

GIRLHERO CLUB

2024 AFTER SCHOOL &
SCHOOL DAY CLUB
LESSON PLANS



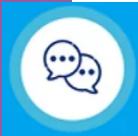
THE SUPERVALUES OF **PERFECTLY ME**



Encourage self-directed & collaborative work



Help kids build compassion, empathy, & listening skills



Celebrate strong relationships, communication, and problem-solving



Prioritize hands-on, evidence-based activities to build confidence, courage, and agency

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PERFECTLY ME **GIRLS**

Supervalues

Compassion

Strength

Friendliness

Problem Solving

Courage

Self-Love

Confidence

Self-Respect

Community

Collaboration & Teamwork



List of Superhero Women



Reference these women and others as you examine superheroes and role models throughout these coming weeks.

- **Malala Yousafzai** (Pakistan) - Advocate for girls' education and youngest Nobel Prize laureate.
- **Rosa Parks** (United States) - Civil rights activist known for her pivotal role in the Montgomery bus boycott.
- **Amelia Earhart** (United States) - Aviation pioneer and the first female aviator to fly solo across the Atlantic Ocean.
- **Wangari Maathai** (Kenya) - Environmental and political activist, founder of the Green Belt Movement.
- **Mae Jemison** (United States) - First African American woman to travel in space as an astronaut.
- **Hatshepsut** (Ancient Egypt) - One of the first female pharaohs who expanded Egypt's trade and prosperity.
- **Sojourner Truth** (United States) - Abolitionist and women's rights activist known for her powerful "Ain't I a Woman?" speech.
- **Sacajawea** (Native American) - Shoshone woman who played a vital role in the Lewis and Clark expedition.
- **Cleopatra VII** (Ancient Egypt) - Last active pharaoh of Egypt known for her intelligence and political prowess.

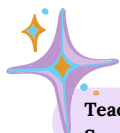
List of Superhero Women



Reference these women and others as you examine superheroes and role models throughout these coming weeks. Use judgement for best fit.

- **Indira Gandhi** (India) - India's first female Prime Minister and a prominent political leader.
- **Audrey Hepburn** (Belgium) - Actress and humanitarian known for her elegance and philanthropic work.
- **Chien-Shiung Wu** (China) - Renowned physicist who made significant contributions to nuclear physics.
- **Simone Biles** (United States) - Olympic gymnast and advocate for mental health awareness.
- **Gitanjali Rao** (United States) - Young inventor and scientist who developed innovative solutions to real-world problems.
- **Emma Gonzalez** (United States) - Gun control activist and survivor of the Stoneman Douglas High School shooting.
- **Greta Thunberg** (Sweden) - Environmental activist and advocate for climate action.
- **Alexandria Ocasio-Cortez** (United States) - Congresswoman and advocate for progressive policies.
- **Priyanka Chopra Jonas** (India/United States) - Actress, producer, and UNICEF Goodwill Ambassador.

These women come from diverse backgrounds and have made significant contributions in various fields. Students can draw inspiration from their stories and qualities as they take on their superhero personas during the activity.



What Does it Mean to Be Super?

AN INTRO LESSON

Teacher Prep - Preview lesson, prepare posters in each corner

Supplies - Posters, corners, markers

Today's Goal

To introduce vocabulary describing super values we hope to see in others and ourselves - courage, compassion, strength, vision, friendship, etc.

Students will develop...

- **Self-Awareness:** Understanding of class expectations.
- **Self-Management:** Developing self-confidence and a positive self-concept as they begin to participate.

5-10 MINS

Ice Breaker - Superhero Intro This activity is a kind and approachable meet & greet ice breaker.

- Begin by welcoming the participants and explaining that they are about to embark on a superhero-themed journey focused on essential supervalues.
- Provide each participant with a sticky note and a marker. Ask them to write down their name and something unique or interesting about themselves on the sticky note.
- Encourage participants to share why they chose that unique aspect to highlight, fostering a sense of self-respect and self-love from the start.

5 MINS

Class Meeting - sets a tone of positivity, community, and focus for the day's activities.

Gratitude Share

Today's Question

What are some characteristics that make someone super in your mind?

Today's Message

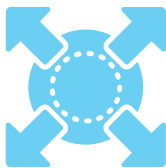
We will work together and have great fun with art, games, and activities to learn about supervalues.

Main Activity - Supervalues Four Corners

- The goal of this game is to introduce the four supervalues in general. Students will receive an overview of the topics that will be further discussed in future classes.
- Set up four posters with markers in each corner with a supervalue written on each “self-respect” “self-love” “community” and “teamwork”.
- Break students into four groups. Each group will write what they think the value in their corner means or looks like. Provide time for discussion.

Play 4 Corners

- Play the traditional game of four corners but calling each corner by the supervalue it is assigned.
- You will call out one of the supervalues, and anyone in the corresponding corner will share why they believe that value is crucial, fostering discussions about each value instead of being ‘eliminated’.
- The game can be played with eliminations if age appropriate and fitting for your specific group. Otherwise, participants can continue to play even when their corner is called.



Close - Reflect! What value do you look forward to most? Why?



I'm a super girl, unique and fleek,
Full of strength, with dreams to seek.
Caring heart, and spirit bright,
I'm perfectly me, shining light!