

**CAMP LIVEGIRL  
ACTIVITY BOOK**

THIS BOOK BELONGS TO:

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# LIVEGIRL PILLARS

WHEN YOU FULLY COMPLETE A COLOR-CODED PILLAR SECTION, COLOR IN THE MATCHING CIRCLE!

## LIVE BRAVE

Love yourself,  
believe in yourself,  
and embrace your  
original, unique self.

**5 Activities**

## LIVE KIND

Embody resilience  
and perseverance to  
overcome obstacles;  
stand up and speak  
out for what you  
believe in.

**6 Activities**

## LIVE KIND

Connect positively  
with yourself and  
others and have a  
positive impact on the  
world around you.

**5 Activities**

## LIVE YOUR POWER

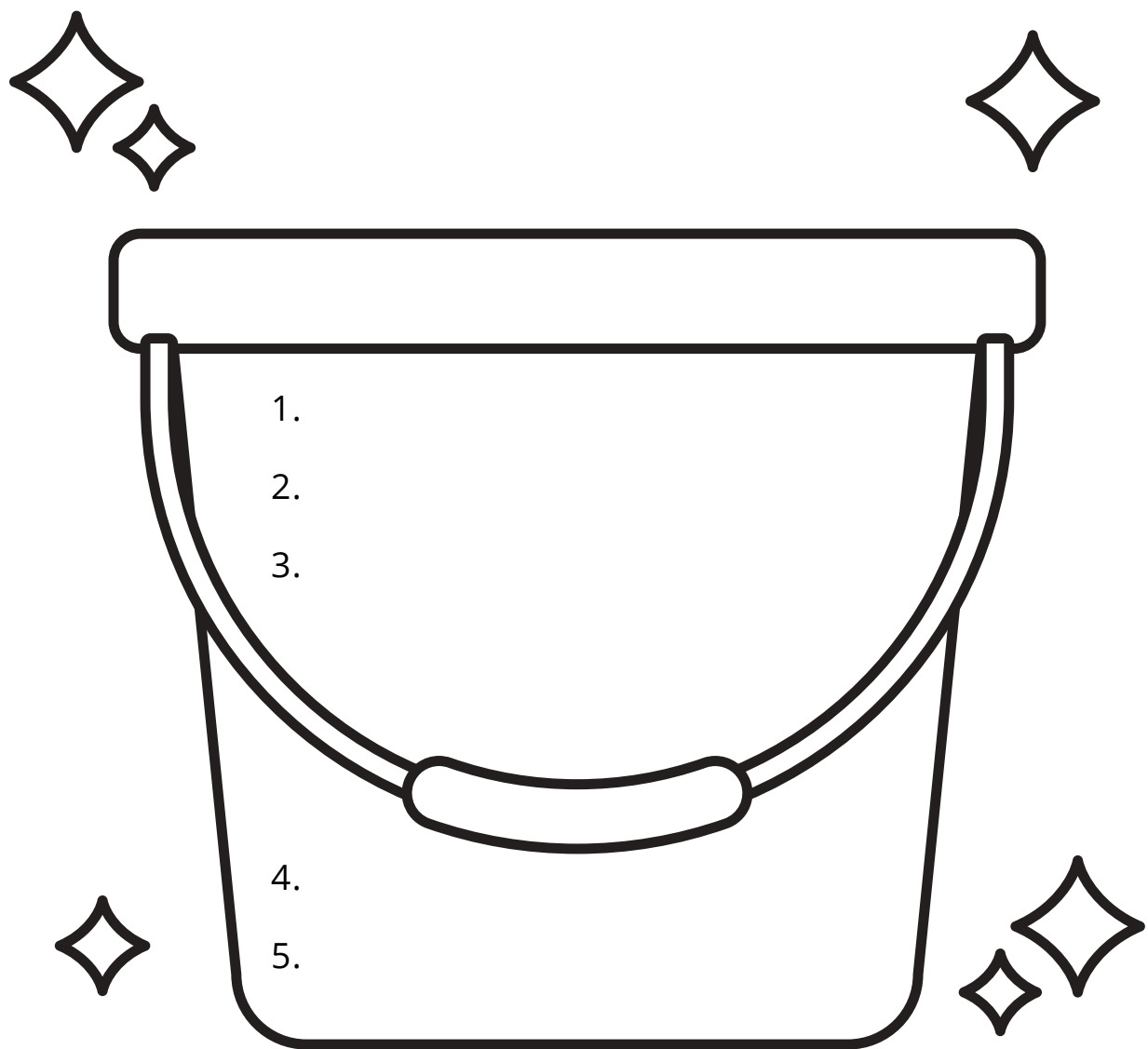
Identify and  
leverage your inner  
powers; activate  
and self-empower to  
change the world.

**4 Activities**

# BUCKET LIST

For this activity you will create a list of things that you hope to do or accomplish by the end of the week, whether it be making new friends or learning new leadership skills!

Be sure to think out of the box and step out of your comfort zone!



