Activity: Extend the Hand of Community (20 Minutes)

During this activity, the girls will be able to show who they are as individuals and what makes them part of their community(ies). The girls will come together to share their individual traits and who they are as an SWSG community. Mentors should plan to be a part of this activity.

• Have the girls sit individually or in small groups.
• Have a mentor pass out a piece of construction paper to each girl. Another mentor should pass out scissors, crayons/markers/pencils to the girls.
• Explain to the girls that they will be creating a hand that shows their culture. Remind the girls that culture are the components that make you special (your traditions, family, language, etc.).
• Have the girls trace their hand on a piece of construction paper in a dark marker.
• While the girls are tracing their hands, have a mentor write this guide on the front board or on flip chart paper:
  ◊ #1 (pinky): Language
  ◊ #2 (ring): Food
  ◊ #3 (middle): Religion, beliefs, values
  ◊ #4 (pointer): Family
  ◊ #5 (thumb): What makes you unique?
• Explain to the girls that they are going to be following this guide to write/draw in their hand that they traced. In the end, the hand will represent the girls’ cultures and who they are as individuals. Use the guide below to help the girls as they create their hands;
  ◊ Language: Any language that the girls or their family members speak at home, school, or in their community.
  ◊ Food: Any special meal, dish, or favorite place that the girls and their family make or eat.
  ◊ Religion, beliefs, values: Any mantra, motto, or idea that the girls live by in their daily lives (being honest, loving one another, caring for others, etc.). Girls can also write down their religion if they and their family practice a religion they want to share.
  ◊ Family: Any family member or person who is close to the girl that is considered part of their family and supports them.
  ◊ Unique fact: Anything that makes the girl who she is!
• As the girls finish up making their hands, a mentor should pass out scissors to each small group.
• When the girls are done creating their hands, have them cut out the hands & put their name on the back.
• Have a mentor bring out a large piece of construction paper and some glue sticks.
• Have the girls take turns attaching their hand to the poster in a circle. When the circle is complete, have the girls take a minute to review all the hands in the community. Have the girls share similarities that they see.
• Discuss with the girls the idea of individual in a community. Relate the idea back to the Get Active!.
  ◊ When individuals with different backgrounds and talents all come together in a team or community, that team or community uses all its talents and backgrounds to be great. Just like in the Get Active!, we all had to use different working parts to create the machine. A community is better and works together because of the important individuals within it.
  ◊ Just like Ibtihaj used her culture to create something positive in her community, we can use our culture to influence our communities. Our culture is what makes us a unique part of our community.
Culture Hand SAMPLE

#1
English & Spanish

#2
Grandma’s Thanksgiving dinner

#3
Honesty, love, family

#4
Dad, mom, bro., sis., biz.

#5
I love to read, be with friends, & swim!