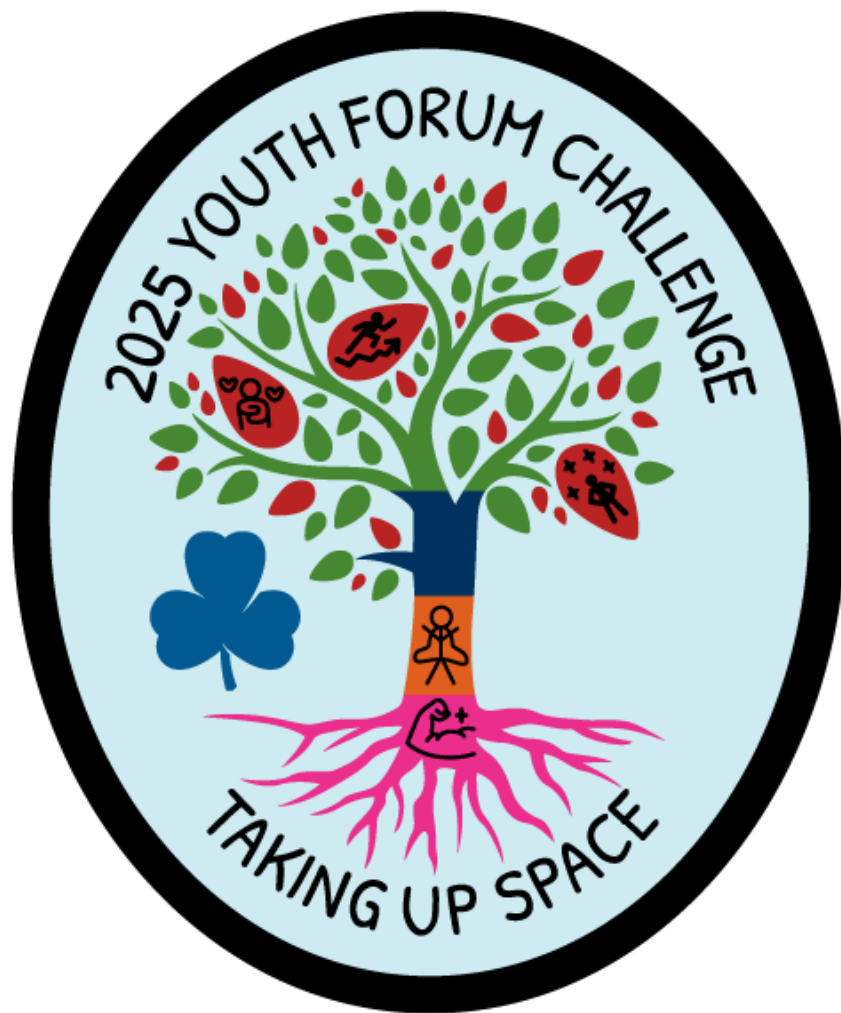


Taking Up Space

2025 Youth Forum Challenge



Girl  Guides

Ontario Council

For Guiding in Ontario and Nunavut

Table of Contents

- 3 - Land Acknowledgement
- 4 - Introduction
- 5 - Objective, Requirements, Helpful Tips

Roots

- 6 - Section 1 - Roots - Activity Summary
- 7 - Roots - Activities 1 to 3
- 8 - Roots - Activities 4 to 6
- 9 - Roots - Activities 7 to 9
- 10 - Roots - Activities 10 to 12
- 11 - Roots - Activities 13 to 14
- 12 - Roots - Activities 15 to 17
- 13 - Roots - Activities 18 to 20
- 14 - Roots - Activities 21 to 23
- 15 - Roots - Activities 24 to 26
- 16 - Roots - Activities 27 to 28

Trunk

- 17 - Section 2 - Trunk Activity Summary
- 18 - Trunk Activities 1 to 3
- 19 - Trunk Activities 4 to 6
- 20 - Trunk Activities 7 to 8
- 21 - Trunk Activities 9 to 11
- 22 - Trunk Activities 12 to 14
- 23 - Trunk Activities 15 to 17
- 24 - Trunk Activities 18 to 20