# CREATE YOUR OWN SUPERHERO

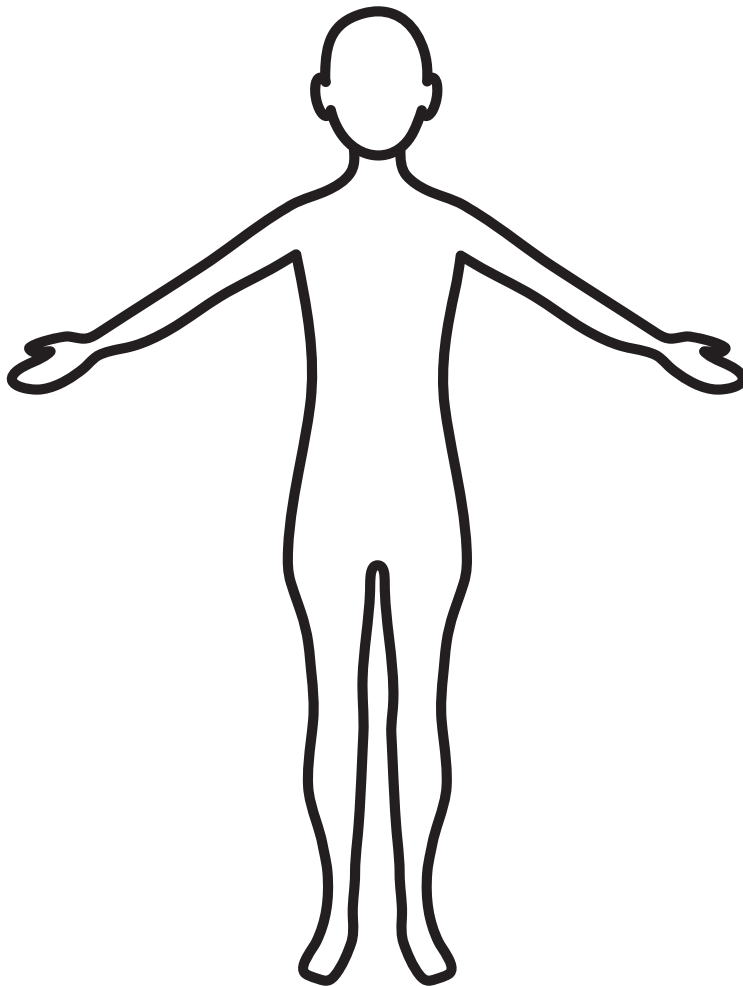
Design your own superhero! Be creative! What's your superhero's name? What do they look like? What are their superpowers? Give your character a brave name! Draw your superhero's costume and physical features. Then, describe what their superpowers are and write some positive qualities about them!

**My superhero name**

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**My superpower**

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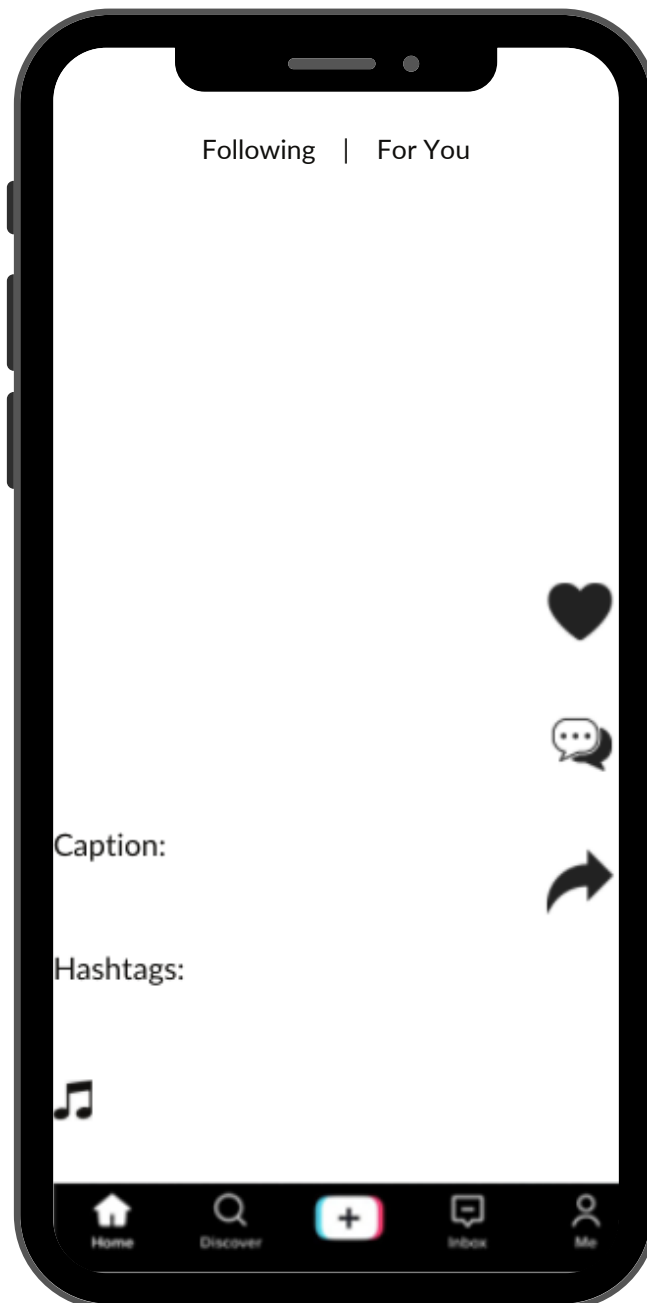
# SISTERHOOD ACTIVITY

For this activity, you will interview each other. Go around the group and ask people to initial a box that applies to them. Each person can only initial ONE spot, so be sure to talk to many different people!

HUMAN BINGO				
Favorite color is red	Has a little brother/sister	Enjoys country music	Plays football	Likes to camp
Wears glasses	Likes to draw	Likes pepperoni pizza	Has a celeb's autograph	Can touch their nose with tongue
Likes chocolate ice cream	Favorite subject is math	FREE	Is the oldest child	Born same month as you
Enjoys reading	Has a Nintendo Wii	Likes to collect things	Has curly hair	Bites fingernails
Has 2 or more pets	Likes going to the cinema	Can touch their toes	Plays an instrument	Is vegetarian

# TIKTOK TEMPLATE

For this activity you will create your own TikTok video. Choose your favorite TikTok sound and make a dance or other video that includes something positive about yourself or exemplifies a LiveGirl value. Draw a moment from the TikTok on the screen, then add in a caption and some hashtags!



