negative? Are there qualities you feel you bring to your friendships that your friends don’t? How can you be the kind of friend that you want to have?

**Conflict Resolution and I-Statements**

Have you ever had a conflict with a friend and just let it go or tried talking through a conflict just to have it backfire? A way to avoid both of those scenarios is by using “I-statements.” I-statements help people to see the conflict through the other person’s eyes. They go like this: “When you [action that hurt] I feel [say your feeling] because [why the action connects to your feeling].” Write down some I-statements for the following scenario, and add some you’ve experienced!

- When you’re alone together your friend is nice, but when you’re with a group, she becomes bossy and dismissive of you.