

# Highlands Middle School

# GIRL POWER



# What is Girl Power?

Girl Power is a club for 6th grade girls that allows them to meet new people, make friends, and have fun after school! We partner with The New Hope Center to work through some important topics for middle school girls. We have an average of 60 girls participate every year.



# Girl Power Mentorship



# Topics Discussed

- Circle of Control
- Self-Esteem
- Gratitude
- Effective Communication
- Healthy Relationships
- Dealing with Gossip/Rumors
- Time Management
- Setting Boundaries
- Resilience
- Dealing with Negative Thoughts





# Our Groups



# Game: Get the A.N.T.s!

A.N.T.s, or Automatic Negative Thoughts, are spontaneous thoughts that pop into our minds out of nowhere. At Girl Power, we learned ways to remove the A.N.T.s from our minds with positive reframing and coping skills!



# Deep Breathing: Smell the Flowers





# Team Building: Dress Design





# More Girl Power Fun!



# End of the Year Celebration