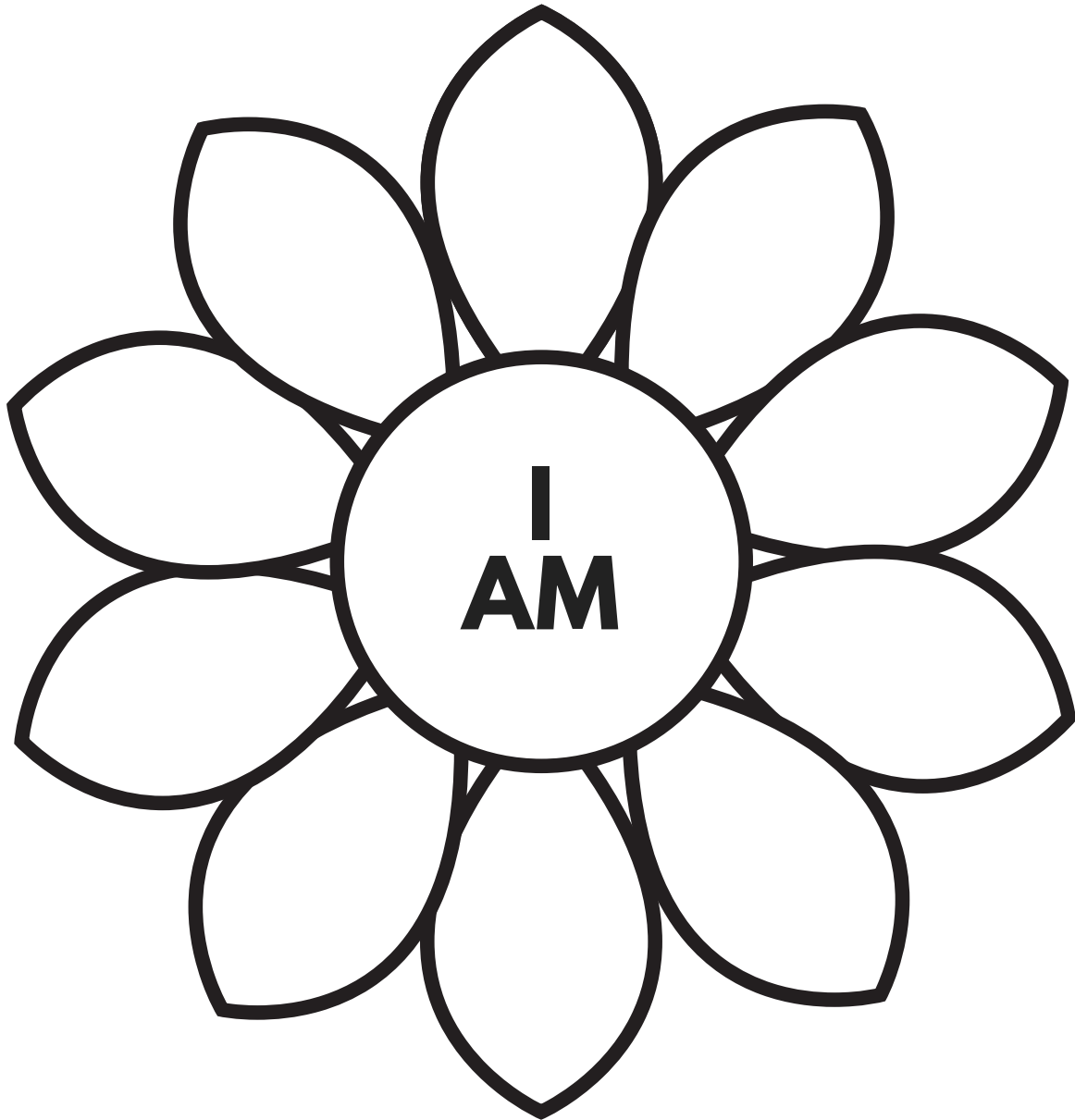
# REACH FOR THE STARS

For this activity, you will write some dreams and goals that you have in each of the stars. They can be big or small, short-term or long-term - just be sure to reach for the stars!



# POSITIVE AFFIRMATIONS

For this activity, you will fill the petals of the flower with positive words that represent you. Next, choose your three favorite words and write below how you have shown these traits in your life.



## 3 FAVORITES

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# UNIVERSAL PEN PAL

Imagine that we have just come in contact with aliens from another planet! You have been given the special opportunity to personally write a letter to these aliens!

For this activity, you will write a letter to the aliens about what's happening on Earth now and what it takes to live here. This can include current events, a personal story, or instructions for what they should do once they arrive.

# DEAR ALIENS,

[illegible]

**Sincerely,  
An Earthling**

# CREATE A SELF-CARE PLAN

For this activity, you will create a personalized self-care plan based on the categories below. You should include different activities that you can do to prioritize your mental, emotional, and physical health, and be sure to write down how you should take the time to do them.