Branches

- 25 - Section 3 - Branches - Activity Summary
- 26 - Branches Activities 1 to 3
- 27 - Branches Activities 4 to 6
- 28 - Branches Activities 7 to 9
- 29 - Branches Activities 10 to 12
- 30 - Branches Activities 13 to 14
- 31 - Branches Activities 15 to 17
- 32 - Branches Activities 18 to 19
- 33 - Branches Activities 20 to 22




Ontario Council

For Guiding in Ontario and Nunavut

Land Acknowledgement

Towards truth and reconciliation



We are very excited to bring forward the 2025 Ontario & Nunavut Youth Forum Challenge but first want to begin by acknowledging that we are all participating in this challenge on the traditional territory of many Indigenous peoples, both recorded and unrecorded. While we are not all gathered physically on the same land, it's still important to acknowledge that so much of our existence is nurtured by the land we each live, work, and play on. Recognizing land is a way of honouring the Indigenous peoples, past and present, who have been living, working, and taking care of the land. The land, wherever you are, provides the food that we eat, the air that we breathe, the earth that we rest our feet on, and the roofs over our heads. We thank all generations of people who have taken care of this land and deeply appreciate their historic connections. We encourage all units to learn about the areas they are in and start the challenge with a land acknowledgement.

Need help finding out who to acknowledge? Visit [Whose Land](#) for assistance. This app assists users in identifying Indigenous Nations, territories, and Indigenous communities to help find information for your land acknowledgement.

Adult members are encouraged to learn how to create a safe and inclusive space for Indigenous youth and bring a decolonial lens when delivering programming by visiting Member Zone or reaching out to inclusivity@girlguides.ca.



Ontario Council

For Guiding in Ontario and Nunavut



Introduction

Welcome to the Taking Up Space Challenge! This initiative is designed to empower girls and young women to step into leadership roles, confidently express their opinions and advocate for themselves and others. In this challenge, units will learn what it means to take up space by completing the following objectives and requirements. So, get ready to embrace your power and make a lasting impact in your community and beyond!

Quick Note to Guiders: Integrate and involve your girl and youth members in the planning, organizing and leading aspects of this challenge. If possible, we recommend collaborating with other units to work on this challenge and create a bridging event because as you know, the more the merrier.

Survey: Ontario Council wants to hear from you. Your feedback is important to us, please take a few moments to complete the [Taking up Space Survey](#).

Crest: Don't forget to order the Taking Up Space crests designed by the members of our Ontario and Nunavut (ON) Youth Forum. [Girl Guides of Canada, Ontario Council Merchandise](#)



Objective

The Taking Up Space Challenge aims to empower girls and young women to embrace their power, assert their presence, and take on leadership roles with confidence. This challenge encourages participants to take up space in all areas of their lives, from speaking up in group settings to advocating for causes they care about. Through developing skills in self-expression, communication and leadership, girls will learn to trust their voices, stand firm in their beliefs and create positive change in their communities. By completing the challenge, participants will gain the confidence to be bold, lead with purpose and ensure their voices are valued and heard. The Youth Forum would love to see you work on Taking Up Space themed activities, so please do so by sharing your photos with us on social media using the hashtag #ONNVYFTAKINGUPSPACE.

Please always check image release forms (IR.1) before sharing.

Requirements

Sparks and Embers: Please complete a minimum of two activities from each section - Roots, Trunk and Branches

Guides, Pathfinders, and Rangers: Please complete a minimum of three activities from each section - Roots, Trunk and Branches

Helpful tips

- Brainstorm inspiring young women who work to take up space inside and outside your community.
- Develop a plan to pave your way to your target.
- Keep your steps small, enjoyable and achievable; use SMART goals (specific, measurable, achievable, relevant, time-bound).
- Focus on specific issues, and categorize your goals.
- Consider any obstacles you might face. How can you overcome them?
- Be creative with your solutions – use your strengths!



Ontario Council

For Guiding in Ontario and Nunavut

Roots

Activity summary

Roots provide stability and nourishment, allowing participants to remain grounded and focused throughout the challenge. Their deep connection to the foundation fosters resilience, enabling individuals to grow and thrive even in difficult conditions.

