

Prep:

- Gather materials for the game and activity.

Meeting Agenda:

Welcome and Opening Activity – 5 min.

- Begin by welcoming everyone and take attendance (can be taken during the game).
- **Facilitate** game of Who's the Leader?

Activity and Ambassador Skill Development – 15 min.

- Check-in with your Ambassadors
- **Success Round:** Ask each Ambassador to share a time that they said or did something to put up a put down, since the last meeting, that worked well. Go around the room giving each person a chance to say something. Encourage appreciation of each other and keep it moving. Record 1-2 success stories on the Assessment Form.
- **Challenge Round:** Ask everyone to think of something that didn't go as well as he or she would have liked since the last meeting. Have a volunteer share their experience. Have them describe the situation and what they did or said. Validate them if they noticed mistreatment, even if they did not act. Awareness is the first step towards taking action. Give them a chance to talk about what they could have said or done differently.
- Ask the group to discuss what they think could have been said or done to address that situation. Add these ideas to "Balancing Sounds Like" chart from previous lesson. Remind them that although they are focusing on Balancing this week, there might be other Actions that they could have used.
- Assess goals: Ask Ambassadors to think back over the week. Did they meet their Balancing goal? Was it a realistic goal? What is their goal for the next week? Encourage them to write down their goal. (Ambassadors should continue to look for put downs and practice Balancing).

Closing – 2 min.

- Bring meeting to a close by celebrating the Ambassadors' achievements.

Who's the Leader

Materials:

None

Timing:

5 minutes

Preparation:

None

Summary: One person tries to guess who is leading the group (i.e. changing the "movement" - like winking or clapping - that all are doing). Sharpens observation skills.

Directions: The object of the game is for one player – The Guesser – to leave the room while the rest of the group decides on a Secret Leader. The Guesser comes back in and tries to find out who is leading the group.

- Ask for a volunteer to be the Guesser who then leaves the room.
- When a Secret Leader has been chosen, the group stands in a circle.
- The Secret Leader initiates a movement like clapping, jumping, moving hips, shrugging shoulders, winking, etc. The rest of the group members imitate the Secret Leader, while trying not to reveal who it is (e.g., without staring at the Secret Leader).
- The Guesser is called back in and stands in the middle of the circle while the rest of the group follows the Secret Leader as s/he changes to a new movement. All the players who stayed in the room try not to reveal whom they are following and the leader tries not to reveal that he or she is leading.
- The Guesser tries to name the Secret Leader within three guesses. If they can guess who it is, then he or she chooses another player to leave the room.