## 'S SELF-CARE PLAN

**MIND**

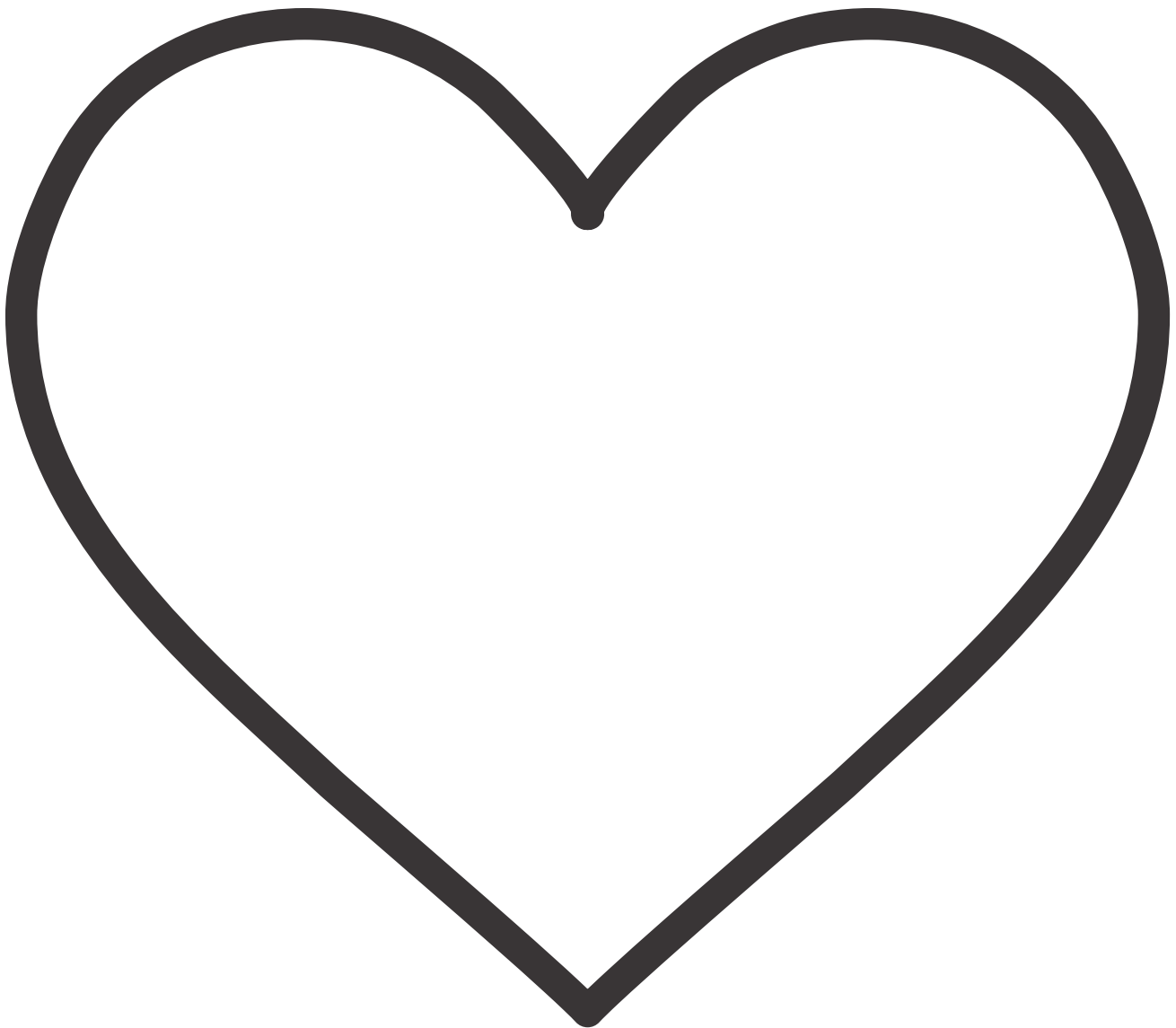
**BODY**

**SUPPORTIVE PEOPLE IN MY LIFE**

**I WANT TO ACCOMPLISH**

# MY LOVE

For this activity, you will design your own heart. In your heart below, add in a combination of words and drawings that describe all the things that you love. This can be people, places, food, activities, or anything else that your heart desires.



# WHAT DO YOU SEE WHEN YOU LOOK IN THE MIRROR?

For this activity you will draw pictures and write words to reflect who you are BEYOND just your appearance. They can be symbols to represent things that you're interested in, words to describe yourself, and anything that demonstrates who you are on the INSIDE.



**CAMP LIVEGIRL 2021 | LIVE KIND**

# DIVERSITY WORD SEARCH

For this activity you will complete the word search, then talk with everyone about what each of these words mean and why they're important.

Words can be forward, backward, up, down, and diagonal!

**DIVERSITY**  
being different!

**ACCEPTANCE**  
Understanding everyone is unique and recognizing our differences

**BIAS**  
preferring one type of person over another and often treating them better

**IDENTITY**  
different parts that make you who you are

**SEXISM**  
believing that one sex (male/female) is better than another



D	B	Q	C	U	L	T	U	R	E	K	I	R	E	I
F	I	E	L	E	M	F	E	S	C	C	I	G	N	Q
Y	A	S	T	I	P	W	S	H	N	I	C	M	Y	T
V	S	O	C	I	M	Y	D	N	A	G	A	Y	U	R
D	I	V	E	R	S	I	T	Y	T	I	N	Q	R	G
H	Y	S	E	X	I	S	M	O	P	D	R	Y	I	P
N	S	I	F	Q	C	M	O	D	E	S	I	Q	N	L
E	U	F	S	R	A	S	I	G	C	R	D	I	C	A
O	M	P	M	J	R	O	E	N	C	P	E	H	L	D
H	Y	F	P	U	L	G	E	F	A	T	N	T	U	U
G	Z	T	B	X	B	P	K	N	R	T	T	T	S	F
K	D	I	Z	V	Y	S	K	D	K	H	I	A	I	I
Z	R	Z	N	I	W	Z	G	M	Y	O	T	O	O	I
C	W	R	M	F	O	J	D	F	G	Y	Y	D	N	Q
X	Y	B	B	J	A	U	F	C	L	A	H	R	F	I

**CULTURE**  
a group of people with similar race, language, beliefs, food, way of life and other things

**RACISM**  
believing that one race is better than another

**DISCRIMINATION**  
treating others badly because they're different

**STEREOTYPE**  
an assumption used to describe a group of people

**INCLUSION**  
making other people feel welcomed and involved

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# DIFFERENT IS BEAUTIFUL

For this activity, you will get a partner and write down three qualities of yourself and your partner that are the same and three that are different. Also, share what your favorite thing is that you learned about your partner, and how our differences and similarities make us even more connected.

**Your qualities:**

**Your partner's qualities:**

**How you and your partner are the same:**

**How you and your partner are unique and different:**

**Favorite thing you learned about their partner:**



# WRITE A LETTER TO YOURSELF

For this activity, you will write a letter to your future self. You can address this yourself in a week, a month, a year, or beyond, but be sure to include what you predict you'll be doing then and what you hope you'll have learned!

