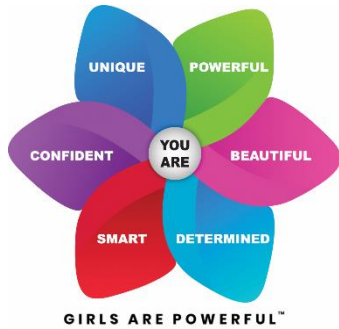


Girls Are Powerful - Not So Bummer Summer - 2020

Practice Girls Are Powerful values to earn EMPOWER POINTS during the month of August. Snap a picture of yourself completing the activity and as a part of your check-in submit your collected points and pictures. Awards will be issued within 1-2 weeks after the program end date.



OUR VALUES

Individuality Valuing a set of characteristics unique to one's self and encouraging all girls to build self-acceptance. **Respect** Foster respect of the abilities, qualities, and achievements of all girls and women. **Community** Building a safe and inclusive community for girls to exist and thrive, that supports and values each girl and the power they hold. **Empowerment** Teaching girls how to identify and cultivate themselves into the influential women they will become.

Activity	Power Words	Values	Points
Help a neighbor with chores- ie. mow the lawn, water plants, walk their dog, get their mail	Powerful, Determined,	Community, Empowerment	15 points
Donate - ie. donate food, supplies, clothing to those in need, books to "Little Libraries" animal supplies to animal shelter	Unique, Powerful,	Community, Empowerment	10 points
Connect - Send cards to relatives, seniors in assisted living facilities, to friends - using one of the GRP pinwheel words	Powerful, Beautiful	Individuality, Community	5 points
Spread positive messages ie. Paint messages on rocks and leave them around your community, walking paths or chalk art on sidewalks	Powerful, Beautiful,	Empowerment, Community	5 points
Help the community - ie. clean up around a walking path, park, beach, school	Determined, Powerful, Unique	Individuality, Community	10 points
Plan something ie. a family adventure, Picnic, walking, biking, kayaking, to the nearest park.	Determines, Powerful, Smart	Empowerment	15 points
Teach a friend or family member something new ie. how to paint, draw, a sport, foreign language or musical instrument (over zoom mtgs)	Powerful, Smart, Confident	Respect, Empowerment, Community	10 points
Express opinions & feelings ie. a book, poem, song, podcast or tic toc about Racial Equality, COVID-19 or tips for going to middle school or high school	Powerful, Smart, Confident	Empowerment, Community	20 points
Build something ie. a bird house and donate to a park	Determined, Confidence	Empowerment, Individuality	10 points
Create something new , ie. a snack, meal or dessert and make for your family - share recipe with others	Smart, Powerful, Confident	Respect, Empowerment	10 points

Host a movie watch party and discuss the movie with friends and family. Share key takeaways	Smart, Powerful, Confident	Empowerment, Respect	5 points
Invite 2-3 girls to create a girl Empowerment video for Girls Are Powerful	Smart, Powerful, Confident	Empowerment, Respect, Individuality,	10 points
Create a COVID PSA for the community to be shared with GRP	Smart, Powerful, Confident	Community, Respect, Empowerment, Individuality	10 points
Set a personal goal to achieve in the month of August ie. Run 2 miles, learn a new trade, volunteer X times, learn 3 new recipes	Powerful, Confident, Smart	Empowerment, Individuality	25 points
Create Your Own Thrill Activity that reflects GRP Pinwheel and Values	Powerful, Confident, Smart, Beautiful, Determined, Unique	Empowerment, Individuality, Respect, Community	10 points

AWARDS

5 -10 points = GRP bookmark

15 - 25 points = GRP water bottle

30 - 70 points = GRP water bottle and drawstring bag, \$5 Visa gift card

75 - 130 points = GRP drawstring bag and poster, \$10 Visa gift card

135 - 155 points = GRP water bottle, drawstring bag and poster, \$15 Visa gift card

160 - 170 points = GRP water bottle, drawstring bag and poster, \$20 Visa gift card