1. Unique as a Unicorn – (Sparks)
2. Spark Portrait – (Sparks)
3. Feeling Happy – (Sparks)
4. Try Something New – (Sparks)
5. Friendship Tally – (Sparks and Embers)
6. Love Tree – (Embers)
7. Paper Plate Portrait – (Embers)
8. You're a Star! – (Embers)
9. Friendship Circles – (Embers)
10. Shape of You – (Guides)
11. Defining Moments – (Guides)
12. Labels and Stereotypes – (Guides)
13. Tell a New Tale – (Guides)
14. Beaded Friendship Bracelets – (Guides)
15. Round Braid Friendship Bracelets – (Guides, Pathfinders and Rangers)
16. Reflect and Re-evaluate – (Guides, Pathfinders and Rangers)
17. Sides of Me – (Pathfinders)
18. What Fuels Me? – (Pathfinders)
19. Self-Talk Transformed – (Pathfinders)
20. Parts of Me – (Pathfinders)
21. A Symbol of Safety – (Pathfinders)
22. Past, Present, Future Self – (Pathfinders and Rangers)
23. My Personal Roles – (Rangers)
24. Letter to Self – (Rangers)
25. My Social Universe – (Rangers)
26. My Personal Roles – (Rangers)
27. What's Your Story? – (Rangers)
28. Take Up Space Poster – (All Branches)



**Girl
Guides**

Ontario Council

For Guiding in Ontario and Nunavut



Roots

Activities

1. Unique as a Unicorn

Branches: **Sparks**

Program Platform: Program Area: Explore Identities

Description: What do you look for in a friend? What would you look for if that friend was a unicorn? In this creative activity, design a unicorn friend that is unique and special to you.

2. Spark Portrait

Branches: **Sparks**

Program Platform: Program Area: Explore Identities

Description: Your qualities make you who you are! Think about the things you like about you and draw a picture of yourself to show your unit what “being you” is all about!

3. Feeling Happy

Branches: **Sparks**

Program Platform: Program Area: Explore Identities

Description: What makes you happy? What does happiness feel like in your body? What kinds of clues does this give you about who you are? Use art and movement to discover what happiness means to you.



Roots

Activities

4. Try Something New

Branches: **Sparks**

Program Platform: Program Area: Explore Identities

Description: Choose something you're good at and teach it to some of your Spark friends to share your talents, learn something new, and decide what "balanced life" looks like to you!

5. Friendship Tally

Branches: **Sparks** and **Embers**

Program Platform: Program Area: Different Together

Description: You have a unique blend of interests, experiences, and values – we all do! Finding out what we have in common and what makes each of us unique is one of the best ways to make new friends.

6. Love Tree

Branches: **Embers**

Program Platform: Program Area: Explore Identities

Description: There are many kinds of love – we can love our family, our friends, our neighbours, and even our favourite food! In this activity you'll create a Love Tree to explore the different kinds of love in your life!



Roots

Activities

7. Paper Plate Portrait

Branches: **Embers**

Program Platform: Program Area: Explore Identities

Description: Sometimes people make guesses about who we are by just looking at us before they even get to know us. When they do this, they are showing something called prejudice. In this art activity, you'll explore who you really are and who people might think you are.

8. You're a Star!

Branches: **Sparks** and **Embers**

Program Platform: Program Area: Explore Identities

Description: Some people make decisions about others by simply looking at them, without knowing much about the person. In this activity, groups will be created based on things that can be seen and the things that cannot be. What will you discover?

9. Friendship Circles

Branches: **Embers**

Program Platform: Program Area: Explore Identities

Description: The fact that we're all unique is called diversity. In this colouring activity, you'll explore what you have in common with a friend, and what makes you unique!

Roots

Activities

10. Shape of You

Branches: Guides

Program Platform: Program Area: Different Together

Description: In this activity, you'll explore some of the differences between gender identity and sexual identity while designing your own set of dragonfly wings.

11. Defining Moments

Branches: Guides

Program Platform: Program Area: Explore Identities

Description: Think of a moment in your past that shaped who you are today. Does anything spring to your mind? In this art activity, you'll be creating a timeline to explore your unique life story and get a glimpse at how your Guiding friends became who they are today.

12. Labels and Stereotypes

Branches: Guides

Program Platform: Program Area: Explore Identities

Description: When people make assumptions about others, they might label them with a stereotype and treat them in a specific way because of it. In this activity, you'll explore what it's like to be treated a certain way because of a label.

Roots

Activities

13. Tell a New Tale

Branches: Guides

Program Platform: Program Area: Explore Identities

Description: In this activity, you'll re-think this classic fairy tale and see what it could look like if it included characters with different gender identities and sexual orientations.

