



Girlguiding

Young leader development programme

Keeping it kind





Keeping it kind

Aim of the module:

Managing girls' behaviour can be challenging – whether it's Rainbows shouting, Brownies running about or Guides on their phones. So keeping it kind is all about the different ways you can encourage positive behaviour, and deal with tricky behaviour.

What you'll get out of it:

- Find out how behaviour is caused by feelings.
- Identify ways you can create a positive atmosphere, no matter how you or the girls are feeling.
- Explore how to set group or unit guidelines.
- Identify who can help in your unit if you don't know what to do.
- Discover how you can be a role model in guiding.



Not sure where to start or want to build your confidence first?

Check out our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.



Name:

Time to have a go! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
During 2 different unit meetings, watch 1 or 2 girls for the whole meeting. See if the way they behave or the things they do show you anything about how they might be feeling. Reflect on your thoughts with another volunteer in your unit leadership team.		
Spend time watching how other volunteers in your unit leadership team manage girls' behaviour (good and tricky) to help create a positive environment. Think about: <ul style="list-style-type: none">● What techniques they use and how you could use them.● Who you can go to for help.		
Run an activity with your unit on creating unit guidelines.		
Think about a time someone in guiding has been a great role model. What did they do? How did they behave? How did they make people feel? Share with your unit leadership team.		

Reflection

Think about everything you've done to complete the tasks.

- What key things have you learnt from your observations?
- What will you stop doing?
- What will you continue doing?
- What will you start doing in future to encourage positive behaviour in your unit?



Kindness queen!

You've completed keeping it kind.

You've got skills in:

- Critical thinking (making clear, reasoned decisions based on accurate information)
- Observation
- Facilitation (running activities)
- Empathy

Want to build on your new skills?

Check out these modules:

- Supporting inclusive spaces
- Giving girls a voice
- Working with others

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.

