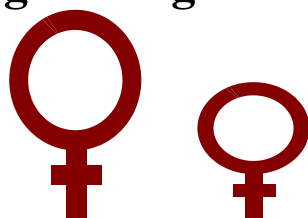




Strong Intelligent Sisters



SIS 2012-2013

Month	Session Title	Goal	Activity
January Weeks: 1 and 2	Who Am I?	Girls will celebrate their identities and embrace next steps for the evolution of growth.	Girls will receive a journal and write an entry describing who they are. They will create a visual collage to illustrate their current definitions of self-identity.
January Weeks: 3 and 4	Chicks and Cliques	Girls will discover the components of true friendships and the harms of peer pressure connected to cliques.	Girls will conduct role playing activities to identify pros and cons within female cliques. Ms.Cohen Journal entry activity
February Weeks: 1 and 2	Sticks and Stones	Girls will begin to explore the power of verbal language and its emotional impact on girls.	<i>Mirror Mirror on the Wall</i>
February Weeks: 3 and 4	Let's Get Physical!	Girls will learn that exercise is physically and mentally beneficial.	Girls will learn tricks and techniques to stay healthy physically, emotionally and mentally. Ms.Cohen talks nutrition.

❖ Athletic Component

Girls will stay fit by exercising and learning *Zumba*. They will learn that exercise can improve their lifestyles as well as their mental and emotional health.

❖ Self- Analysis Through Reading:

Be True to Yourself: A Daily Guide for Teenage Girls by Amanda Ford, is a book to help guide young women to listen to their inner voices and think for themselves. Girls will find comfort, encouragement, and insight in these pages, along with suggestions for articulating and confiding their feelings, fear, and frustrations.