

# FEELING GOOD MEETING

## AN INSTANT MEETING FOR PATHFINDERS FROM THE BC PROGRAM COMMITTEE

This meeting can be done on one or two nights. It is a great sleepover theme too!  
*\*originally published in the Pathfinder Instant Meeting Booklet #2, December 2009*

### Meeting Plan

- Pre-meeting the week prior
- 15-20 min: Gathering Activity – choose 1
- 10 min: Opening
- 10 - 15 min: Active Living component (1)– choose 1
- 45 min: Activities – choose 3-4
- 15 min: Active Living Component (2) – choose 1 or 2
- 15 min: Pathfinder Closing

*2 hour meeting. Approximate activity times shown.*

### Program Connections

**Let's Go and Chill Out #4,**  
5, 6

**Be Glad that You are You #1, 2**

**Girls Just Want to Have Fun #5**

**Media and Image #6**

**Active Living Challenge**

**Nedic Love Yourself Challenge**

### Meeting Supplies

The supplies depend on the activities chosen for the meeting.

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|--|---|--|
| <input type="checkbox"/> 8X10 art canvas per person  | <input type="checkbox"/> glitter, sequins, stickers, etc.                               | <input type="checkbox"/> funnel  |
| <input type="checkbox"/> permanent markers in coordinating colours, e.g. purple, blue, green, yellow <u>or</u> red, orange, yellow, green etc. | <input type="checkbox"/> large poster size paper  | <input type="checkbox"/> 1-2 rolls of duct tape or masking tape                              |
| <input type="checkbox"/> a wide strip of colourful card stock for each girl  | <input type="checkbox"/> Coloured markers   | <input type="checkbox"/> lots of newspaper   |
| <input type="checkbox"/> laminating machine if you have access   | <input type="checkbox"/> box or mason jar per girl                                      | <input type="checkbox"/> other materials to decorate outfits (feathers, yarn, glitter, etc.) |
| <b><u>OR</u></b>   | <input type="checkbox"/> items to decorate with: (tissue, ribbons, sequins, glue, etc.) | <input type="checkbox"/> elastic bands, paper clips, tape etc. to hold things together       |
| <input type="checkbox"/> Mac Tac   | <input type="checkbox"/> positive statements printed on card stock                      | <input type="checkbox"/> 1 part citric acid  |
| <input type="checkbox"/> markers   | <input type="checkbox"/> 4 -5 balloons per stress ball                                  | <input type="checkbox"/> 2 parts baking soda   |
|  | <input type="checkbox"/> flour  | <input type="checkbox"/> witch hazel in spray bottle   |
|  | <input type="checkbox"/> scissors   |  |

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|---|--|--|
| <input type="checkbox"/> colouring of your choice           | <input type="checkbox"/> 10 drops of colour  | <input type="checkbox"/> filtered water – room temperature |
| <input type="checkbox"/> fragrance oil of your choice       | <input type="checkbox"/> coconut oil   | <input type="checkbox"/> toothpick                         |
| <input type="checkbox"/> dome-shaped mold (optional)        | <input type="checkbox"/> cocoa butter  | <input type="checkbox"/> Q-tip                             |
| <input type="checkbox"/> hot plate or stove top             | <input type="checkbox"/> beeswax   | <input type="checkbox"/> bananas                           |
| <input type="checkbox"/> double boiler or pot and container | <input type="checkbox"/> sweet almond oil  | <input type="checkbox"/> hula hoops in 2-3 sizes           |
| <input type="checkbox"/> thermometer with hanger            | <input type="checkbox"/> flavoring, honey or vitamin E oil   | <input type="checkbox"/> 2 buckets                         |
| <input type="checkbox"/> spoon to stir                      | <input type="checkbox"/> small containers  | <input type="checkbox"/> water                             |
| <input type="checkbox"/> craft sticks                       | <input type="checkbox"/> nail polish basecoat and topcoat  | <input type="checkbox"/> sponge                            |
| <input type="checkbox"/> small Dixie cups                   | <input type="checkbox"/> assorted nail polish colours – more expensive brands work better as cheap ones tend to be too watery or thick | <input type="checkbox"/> pipe cleaners                     |
| <input type="checkbox"/> 2.5 “ zinc-core wicks              | <input type="checkbox"/> vaseline  | <input type="checkbox"/> scissors                          |
| <input type="checkbox"/> 410 grams paraffin wax             | <input type="checkbox"/> old bowl  | <input type="checkbox"/> colourful yarn                    |
| <input type="checkbox"/> 28 grams fragrance oil             |  | <input type="checkbox"/> large wooden bead                 |

