



Reflect

2B or not 2B?

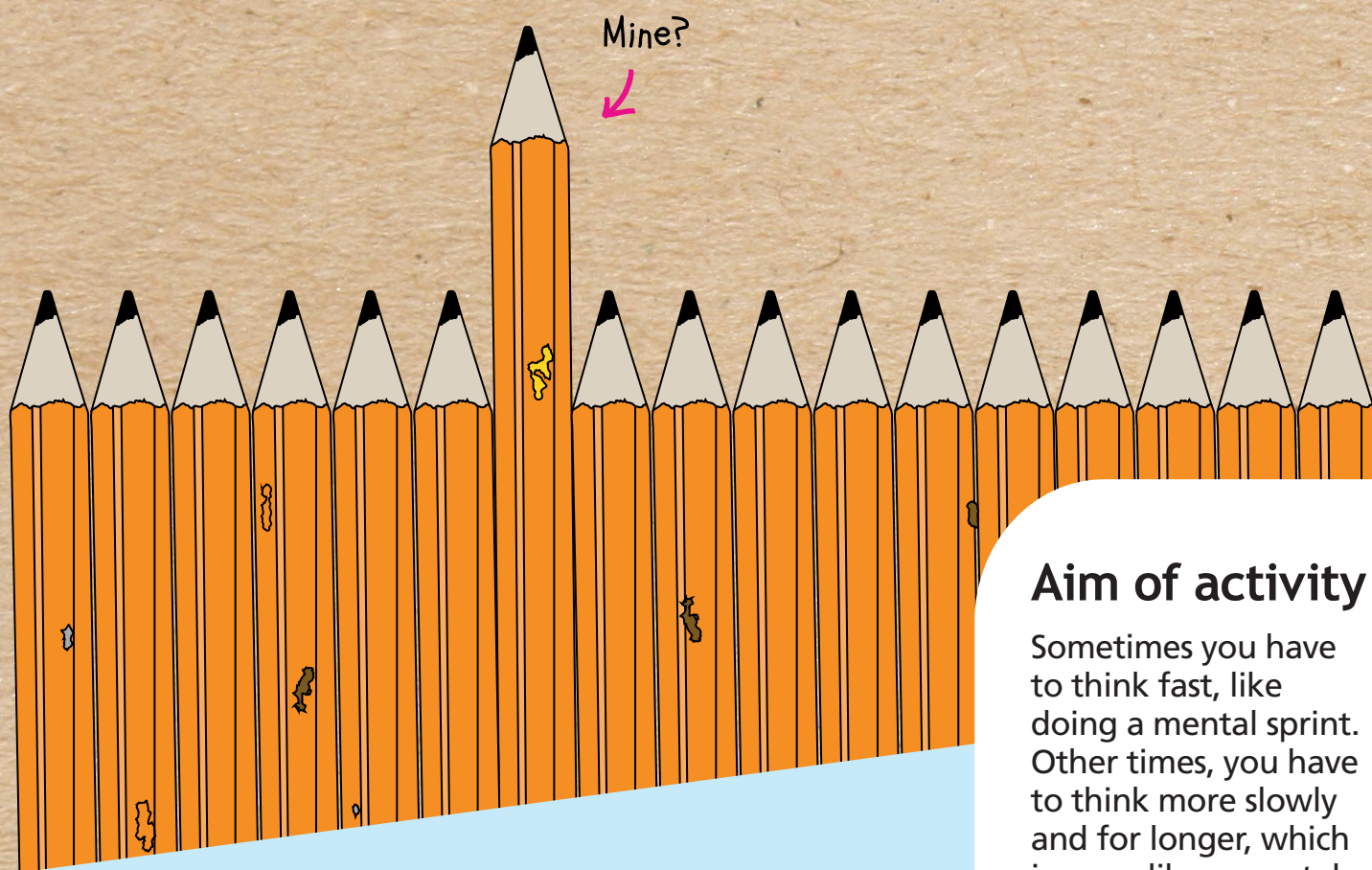
Stage

5

45 mins



Skills builder



What you'll get out of it

- Practise thinking deeply.
- Increase your mental stamina.
- Reflect on the things that make you you.

What you'll need

- Pencils, 1 per girl (pencils should all look similar)
- Scrap paper
- A list of girls taking part, in a random order
- A timer

Aim of activity

Sometimes you have to think fast, like doing a mental sprint. Other times, you have to think more slowly and for longer, which is more like a mental marathon. In this activity we're going to practise thinking slowly. So take a deep breath...



WE DISCOVER, WE GROW

Girlguiding



Reflect

What to do

- 1 Grab a pencil, find a space and take a few deep breaths to clear your mind.
- 2 Now, you're going to try to notice everything you can about your pencil. You have two minutes to observe how your pencil looks. What colour, shape and size is it? Are there any marks or dents in it? Your leader will call out 'Stop!' when time's up.
- 3 Next you've got two minutes to discover what the pencil feels like to touch.
- 4 Finally, you have two minutes to think about anything else you notice about your pencil. Does it bring back any memories? Does it make you feel happy or sad? Or bored? Does it have a smell?
- 5 How well do you know your pencil? Time to find out. Give your pencil to your leader. She'll use her list of names to place them in an order that only she knows.
- 6 Now gather round your leader and the pencils. Without touching them, can you tell which pencil is yours? What makes it different from the others?

7 Your leader will then return the pencils to their owners. Did you guess which yours was?

8 Now you've practised thinking deeply about something small, let's try using this skill with something more serious. Go back to your space, taking your pencil and a sheet of paper with you.

9 Clear your mind and think about yourself. There are billions of people in the world, but no one else is the same as you. If you had to describe how you're unique, how would you do it? Think about and note down:

- The way you look
- The way you speak and move
- Your thoughts, ideas and opinions
- The things you believe and care about
- The people you love
- The experiences and memories you have

How many things can you come up with?

Take it further

Over the coming week, see if you can notice anything else that makes you unique. Make a record of all your ideas, until it's a really in-depth description of who you are. Do this in any way you like – you could create a piece of art, write a poem or even fill a jar with slips of paper. Remember to keep your ideas somewhere safe.