# DEAR SELF,

**OPEN BY:**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

**Sincerely,**

# PERSONAL SHOPPING CART!

For this activity, you will be shopping for items to create an identical clone of yourself. Add items into the cart that make you... you! These can be physical attributes or personality traits. It's time to go shopping for some clone supplies!



# MOOD PLAYLIST

For this activity, you will get to know yourself a little better by choosing songs that match with your mood and personality. In each mood category, you will choose 3 songs that best suit you when you are experiencing that emotion.

Take your time and think about it! These should be your go-to songs when you are in these particular moods.



## HAPPY PLAYLIST

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## CALM PLAYLIST

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## ENERGETIC PLAYLIST

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## SAD PLAYLIST

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# I SEE YOU

For this activity, look at the crossword puzzle below and pick out 3 words that stood out to you first! Whichever 3 words you first spot, first draw a line through it, then write them down!

Next, write about why you think you spotted these words first out of all the other ones shown in the puzzle. DID YOU KNOW, that our subconscious mind picks up on things that relate to us that our conscious mind may not. The 3 words that first stood out to you may tell you a little about yourself and explain character traits that your subconscious thinks are most related to you!

A	M	A	Z	I	N	G	B	C	K	Q	U	X	E	S	T	R	O	N	G
F	J	S	F	Q	W	S	E	E	R	I	B	O	L	D	A	F	L	P	I
A	O	A	R	U	T	T	A	F	U	N	N	Y	O	I	F	O	A	T	C
N	Y	D	D	F	N	R	U	K	C	H	Z	D	J	N	V	T	A	D	E
T	F	W	K	L	Z	O	T	I	A	X	C	Y	I	C	I	L	A	B	G
A	U	S	V	B	B	N	I	N	L	N	M	C	B	R	K	R	R	H	O
S	L	J	A	K	L	G	F	D	M	Z	I	L	N	E	I	A	X	C	R
T	E	V	B	S	N	M	U	R	Q	E	E	T	T	D	V	W	E	R	G
I	R	T	Y	U	S	I	L	Y	N	O	O	I	G	I	H	P	A	S	E
C	S	D	F	G	F	Y	G	T	J	H	V	K	L	B	X	A	C	V	O
A	M	B	I	T	I	O	U	S	B	E	N	M	Q	L	E	R	P	T	U
O	P	T	I	M	I	S	T	I	C	Y	S	M	A	E	T	U	I	P	S
I	N	T	E	L	L	I	G	E	N	T	U	N	I	Q	U	E	O	P	Y

## Words Found

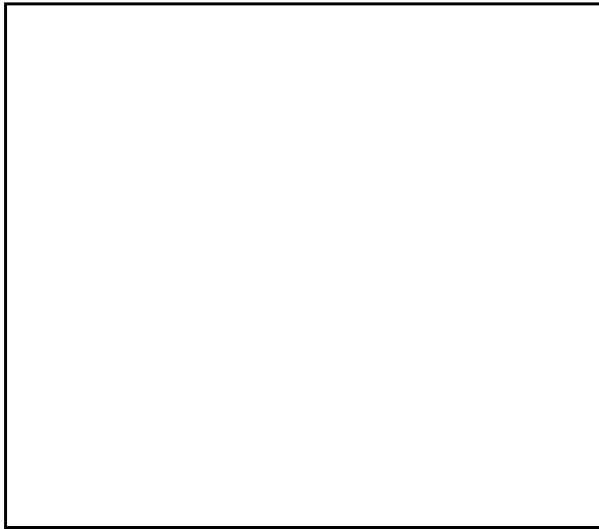
## How do these words relate to you?

# IT'S YOUR WORLD

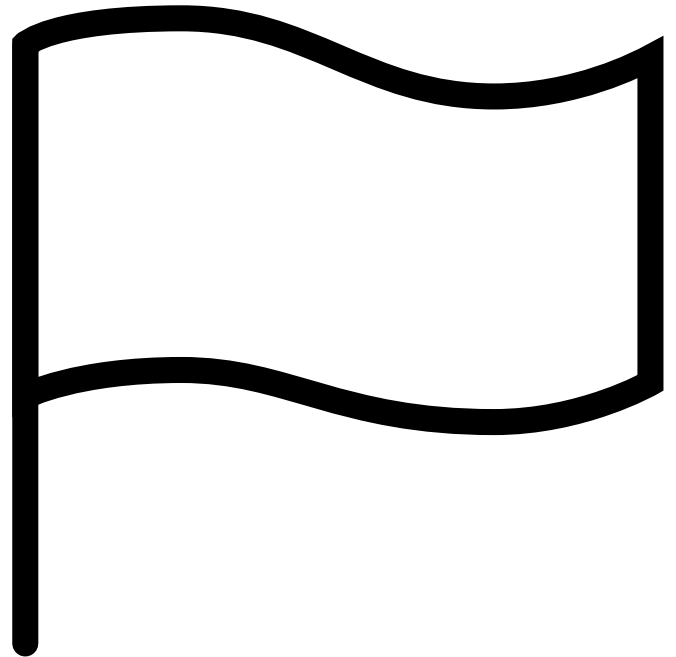
For this activity you will create and design your own country and its flag. First, draw what your country will look like and create a name for it. Next, create a flag to represent your country, however you want! Finally, describe why you chose to design the flag the way you did.

**Country's Name** \_\_\_\_\_

**Draw your country**



**Country Flag**



**Why did you choose this design?**

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# THE PERFECT BLEND!

For this activity, you will create a perfect smoothie recipe for everyone on the planet to drink!

This recipe is like no other - rather than only containing ingredients like apples and bananas, it will also contain characteristics or attributes that people should have to make the world a better place.