14. Beaded Friendship Bracelets

Branches: Guides, Pathfinders and Rangers

Program Platform: Program Area: Explore Identities

Description: A friendship bracelet is something you make and give to a friend, and friendship bracelets never go out of style. Each bracelet takes time, thought, and care to create, and it celebrates the special connection that is friendship. You can make a friendship bracelet for a specific person or to celebrate anyone you come across who has a shared passion or value.



Roots

Activities

15. Round Braid Friendship Bracelets

Branches: Guides, Pathfinders and Rangers

Program Platform: Program Area: Different Together

Description: A friendship bracelet is something you make and give to a friend, and friendship bracelets never go out of style. Each bracelet takes time, thought, and care to create, and it celebrates the special connection that is friendship. You can make a friendship bracelet for a specific person or to celebrate anyone you come across who has a shared passion or value.

16. Reflect and Re-evaluate

Branches: Guides, Pathfinders and Rangers

Program Platform: Program Area: Different Together

Description: Time to wrap it up! Revisit your initial brainstorming from the starter activity of this instant meeting and reflect on what you've learned as a unit.

17. Sides of Me

Branches: Pathfinders

Program Platform: Program Area: Being You

Description: Find poses that represent you in different situations and then stand back and look at yourself as a sculpture. What do you see?

Roots

Activities

18. What Fuels Me?

Branches: **Pathfinders**

Program Platform: Program Area: Explore Identities

Description: Are there things that wear down your personal battery quickly? Get in touch with ways to fuel up, so you can turn to them when you need it the most.

19. Self-Talk Transformed

Branches: **Pathfinders**

Program Platform: Program Area: Explore Identities

Description: Are you talking to yourself? Great!

Self-talk can be a great way to boost your confidence and self-esteem. But not all self-talk makes you feel good. In this dice game, transform negative self-talk into positive self-talk and learn some tips for your future conversations with yourself.

20. Parts of Me

Branches: **Pathfinders**

Program Platform: Program Area: Different Together

Description: In this activity, you'll work together to play a game that explores the different combinations of identity, expression, and attraction that make us who we are.



**Girl
Guides**

Ontario Council

For Guiding in Ontario and Nunavut

Roots

Activities

21. A Symbol of Safety

Branches: **Pathfinders**

Program Platform: Program Area: Different Together

Description: In this activity, you'll create a safe space symbol to show that your unit is a safe place for everyone!

22. Past, Present, Future Self

Branches: **Pathfinders** and **Rangers**

Program Platform: Program Area: Being You

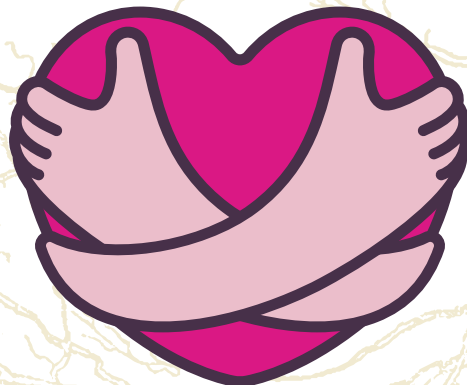
Description: Take time in this activity to explore your evolving self and have fun playing those selves in scenes with your friends.

23. My Personal Roles

Branches: **Rangers**

Program Platform: Program Area: Being You

Description: Brainstorm a list of all the different roles you can think of and then sort them into different piles as you consider who you are, who you're not and who you want to be.



Roots

Activities

24. Letter to Self

Branches: **Rangers**

Program Platform: Program Area: Being You

Description: Take some time to reflect on your inner beauty and the amazing qualities that make you who you are. Then, write a letter to yourself you can read as a reminder when you're feeling bombarded by other messages about who you should be.

25. My Social Universe

Branches: **Rangers**

Program Platform: Program Area: Explore Identities

Description: Who is close to you in your life? The people we surround ourselves with often play a part in the person we become. In this activity, show how other people orbit you in your universe of relationships.

26. My Personal Roles

Branches: **Rangers**

Program Platform: Program Area: Explore Identities

Description: Everyone's personality is made up of a collection of roles. These might be personal roles (like "helper"), work- or activity-related roles (like "athlete") or relationship roles (like "sister.")

