



WE DISCOVER, WE GROW

Girlguiding

Outline session training plan

Spirituality in guiding

The aim of this session is to encourage Leaders to develop members understanding of spiritual development in guiding.

Objectives:

By the end of the session a Leader will be able to:

1. define spiritual development and understand the concept of 'develop my beliefs'
2. identify spiritual moments and experiences
3. understand the place of spiritual development in guiding
4. share a meditation experience with others
5. include self-esteem raising exercises in her unit programmes

Time for this session: two hours

Key messages

- 'Develop my beliefs' in the Promise is a call to actively consider our beliefs on an on-going basis.
- The journey of spiritual development is made throughout our lives and it requires us to stand up and take action.
- Guiding has always encouraged all members to develop their beliefs and moral framework, both inside and outside the context of a formal religion.
- Discussing one's own beliefs and the beliefs of others is the key to exploring spirituality.
- Peer pressure or parental influence may stop girls questioning beliefs, and fear of giving offence may simply stop conversations in their tracks so a positive self-esteem can help girls to explore their spirituality.

Timing	Activity	Resource /Explanation
15 min	<i>Introduce the Session -share objectives</i> <i>Icebreaker</i> The reason for my name	Icebreaker activity from module 2 page 7 of the WAGGGS Exploring Spirituality resource (refer references below).
35 min	<i>Introductory activities</i> Spiritual development activity	Use the spiritual development activity in the Background and Concepts of the Promise and the Law for Trainers resource page 9 to start

	<p>You and the Promise</p> <p><i>Objectives 1,2 and 3</i></p>	<p>discussion around 'develop my beliefs'. Defining spiritual development can be very personal. Use the activity You and the Promise: 1 from module 1 page 4 of the WAGGGS Exploring Spirituality resource to explore participants understanding of spirituality. Ask participants to share their spiritual moments and experiences (these could include reference to self-reflection and meditation and development of a sense of self)</p>
15 min	<p><i>Meditation</i></p> <p><i>Objective 4</i></p>	<p>Lead participants through a self-reflection or self-esteem meditation. There are a number of these available free online or you could write your own.</p> <p>Following the meditation briefly discuss how meditation could be used by participants in their roles in guiding.</p>
40 min	<p><i>Round Robin</i></p> <p>Experience, share and develop activities to use with girl members to develop their self esteem</p> <p><i>Objective 5</i></p>	<p>As people develop and grow through different experiences they make their own decisions about their spiritual values and develop their sense of self or spirit. The spirit can be affected by peer pressure, either positively and negatively. Having a positive relationship with our inner self can help us in our spiritual development. Guiding can help girls and Leaders to develop their self-esteem and therefore the positive relationship that an individual has with their inner self.</p> <p>Provide a variety of resources and activities and ask participants to move around and experience and share different self-esteem raising activities. Include an activity station that includes the sharing of participants own ideas for activities to use in unit programmes. Ensure you have a hand-out of references to resources for participants to take away.</p>
15 min	<p><i>Summary and evaluation</i></p>	<p>Use an evaluation method suitable to this session.</p>

References:

- Background and Concepts of the Promise and the Law for Trainers www.girlguiding.org.uk > Members' area > Resource library > Trainers' resources > The Promise
- Girlguiding *Contemplate* Guiding and Spirituality June 2008 www.girlguiding.org.uk > Members' area > » Resource library > Girlguiding publications > Contemplate
- Exploring Spirituality in Girl Guiding / Girl Scouting WAGGGS Resource 2000
 - Module 1 You and the Promise
 - Module 2 What is Spirituality?
- Dove Resource *Looking at Me*
- 4 Peer Education Resources on Self Esteem
- *Me in Mind* (code 6033 price £7)
- www.innerhealthstudio.com > self-esteem-relaxation