*Example:* The smoothie can contain bananas and peace so that when people drink it they can enjoy the banana flavor while gaining a sense of peace. This would then lead to universal world peace.

Fill in the blender with your ingredients and enjoy! Don't forget to come up with a fun name for your smoothie!

## SMOOTHIE NAME

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# ROLE PLAY CONFLICT SCENARIO

For this activity, you will break into pairs or groups and work together to create a scenario involving some sort of conflict. Then, you must work together to create a skit solving the issue and present it to your group.

You can choose a scenario where conflict may arise in friendships, at school, at camp, etc... For example: a friend is upset and feels left out because the other friends did not include them in the class activity.

In the box below:

1. Write the conflict scenario.
2. Write out each acting role the campers will have.
3. Answer these questions based on each of your specific roles:
  - a. How do I feel?
  - b. Why do I feel that way?
  - c. What do I need to hear to move forward?
4. Next, work together to create a skit to show the conflict at hand, how to talk through it, and how to move forward.

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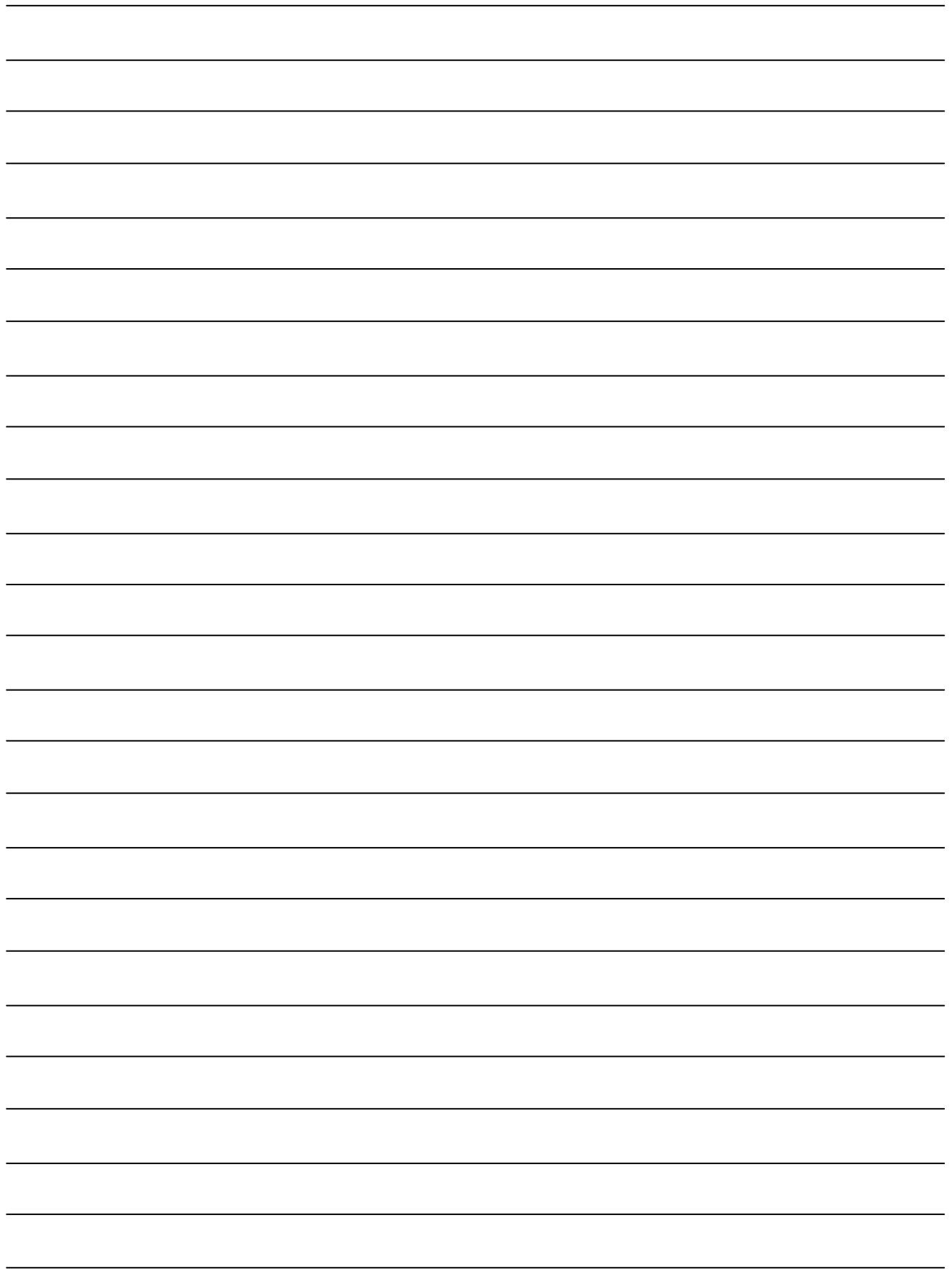
# LIVEGIRLS CAN DO THIS!