## Gathering Activity (choose 1):

### Encouragement Wordle Art

#### Instructions

1. Each girl is given an art canvas. She uses a permanent marker to write her name in a prominent position on the canvas.
2. The canvas is passed to the person on her left who then writes one or two positive characteristics on the canvas. She then passes the canvas to the person on her left who does the same thing.
3. Make sure that the girls know that they must write something different than anyone else has written, and that everyone must put at least one positive thought.
4. Have a list of positive words available so that if anyone is struggling to find something different, they can use the list.
5. When everyone has had an opportunity to add their positive words to every girl's canvas, it is returned to the person who's name is on it. She now has a positive piece of art to remind her of what a great person she is!

#### Supplies

- 8X10 art canvas per girl
- Permanent Markers in coordinating colours, e.g. purple, blue, green, yellow or red, orange, yellow, green etc.



## I am Wonderful Bookmark

### Directions:

1. Each girl is given a strip of card stock on which they write their name and "I am wonderful!"
2. Next, they add one or two things that they are good at.
3. Once this has been done, the bookmarks get passed around to all the other girls to get them to add one or two positive comments. Make sure that the girls know they are not to repeat what others have already written.
4. When the bookmark gets back to the owner, she can decorate it in any way she likes with the supplies provided
5. Finish by either laminating the bookmark or sealing it in MacTac.

### Supplies

- A wide strip of colourful card stock for each girl
  - Laminating machine if you have access
- OR**
- Mac Tac
  - markers
  - glitter, sequins, stickers, etc.

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## Pathfinder Opening

Use your usual meeting opening.

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## Activities

### Stress Wall

1. Tape large pieces of poster paper across the wall and give each girl two different coloured markers. Girls write things that they find stressful in one colour, and ways to reduce stress in the second colour.
2. Have them spread out and write all over the poster papers.
3. Let them draw stars or flowers with statements that are written by another girl, where they feel the same way.
4. Explain to the girls that they are not alone – most girls find similar things stressful – and think about different ways that they can reduce stress in their life.

### Supplies

- large poster size paper
- coloured markers

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## Stress Busters

Stress busters are great ways to lessen stress or take the focus off of stressful situations.

### Pre-meeting:

Each girl gathers small items (need to fit in the box or jar they are using) that help her relax and laugh. These could be items like a squishy ball, cartoons, photographs, a favorite song, a favorite quote, a joke, a memory from a vacation like a shell or rock, a card or letter from a friend or relative, etc.

### Supplies

- box or mason jar per girl
- items to decorate with: (tissue, ribbons, sequins, glue, etc.)
- positive statements printed on card stock

**At the meeting:**

1. The girls decorate their box or jar with the supplies provided and then place the items they brought into their jars.
2. Add a positive statement card that appeals to them.
3. When girls feel stressed, they can go into their jars and find relaxation in the items there.

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## Stress Balls

**Directions**

1. Blow one balloon up so that it inflates and stretches the balloon. Let the air out of the balloon.
2. Fill the balloon with flour. Hold the end of the balloon tightly while filling. When the flour reaches the neck of the balloon, stretch it a little to drop it down further into the balloon and pack it in. When you can't fit anymore, tie a knot in the neck.
3. Take a second balloon and cut most of the neck off. Stretch the second balloon over the first one to add a second layer of strength. Add a third and a fourth layer for extra security.
4. You have now made a stress ball! Use it like a hacky sack to play games or use as a squeeze ball for stress relief.