Roots

Activities

27. What's Your Story?

Branches: **Rangers**

Program Platform: Program Area: Explore Identities

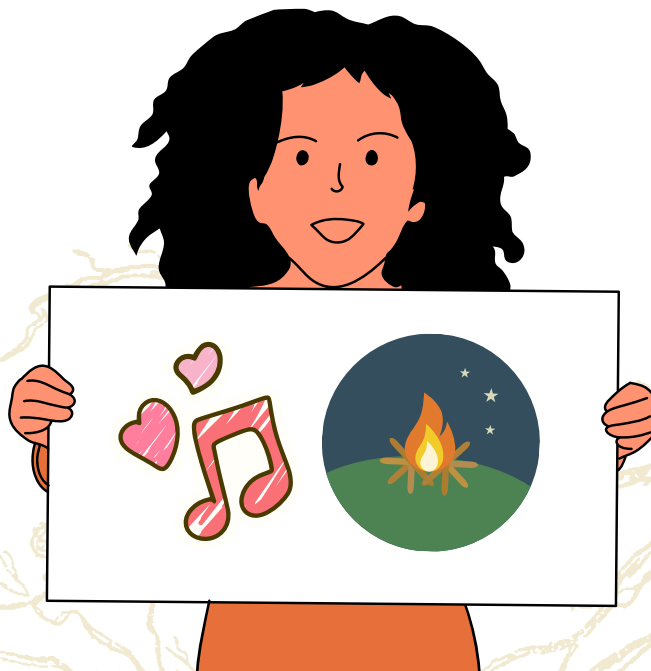
Description: What's in your story? What makes you who you are? And how has that influenced your views and opinions?

28. Take Up Space Poster

Branches: **All Branches**

Program Platform: Program Area Suggestion: Explore Identities

Description: On a piece of paper, each Guide fills the page with drawings, symbols and words that celebrate their identity and passions. The goal is to fill the entire page, emphasizing that they deserve to take up all the space that they need to express themselves.



Trunk

Activity summary

The trunk symbolizes strength, support and the ability to weather any storm, inspiring participants to stand tall and face challenges with unwavering confidence. Its steadfastness encourages girls and youth to embrace their power, rooted in a foundation of resilience and growth.

1. We Can Do Anything! – (Sparks)
2. Shine a Light – (Sparks)
3. What I Like About Me – (Sparks)
4. I Heart Myself – (Sparks)
5. Look What I Can Do! – (Embers)
6. In My Shoes – (Embers)
7. Future Me – (Embers)
8. Quoting Feminists – (Guides)
9. Guess Who's Awesome – (Guides)
10. The Perfect Girl – (Guides)
11. Like a Girl – (Guides)
12. What I Value – (Guides)
13. Herstory Lineup – (Pathfinders)
14. Self-Talk Transformed – (Pathfinders)
15. She's Got Game – (Pathfinders)
16. Imagine a Woman – (Pathfinders)
17. Feminism in the Future – (Pathfinders and Rangers)
18. The Voices of Feminism – (Rangers)
19. Finding Words for the Future – (Rangers)
20. Global Pride – (Rangers)



**Girl
Guides**

Ontario Council

For Guiding in Ontario and Nunavut

Trunk Activities

1. We Can Do Anything!

Branches: Sparks, Embers and Guides

Program Platform: Program Area: Build Skills

Description: In this activity, you'll come up with an energizing chant to help you get pumped up to try again whenever you feel frustrated. You'll also practice some triangle breathing to help you stay calm.

2. Shine a Light

Branches: Sparks

Program Platform: Program Area: Explore Identities

Description: Do you know that you are a shiny awesome Spark? It's true! And the people around you have noticed! In this activity, turn a dark space into a light show – all you need is a flashlight and some kindness.

3. What I Like About Me

Branches: Sparks

Program Platform: Program Area: Explore Identities

Description: Put on some tunes and share what you like about yourself! Take turns coming up with a dance move and saying one thing you like about you. You'll see which of your Spark friends like that about themselves too, if they copy your dance move.



Ontario Council

For Guiding in Ontario and Nunavut



Trunk Activities

4. I Heart Myself

Branches: Sparks and Embers

Program Platform: Program Area: Explore Identities

Description: When you tell someone you “heart” them, whether you’re talking or typing, it’s a way to show you care. In this crafty movement activity, give your body heart hugs to show it you care about it and the things it can do.

