



Reflect

Star of the show

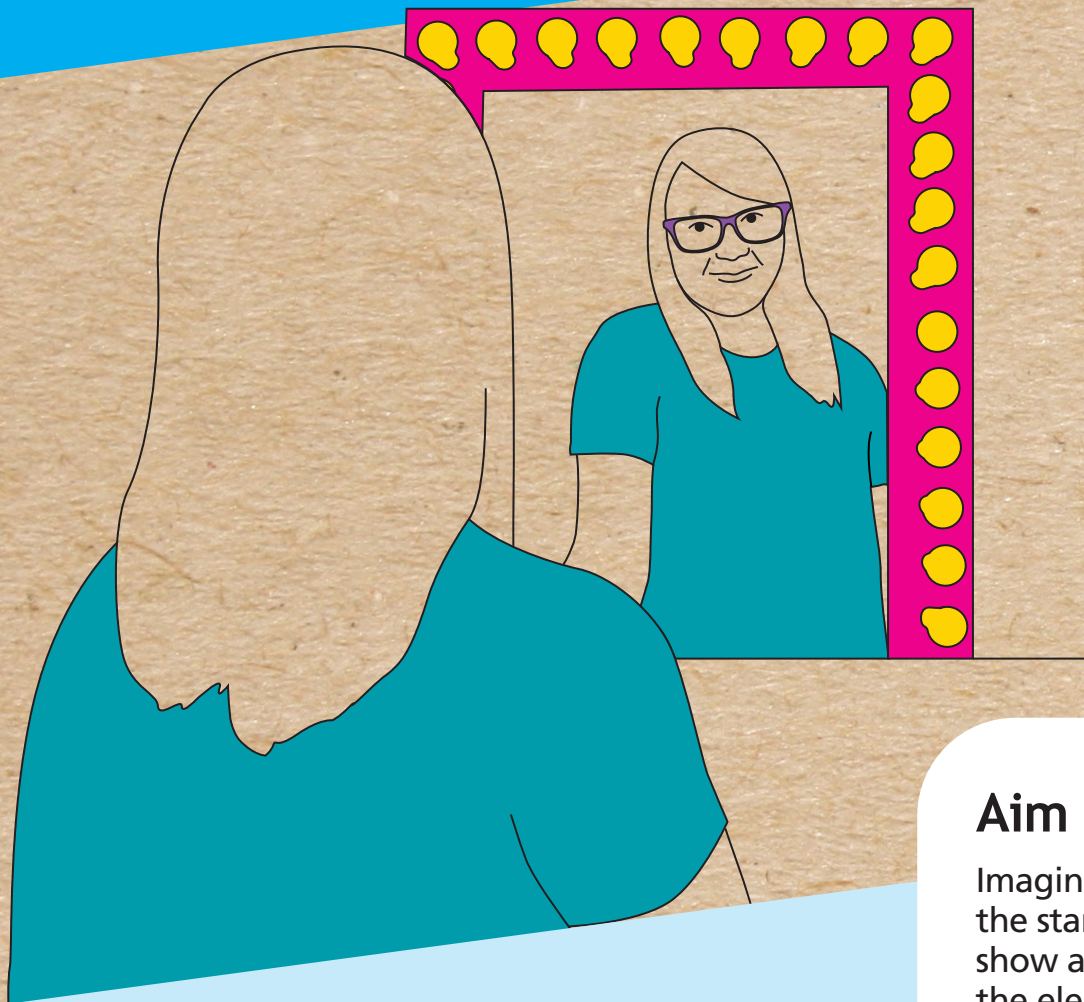
Stage

4

45 mins



Skills builder



What you'll get out of it

- Reflect on your identity.
- Explore ways you express who you are.
- Use your creativity.

What you'll need

- Paper
- Pens
- Pencils
- Colouring pens or pencils, or paints

Aim of activity

Imagine yourself as the star of your own show and explore the elements of your character that help make you unique!



WE DISCOVER, WE GROW

Girlguiding



Reflect

Note to leader

Girls shouldn't include full names or personal details (like addresses) on their profiles.

What to do

1 If your life was a TV show, what genre would it be? Comedy, drama or adventure? Imagine you're the creator of the TV version of your life. Pick a genre and choose a title for your show.

2 Take a sheet of paper and write your show title in the middle of it, then spend a few minutes brainstorming ideas for what the show could be like. Write or draw your ideas around the title.

3 Because the TV show is based on your life, the main character is based on you! You need to provide the scriptwriter and actor with a profile that describes your character. On the back of your paper, leaving a space in the middle, create a profile that explains:

- The character's first name (your name!)
- Her main personality traits – is she funny, brave, shy, strong, enthusiastic or smart?
- Her skills, talents and interests.
- How she moves – is she energetic, laid back, athletic, graceful?
- How she talks – is she chatty? Does she speak slowly or fast? Is her voice high-pitched or low?
- Her mannerisms. Is she smiley, or is her expression usually serious? Does she wave her hands when she talks? Does she fidget?
- How she behaves around other people. Is she at the centre of a big group or does she prefer to spend time with a few close friends?

Top tip

Try to focus on positive character features. If you need some inspiration, why not ask a friend to help you think of some of the things that make you you?

4 Now the design team needs some more information. Use the space you left to describe or draw your character's typical hairstyle, clothes and accessories.

5 Take a look at the character profile you've created for yourself:

- Have you changed or exaggerated any parts of your real character?
- Which parts do you think represent you most realistically?
- If you had to sum this character up in one line, what would it be?

6 Share your character profile with other girls in your unit and talk about what makes each of you unique.

Take it further

Can you imagine a Girlguiding TV show that combines all your characters? Challenge yourselves to create a whole cast of characters that represent you all, and talk together about what the show would be like. You could even produce a script for your show and put on a live performance with your unit!