**Supplies**

- 4 -5 balloons per stress ball
- flour
- scissors
- funnel

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## Unconventional Fashion Show

**Directions**

1. Divide your unit into groups of four or five girls.
2. Each group has to create a one-of-a-kind outfit from unusual materials. Be as creative as you want!
3. At the end, have one girl from each group volunteer to model the outfit in a fashion show.
4. If the girls need help starting out, have a bag with ideas in it (for example Pathfinder fashion on Mars, Pathfinder fashion at the Arctic Circle, Pathfinder fashion in Asia, Olympic fashion, fashion in the year 2025 and so on).
5. Have a leader take the floor and make announcements like they would in a real fashion show.

**Supplies**

- 1-2 rolls of duct tape or masking tape
- lots of newspaper
- other materials to decorate outfits (feathers, yarn, glitter, etc.)
- elastic bands, paper clips, tape etc. to hold things together

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## Spa Activities

Try making up one or two of these home products, then using them in a footbath, make-up demonstration, manicure, etc. Dim the lights in the room and create atmosphere with the candles.

## Bath Bombs

### Directions

1. Mix the citric acid and baking soda together in a dry bowl.
2. Add colouring and fragrance.
3. Carefully spritz with witch hazel while mixing up the bombs with your hands. Too much liquid will make the chemical reaction start and they will begin to fizz.
4. When the mixture can be packed like a snowball, place on wax paper to dry. Alternatively, if you are using a mold, press the mixture into the mold, turn over and tap out onto wax paper to dry.
5. If you are having a spa night, the girls can use basins and soak their feet with the bath bombs. Or wrap them and take home for future use.

### Supplies

- 1 part citric acid
- 2 parts baking soda
- witch hazel in spray bottle
- colouring of your choice
- fragrance oil of your choice
- dome-shaped mold (optional)

## Candles

### Directions

1. Prepare molds by putting them in a tray. Wrap the wick around a craft stick and set it on the cup so the wick is in the centre. The wick should touch the bottom of the cup without bending.
2. Put the wax into the top pan of the double boiler or in a can inside a pot of hot water.
3. Hang thermometer in the melting wax making sure that it doesn't touch the bottom of the pot.
4. Heat the wax to 180 degrees or follow directions on wax.
5. Remove from heat and slowly add fragrance oil and colour. Stir well.
6. You can test the scent and colour intensity by putting a few drops of wax onto wax paper and letting it harden. Add more if desired.
7. If the wax has cooled, return to heat and bring back up to 180 degrees.
8. Slowly pour wax into the prepared molds.
9. Once wax hardens, you may need to top it off as sometimes the wax will shrink in the middle. To do this, heat the wax slightly hotter than it was before and carefully fill the wax to the top of the cup.
10. Once the wax has hardened, remove the craft stick and peel off the Dixie cup.

### Supplies

- hot plate or stove top
- double boiler or pot and container
- thermometer with hanger
- spoon to stir
- craft sticks
- small Dixie cups
- 2.5 " zinc-core wicks
- 410 grams paraffin wax
- 28 grams fragrance oil
- 10 drops of colour

## Lip Gloss:

### Ingredients

- 1 tablespoons coconut oil
- 1 tablespoon cocoa butter
- 2 teaspoons beeswax
- 10-20 drops sweet almond oil
- optional – drops of honey or flavoring or vitamin E oil

### Directions

1. Melt the coconut oil, cocoa butter, and beeswax in a double boiler or over hot water.
2. Remove from heat and allow to cool slightly.
3. Stir in the sweet almond oil and any additional ingredients.
4. Pour the lip gloss into a small clean container. Set the lid on top of the container, but don't tighten it down until the lip gloss is cooled and set.

### Supplies

- coconut oil
- cocoa butter
- beeswax
- sweet almond oil
- flavoring, honey or vitamin E oil
- small containers

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## Marbalized Nails:

### Directions

1. Apply a base coat to your nails.
2. When the base coat is totally dry, put Vaseline on the skin around the nail. This will stop the coloured nail polish from sticking to your fingers.
3. Fill the bowl with filtered water. Make sure it's room temperature
4. Add one drop of nail polish into the water
5. Add a drop of a second colour into the centre of the 1<sup>st</sup> colour
6. Keep adding colours until you have the colours you want, e.g. white first, pink next, blue next, green last.
7. Using a toothpick, draw down through the centre of the nailpolish
8. Draw down again on the right hand side, and then again on the left hand side. You can have more lines if you like.
9. Dip your nail into the bowl in the centre of the nailpolish. Wait ten seconds before removing.
10. Use a toothpick in a circular motion to clear the nail polish out of the bowl and then set your design up again for another finger.
11. When all nails are completed and dry, wash hands to remove the Vaseline and then use a q-tip dipped in nail polish remover to clean up anything that didn't come off with the Vaseline.
12. Apply a top coat and let dry thoroughly.

