

When We Were Young

IMPACT: BOSTON 2010
SEPARATES I
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Pre-Planning: Make sure everyone is wearing sneakers, Bring a playlist with wonderful 90's songs on it

Supplies: 2 colors of string cut into bracelet sized pieces, stickers and names for Gotcha, CHEER SHEETS so we can practice cheers if extra time before Havdallah

1) Dress up like when you were a kid

Time: (30) 5 minutes to explain, 10 minutes to prepare, 10-15 minutes to do a mini "fashion show"

Location: Meet in Shapiro Lounge

Task: Each group dresses one girl as a character from a popular TV show/movie when you were young (no Disney princesses)

Instructions/Rules:

You may use only one member from your team

You may use any clothing from any members of your team

You may not simply write the character's name on a piece of paper and put it on their shirt. You must have one member dress up as the character.

Make sure the girl who dresses up has a change of clothing with them.

Some ideas include: Rugrats, Power Puff Girls, As Told By Ginger, Doug, Hey Arnold, but please no Disney princesses. Be creative!

As a group, you will be presenting your character to the rest of the girls. Every girl in your group will need to speak as a part of your presentation.

You may ask only 3 questions of me as a group.

You have ten minutes to complete this task. Meet in Shapiro dorm lounge in ten minutes, at (TIME).

GO!

(Once everyone has gathered, relocate to the field in front of the Shapiro Student Center- Green Building)

2) Classic Kids' Games

Time: (25) 5 minutes to explain. 8-ish minutes for each of 3 games

Location: Outside on the lawn in front of the Shapiro Student Center

Red Rover- Christina Aguilera + Britney Spears

Red Light Green Light- A*Teens and S Club 7

Duck Duck Goose and Down By the Banks- Backstreet Boys + N'Sync

**If necessary, designate leaders to help out in each group

3) Explain the purpose of this program

Have the pax get into a circle on the floor. When they enter the room, hand them a piece of paper. Have pens ready to be passed out.

Supplies: Script, string

Time: 25-30 min

I am going to be very honest, and I hope that we can all be honest with each other. What is said in here will not leave. And I know you understand that this builds the trust in our Impact community.

Wasn't it easier when life was all about fun and games? We didn't have to do our hair, put on makeup, care what others thought of us, or obsess over boys.

Wasn't life easier when everyone wanted to be friends? We had play-dates at each other's houses, colored and did art projects, and talked to anyone at lunch or during playtime.

Wouldn't life be great if we could go back to when we were five?

Rewind a few years. Back when I was in kindergarten, I was still cute, hadn't yet hit my awkward stage, and was head over heels in love with a kid named Ben. In elementary school, I slowly was introduced to cliques and essentially had very few friends. I wasn't what the "cool" girls deemed socially acceptable, so I was an easy target for being used

and laughed at. I have so many memories where I can remember girls outright insulting me, pretending to be my friends, and lying to me. And I know I'm not the only one. Middle school was a little better. I jumped between friend groups most of the time. Not that I was always upset, but I was always extremely frustrated or embarrassed. Social status was my worst enemy. Boys never talked to me and usually went out of their way to embarrass me. I only had about 2 or 3 solid friends I could really trust.

But high school and BBYO changed all that for me. I finally decided that I can be who I truly want to be. I love to make friends. I love art, math, science, running, cooking, and more. I am me, and I have grown to embrace my strengths and flaws alike.

I have found friends, both at home and at Impact Boston, who like me just the way I am, even with my ridiculously loud laugh and aversion to wearing pants.

But how does it make any sense that we arrived at Brandeis only 3 days ago and I have already seen girls be exclusive? We can't deny it. There are cliques and "wrong people to be friends with."

Take a second and look around the room. (Pause) Do you know everyone's names? Do you know where everyone is from?

I realize that being best friends with every girl here is a huge and unrealistic expectation. But consider this:

Who do you eat with at every meal?

With whom do you spend your free time?

When you pass other girls, do you stop to chat or just walk by, maybe only exchanging a hello?

Think about how you are treating your sisters.

"It is often said that with age comes maturity, yet friendships in elementary school were formed based on real chemistry and commonality. The cool kid was not the richest, he was the muddiest and loudest. The kids we wanted to be friends with were the ones who stuck peas up their noses, not the people who made us look good." -Caroline R., Teen Ink

I have talked to every one of you in this room in the past few days and know, first hand, that each of you is here to make friends and make an impact. With so much in common, each of you should know that you could potentially leave Impact: Boston with 57 other friends.

"We are not brave enough to reach out to one another for fear of embarrassment."

So embrace your inner child. Live your life to the fullest and make as many friends as you can. Be kind and extend your individuality and qualities with people you have yet to meet.

So, right now, we are going to begin with new friendships. (Pass out strings.) The darker color of string represents the cliques in the past, and the lighter color of string represent the friendships you will make in the future.

4) “Gotcha”

Time: (5) 5 minutes to explain + field questions, Pass out final info + names as everyone leaves the room

Purpose: To mix up the girls and have a fun game to play for the next few days!

Instructions/Rules:

Each person will get a name and a sticker.

Your task is to put the sticker on the girl whose name you have and whisper “gotcha” into her ear.

Requirements for Gotcha-ing:

1. You must be alone with only the other person
2. If another girl sees the goch-ing and tells them “I caught the Gotcha,” then the gotcha doesn’t count.
3. If you tag someone, they are out and you will then take their sticker and try to find the girl they were searching for
4. You may not gotcha someone when they are sleeping, in their own room, or at any point that would interrupt normal programming.
5. The game starts after Havdallah and cheer session are over
6. Eventually, two girls will be left who are trying to find each other! One of them will be the winner.

Field Questions

Call girls up alphabetically and give them their name and sticker