5. Look What I Can Do!

Branches: Embers

Program Platform: Program Area: Explore Identities

Description: Everyone is good at something and you’re probably good at lots of things. In this show-and-tell activity, share what you’re good at and help your fellow Embers give it a shot!

6. In My Shoes!

Branches: Embers

Program Platform: Program Area: Explore Identities

Description: No one knows exactly what it’s like to walk in your shoes. Why not try to show people through art? You can get to know a little more about your fellow Embers, too.

Trunk

Activities

7. Future Me

Branches: **Embers**

Program Platform: Program Area: Explore Identities

Description: Close your eyes and imagine your yourself as a teenager. What's changed? What's stayed the same? Thinking about the future can help you see what you care about and set goals for down the road. In this activity, you'll create a mobile to brighten up your space and remind you of where you want to go!

8. Quoting Feminists

Branches: **Guides**

Program Platform: Program Area: Explore Identities

Description: What does "feminism" mean? Let's start with some background. The goal of feminism is to make sure the rights of every girl and woman around the world are respected and that women and girls aren't denied opportunities because of their gender. To do this, feminists work to break down the beliefs, laws, and stereotypes that create barriers for girls and women and allow them to be treated unfairly. Feminism is about providing a space where every girl or woman can raise their voice on the issues that affect them.



Trunk Activities

9. Guess Who's Awesome

Branches: Guides

Program Platform: Program Area: Explore Identities

Description: How would others describe all the good things about you? This is your chance to find out! Listen to their clues and guess who the awesome person they're describing is (hint: it might be you!)

10. The Perfect Girl

Branches: Guides

Program Platform: Program Area: Explore Identities

Description: Do you ever feel pressure to be "perfect"? Where does that pressure come from? In this opening activity, you'll explore the messages that girls are sent about how they should and shouldn't be.

11. Like a Girl

Branches: Guides

Program Platform: Program Area: Explore Identities

Description: What kind of things have you heard about being a girl? Stereotypes about what a girl can be or do can hold girls back and make them feel bad. With this activity, you'll show how you can't be boxed in by stereotypes about girls.



Trunk

Activities

12. What I Value

Branches: **Guides**

Program Platform: Program Area: Explore Identities

Description: A value is an idea or quality that someone feels is important in life. We all have certain values that make us who we are and help us make decisions. In this activity, you'll explore your personal values and find out what others in your unit value.

13. Herstory Lineup

Branches: **Pathfinders**

Program Platform: Program Area: Explore Identities

Description: Use this activity to learn a little feminist history (or herstory) and explore the incredible achievements of women who came before you.

14. Self-Talk Transformed

Branches: **Pathfinders**

Program Platform: Program Area: Explore Identities

Description: Are you talking to yourself? Great! Self-talk can be a great way to boost your confidence and self-esteem. But not all self-talk makes you feel good. In this dice game, transform negative self-talk into positive self-talk and learn some tips for your future conversations with yourself.



Trunk Activities

15. She's Got Game

Branches: **Pathfinders** and **Rangers**

Program Platform: Program Area: Explore Identities

Description: Wondering what it's like to be a woman in the game? Find out! Go to a game, stream one in your meeting space, connect with a pro or watch videos so you can get to know some #winningwomen and see how they game.

16. Imagine a Woman

Branches: **Pathfinders**

Program Platform: Program Area: Explore Identities

Description: People make judgements and assumptions all the time just by looking at someone. It happens to everyone! Where do you think these judgements come from? In this activity, be honest about your first thoughts when reading about two different people and write them down. How can we change the thoughts that jump into our mind about others? We can start by shining a light on what those thoughts are and why we have them.

17. Feminism in the Future

Branches: **Pathfinders**

Program Platform: Program Area: Explore Identities

Description: Take some time to reflect on what you've talked about in your feminism-focused meetings and brainstorm with your unit what you want to see in the future when it comes to women's rights and feminism.



Ontario Council

For Guiding in Ontario and Nunavut

Trunk Activities

18. The Voices of Feminism

Branches: **Rangers**

Program Platform: Program Area: Explore Identities

Description: Use a critical eye to look at feminist history and explore how feminism is changing. Then, think forward and discuss how feminism can keep growing to welcome more people and amplify the voices of all women.