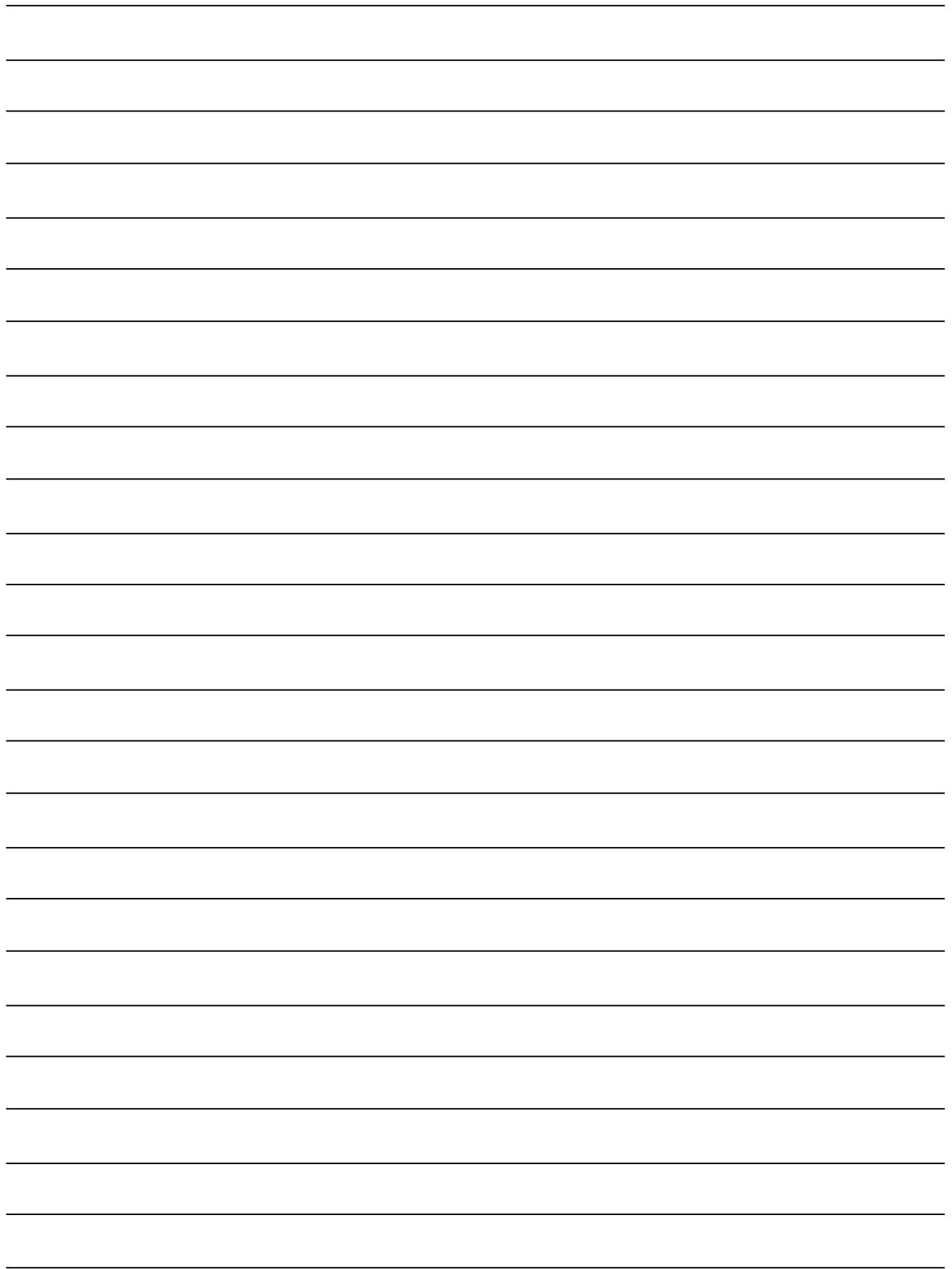
Have you ever been told you cannot do something because it “was not for girls”? Well, guess what? You can do whatever makes you happy and all behaviors, toys, activities, jobs, and things are for everyone!

For this activity, you will write out what you have been told are not for girls and what you can say back to those people in response to those comments. Feel free to brainstorm with other people, as we are stronger when we’re united.

