

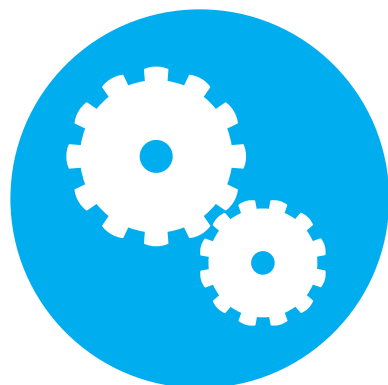


WE DISCOVER, WE GROW

Girlguiding

The programme

Unit meeting activities and skills builders - Resource A



## KNOW MYSELF

**Reflect** - beliefs, values, morals, cultures, and identity

**Network** - teamwork, goal-setting, and building healthy relationships



## EXPRESS MYSELF

**Innovate** - science, engineering, design, and creativity

**Communicate** - public speaking, questioning, non-verbal techniques, and different audiences



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## BE WELL

Feel good - physical and mental health

First Aid - kits, coping in an emergency, incident response, and casualty care



## HAVE ADVENTURES

Camp - tents, fires, outdoor cooking, and site management

Explore - planning routes, navigating, travelling, and staying healthy while exploring



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## TAKE ACTION

**Make change** - identifying issues, fundraising, and community action

**Influence** - campaigning, debating, lobbying, and persuading



## SKILLS FOR MY FUTURE

**Live smart** - life skills, cooking, DIY, money, and careers

**Lead** - vision, direction, inspiration, and negotiation