19. Finding Words for the Future

Branches: **Rangers**

Program Platform: Program Area: Explore Identities

Description: Grab an article about a feminist issue you care about and transform it into an artistic poem that speaks to your hopes for the future of feminism!

20. Global Pride

Branches: **Rangers**

Program Platform: Program Area: Explore Identities

Description: In this activity, you'll explore some rights a person in the 2SLGBTQI+ might have here in Canada versus around the world and discuss why someone might feel safe in Canada, and how you can foster safe spaces in your unit and communities.



Branches

Activity summary

The branches represent growth and expansion, encouraging participants to reach beyond their limits and explore new possibilities. As branches stretch outward, they inspire confidence, showing that embracing change leads to personal development and greater achievements.

1. Awesome Athlete Pennant – (Sparks)
2. Help her Soar – (Sparks)
3. Pelele Game – (Sparks)
4. Being You-nique – (Sparks)
5. Trading Cards – (Embers)
6. All About Me Tree – (Embers)
7. Raise Your Voice – (Embers)
8. A Better World by Girls – (Embers)
9. Future Goals for Girls – (Guides)
10. Guess Who's Awesome – (Guides)
11. Change The Ending – (Guides)
12. Affirmation Cards – (Guides and Pathfinders)
13. Be You Pledge – (Pathfinders)
14. Getting on The Ballot – (Pathfinders)
15. Re-Group – (Pathfinders)
16. Smashing Sexism – (Pathfinders)
17. Timeout on Sexism – (Rangers)
18. Clearing the Hurdles – (Rangers)
19. My Social Universe – (Rangers)
20. Colour-In-Cards – (All Branches)
21. Into the Future – (All Branches)

Branches

Activities

1. Awesome Athlete Pennant

Branches: **Sparks**

Program Platform: Program Area: Explore Identities

Description: Cheer yourself on and show your pride! Create your own felt pennant that features a picture of you playing a sport you like or want to try.

2. Help Her Soar

Branches: **Sparks**

Program Platform: Program Area: Explore Identities

Description: Cheering on a friend or teammate is important, but sometimes what they really need is a boost. Take turns jumping, first by yourself and then with a partner, to find out how teammates can help each other soar!

3. Pelele Game

Branches: **Sparks**

Program Platform: Program Area: Explore Identities

Description: Pelele (pronounced “Pe – lel – ay”) is a game kids in Spain often play in the spring. It’s a fun way to highlight the things you like about yourself! Work as a team to play this WAGGGS game and keep the pelele (stuffed doll or puppet) on the sheet.



Branches

Activities

4. Being You-nique

Branches: **Sparks**

Program Platform: Program Area: Explore Identities

Description: Take out your Spark Portrait. After doing the activities in this Challenge, what do you notice about your picture? Do you want to add anything new? Finish your portrait and show how you are you-nique!

5. Trading Cards

Branches: **Embers**

Program Platform: Program Area: Explore Identities

Description: Make 'em, trade 'em, collect 'em all! Get inspired by the trading cards of amazing women athletes. Then, create your own trading card to show yourself in a sport!

6. All About Me Tree

Branches: **Embers**

Program Platform: Program Area: Explore Identities

Description: In this activity, you'll help each other create trees that show just how wonderful you are. With a nice message on each leaf, you'll be able to remind yourself of your great qualities whenever you want and keep growing that self-confidence!



Branches

Activities

7. Raise Your Voice

Branches: **Embers**

Program Platform: Program Area: Explore Identities

Description: How can you get your message out there? With support from your super-strong Ember squad! In this loud and energizing group activity you'll see just how powerful you can be when everyone uses their voice to share the same message!

8. A Better World by Girls

Branches: **Embers**

Program Platform: Program Area: Explore Identities

Description: What could happen if all the girls in the world decided to take action together? How would the world be different? To get an idea, why not start by working together as an entire unit! Create a mural of the different ways you want to make a difference and see how your impact grows and grows with every Ember's addition.

9. Future Goals for Girls

Branches: **Guides**

Program Platform: Program Area: Explore Identities

Description: Think about an inspiring message you'd like to share with girls and women all over the world. Then, create a poster to capture your message. Who knows – maybe you'll create the next feminist icon!