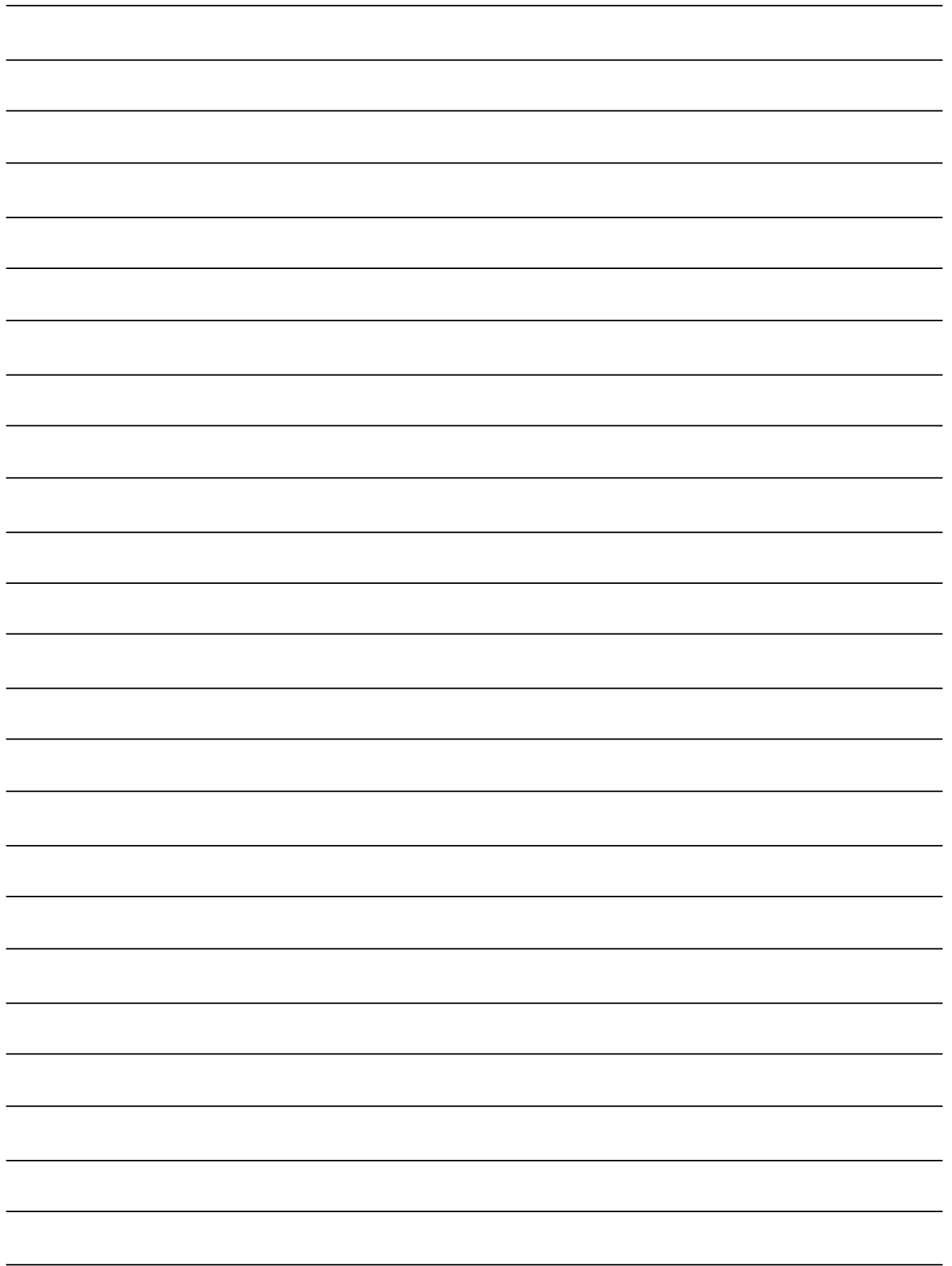
## NEGATIVE COMMENT

## MY RESPONSE

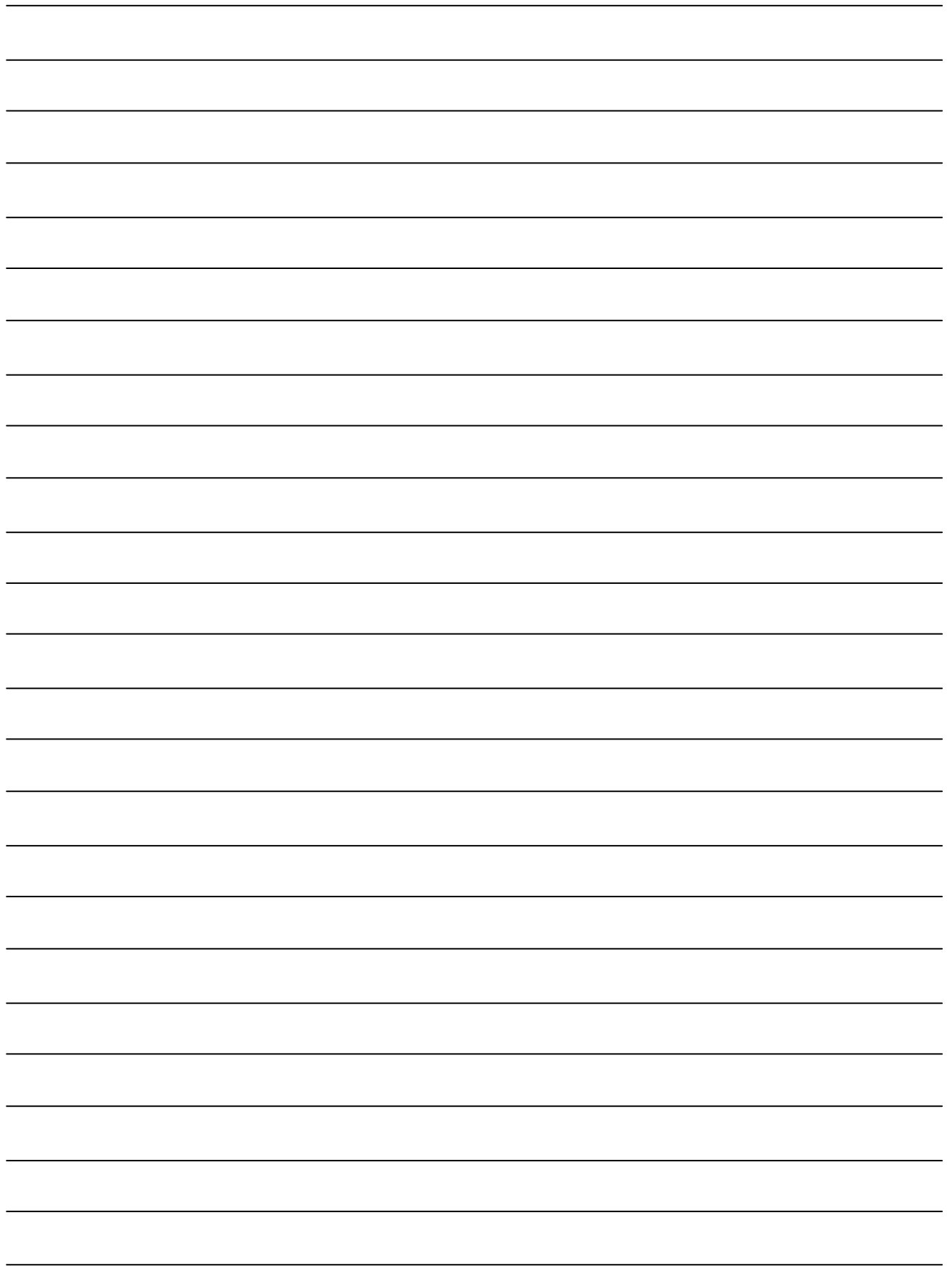












# ABOUT THIS BOOK

This activity book is based upon the LiveGirl leadership pillars. This workbook is for use at Camp LiveGirl or complete on your own! When you finish this workbook, you'll be on your way to becoming a more confident leader!! Go, LiveGirl!

# OUR MISSION

Founded in 2014, LiveGirl, Inc. is a Connecticut-based nonprofit organization that builds confident, inclusive leaders. Our mission is to prepare the next generation of diverse, brave female leaders with the skills, community, and connections so that ALL girls may thrive and make a positive impact on the world.

## CONNECT WITH US

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