



Day 1

Self-Love

- Compare characteristics of high and low self-esteem and impacts on health. H1.So1.8
- Demonstrate ability to make choices that positively impact self-esteem. H7.So1.8
- Describe characteristics of healthy and unhealthy relationships. H1.Se5.7
- Demonstrate healthy ways to express needs, wants, and feelings. H4.W6.K

Objectives: Self-love is the foundation for a healthy body and confident mind; and all our feelings are valid and a normal part of our development; healthy relationships build confidence.

Day 2

Self-Responsibility

- Describe steps to achieve a personal health goal. H6.W8.2
- Apply decision making skills to make a health-enhancing choice. H5.W7.5
- Create a resource that outlines where and how students can access valid and reliable health information, products, and services. H3.W4.HS

Objectives: Awareness of our responsibility to support our personal and environmental health, choose to take responsibility by making better choices.

Day 3

Self-Expression

- Identify appropriate ways to express and manage emotions. H1.So4.Kb
- Demonstrate ways to manage or resolve interpersonal conflict. H4.So4.8
- Compare and contrast the influence of family, culture, and media on how emotions are expressed. H2.So4.8
- Investigate resources for support when dealing with difficult emotions. H3.So4.6

Objectives: Encouraging campers to find their voices, express their feelings and acknowledgement of their struggles. Exploring ways to express oneself through creative expressions.

Day 4

Self-Empowerment

- Compare and contrast high and low self esteem. H1.So1.4a
- Understand the connection between self-esteem and healthy decision making. H1.So1.4b
- Understand changes in self esteem can occur as people mature. H1.So1.HSb
- Advocate for self and others to prevent bullying, harassment, and intimidation. H8.So5.5

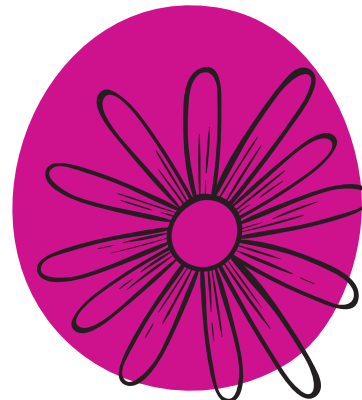
Objectives: Know how important it is to have a strong sense of self due to the stresses of society/social media challenges; how do we appreciate/love what we have? Create positive pathways to embrace our authentic selves through empowering activities. Learn ways to boost our self esteem to help lead us towards empowerment of self and others.

Day 5

Self-Accountability

- Demonstrate ability to make choices that positively impact self-esteem. H7.So1.8
- Describe the relationship between attitude and stress. H1.So3.4b
- Develop a personal stress management plan. H7.So3.HS
- Identify how family, school, and community influence food and beverage choices and eating behaviors. H2.N6.2

Objectives: To be accountable for your thoughts, words and actions can help cultivate a stronger sense of self awareness. Learning how to cultivate an attitude of gratitude and how stress effects our health.



ALL GIRLS WELCOME