### Supplies

- nail polish basecoat and topcoat
- assorted nail polish colours – more expensive brands work better as cheap ones tend to be too watery or thick
- Vaseline
- old bowl
- filtered water
- toothpick
- Q-tip
- nail polish remover

## Active Living Component

For any wellness meeting, there should be an active living component. Some active living exercises are designed to relax and calm while others are designed to reinvigorate and reenergize. You can invite someone into the meeting to do Yoga, Zumba, Brazilian Martial Arts, Tai Kwon Do, Contemporary Dance, etc. or you could do an active living component that is based around games such as the ones listed below.

### Banana Pass Game

#### Directions

1. To start, remove shoes and socks.
2. Girls lie down on the ground, head to toe in a straight line with approximately 18 " to 2 feet between one girl's feet and the next girl's head.
3. The first person grabs the banana with their feet and passes it backwards over their head to the feet of the person behind them.
4. The next person passes in the same way and so on until they reach the beginning of the line.
5. When they do, the last person in line must peel the banana and eat it.
6. After eating it, they run back to the starting point.
7. First person back wins!

#### Supplies

- bananas

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### Person to Person Twister

#### Directions

1. Pair up the girls and have them stand back to back.
2. The leader will say different combinations that the group has to try to do while staying back to back (right hand to right hand, left foot to right foot, head to head, right hand to left leg, etc.).
3. The pairs must maintain all called combinations until they switch partners.
4. When the leader says Person to Person, they can find a new partner and start over.

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### Hula Hoop Pass

#### Directions

1. Have the girls form a circle holding hands, with a hula hoop around 2 people's arms.
2. The team task is to pass the hula hoop around the circle in a specified direction until it returns to the starting point.
3. Add additional hoops of different sizes to add more challenge to the activity.
4. Try having two circles competing against each other to race the hoops around the circle.

#### Supplies

- hula hoops in 2-3 sizes

## Water Relay

### Directions

1. Divide the group into two and have them line up single file with a bucket of water at one end of the line and an empty bucket at the other end.
2. The first girl in the line takes the sponge and soaks it in the water. She then passes it over her head to the girl behind her.
3. That person in turn passes it under her legs to the next girl who passes it over her head, continuing until it gets to the last girl in line.
4. The girl at the end squeezes the water from the sponge into the bucket and runs to the front of the line to start the process again.
5. The relay continues until all the girls have been at the front and back of the line.

### Supplies

- 2 buckets
- Water
- sponge

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## Add-On Activities to fill out a Sleepover:

### Dove Sleepover Videos

Play video clips from the Dove Sleepover campaign. Talk to the girls about the advertising and self-image. [www.dove.ca/en/#/features/videos/](http://www.dove.ca/en/#/features/videos/)

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### Mighty Minds Challenge

Work on the National Mighty Minds Challenge.

[https://girlguides.ca/WEB/Documents/GGC/.../MM\\_Pathfinders-2016\\_Final.pdf](https://girlguides.ca/WEB/Documents/GGC/.../MM_Pathfinders-2016_Final.pdf)

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### Worry Dolls

#### Directions

1. Guatemalan Legend says that worries can be passed onto dolls while sleeping.
2. Give one worry to each doll, and put the dolls under your pillow. The dolls will take away the worries for you! Patterns can be found at:  
<http://4h.uwex.edu/pubs/showdoc.cfm?documentid=4610> and  
[www.siue.edu/SIPDC/Library/lesson%20plan/famlit2.pdf](http://www.siue.edu/SIPDC/Library/lesson%20plan/famlit2.pdf)

#### Supplies

- Pipe Cleaners
- Scissors
- Colourful Yarn
- Large Wooden Bead

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## Pathfinder Closing

Use your usual closing for Pathfinders.