Ontario Council

For Guiding in Ontario and Nunavut



Branches

Activities

10. Guess Who's Awesome

Branches: Guides

Program Platform: Program Area: Explore Identities

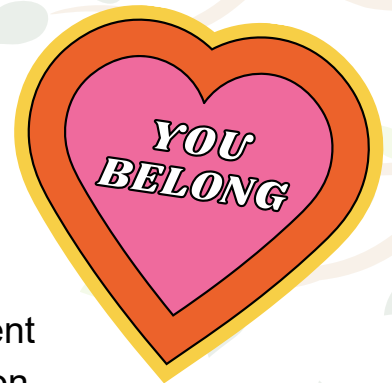
Description: How would others describe all the good things about you? This is your chance to find out! Listen to their clues and guess who the awesome person they're describing is (hint: it might be you!)

11. Change the Ending

Branches: Guides

Program Platform: Program Area: Explore Identities

Description: What can you do to make everyone feel included, welcome, and safe, even when they seem different from you? In this drama activity, you'll act out skits based on times you have seen people excluded and then change the ending to show how inclusive you can be!



12. Affirmation Cards

Branches: Guides and Pathfinders

Program Platform: Program Area: Different Together

Description: When you face a situation where you feel different, or feel like you don't belong, it can be helpful to have a reminder of how special you are. In this crafty activity, you'll create Affirmation Cards that you can give to others to help them feel valued and supported.

Branches

Activities

13. Be You Pledge

Branches: **Pathfinders**

Program Platform: Program Area: Explore Identities

Description: As the Challenge draws to a close, take some time to think about how you can keep building your confidence in your daily life. A pledge is a promise or commitment to do something. Wrap up your Challenge by creating a pledge that you can make to yourself in your daily life and share it with your fellow Pathfinders.

14. Getting on the Ballot

Branches: **Pathfinders**

Program Platform: Program Area: Explore Identities

Description: In this activity, you'll read first-hand accounts from women involved in politics across Canada and build an idea web that shows the barriers women face to entering politics. Then, explore some of the strategies feminists are trying to get more women on the ballot and into office.



Branches

Activities

15. Re-Group

Branches: **Pathfinders**

Program Platform: Program Area: Explore Identities

Description: Even though we're all unique, we share similarities with other people that bring us together. In this activity, you'll explore how people commonly make groups and how these choices can limit the diverse connections we can make in our lives.

16. Picture Me

Branches: **Pathfinders**

Program Platform: Program Area: Explore Identities

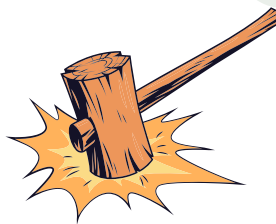
Description: In this activity you'll use the Identity Unicorn resource to explore different parts of a person's identity.

17. Smashing Sexism

Branches: **Pathfinders**

Program Platform: Program Area: Explore Identities

Description: What can you do to smash sexism? First, you'll need to brainstorm some of the different forms of sexism girls and women experience. This can be the big and obvious experiences of sexism as well as the smaller, less noticeable forms of sexism that girls and women face on a daily basis. Then, brainstorm how governments, companies, and individual people can make changes to tear down sexism and raise girls up.



Branches

Activities

18. Timeout on Sexism

Branches: **Rangers**

Program Platform: Program Area: Explore Identities

Description: In this activity, use article snippets to explore women's experiences in sport. When you hear "Timeout!" decide whether the events in the articles are examples of sexism or not and share your thoughts with the rest of your group. Then, create a new headline to rewrite the story!

19. Clearing the Hurdles

Branches: **Rangers**

Program Platform: Program Area: Explore Identities

Description: What's stopping girls from getting and staying in the game? Work in groups to rank the reasons and line them up between you and your basketball hoop. Then, come up with ways to remove these hurdles and take your best shot!



Branches

Activities

20. My Social Universe

Branches: **Rangers**

Program Platform: Program Area: Explore Identities

Description: Who is close to you in your life? The people we surround ourselves with often play a part in the person we become. In this activity, show how other people orbit you in your universe of relationships.

21. Colour-In Cards

Branches: **All Branches**

Program Platform: Program Area: Be Well

Description: Pick a card, colour it in, add your own message if you want, and give it to the person who needs a boost today!

22. Into the Future

Branches: **All Branches**

Program Platform: Program Area: Build Skills

Description: In this activity, you'll brainstorm your goals and create a vision board to help them come true. Vision boards can be a great way to help you stay on track and accomplish your goals!

