

# Troop 5384: Fifth Enrichment Meeting for 2010-2011

## Working on WAGGGS World Thinking Day 2011 Patch



### 6:45pm – 7:00pm Pre-Meeting/Snack

*Millennium Development Goals Activity:* We will match the goals to pictures and glue the match sets together on a worksheet that explains how the goals came to be.

### 7:00 – 7:15pm Daisy Circle and Troop Business

The Troop Leader will explain that the next four enrichment meetings will be geared toward World Thinking Day on February 22<sup>nd</sup>. She will explain that girls all over the world are getting ready for World Thinking Day by learning more about the Millennium Development Goals, just like we did during our first meeting activity. We are going to focus on goal #3, making the world fair for girls.

We will also need to start thinking about our table for the World Thinking Day Fair that is coming up! We will be presenting about Zimbabwe and will need all of the following things:

- The Zimbabwe flag (we can make a poster)
- A poster or other display about Zimbabwe for our table at the fair
- Craft or Food samples from Zimbabwe
- An activity for visitors to do that represents Zimbabwe.
- Stamp or stickers for travelers who visit us (and we will have some patches)!

The Troop Leader has already ordered Zimbabwe flag stickers, but everything else needs to be prepared by us as a Troop. After today, we will meet three more times before the World Thinking Day Fair, and we will do a little bit each time!

### 7:15 – 7:25pm Break/Physical Activity

*Plant Life:* The aim of this activity is to think of how our surroundings and climate affects us. You can use it to start a discussion about external things that make us feel happier about ourselves, and things we can do to make ourselves feel happier. This is a good introduction for self-esteem and self-confidence activities. Ask all players to imagine they are plants or trees. Call out the descriptions and ask the players to act/mime the actions. Use noises and sound effects if you like!

1. Start as a seed in the ground: curl up small like a seed.
2. The sun shines and heats up the ground: open up a bit.
3. Refreshing rain pours: begin to grow.
4. The sun shines again: continue to grow to full size.
5. Harvest time: here comes the farmer (leader) to pick the fruits!
6. Suddenly there's a big storm: start sway from side to side, some trees might fall.
7. The winter comes: shiver and shake! Some leaves fall off.

### 7:25pm – 7:55pm Main Activity

*Real Beauty:* We will first read through an excerpt from “Beauty around the World” from The Oprah Show. We will then talk about what beauty is. Why do different cultures think differently about beauty? We will then make a list of everything that makes a person beautiful on the inside. Which do you think is more important?



From “Beauty around the World” (The Oprah Show):

On the border of Burma and Thailand, members of the Kayan tribe begin their beauty rituals at a young age. At just 5 years old, girls start wearing brass rings around their necks, a ritual that's centuries old. As they grow older, more rings are added, and eventually, their necks start to look elongated, giving them a giraffe-like appearance. For these women, the shiny brass rings are the ultimate sign of female elegance and status. Some neck pieces can weigh up to 22 pounds.

"If I take the rings off now, I won't look nice anymore," one woman says. "They really are a part of my life."



Thousands of miles away from the border of Burma and Thailand, the Maori people of New Zealand practice a sacred beauty ritual—tattooing.

These indigenous people, who are of Polynesian descent, believe women are more attractive when their lips and chins are tattooed. A woman with full, blue lips is considered the most beautiful and desirable.

For the women of the Karo tribe in southern Ethiopia, beauty is literally skin deep. During childhood, girls allow their elders to cut scars onto their stomachs.



"The main reason for my scars is to attract a male that will give me joy, because I will be beautiful and hopefully get a husband," says one girl during her *Taboo* interview.

Once a Karo girl has received the last of her scars, she's allowed to marry and have children.

In the United States and many countries around the world, thin is the standard when it comes to beauty. But in a West African country halfway around the world, bigger is definitely better. Mauritania is a desert oasis that sits on the northwest coast of Africa. Here, a woman's beauty is revered—but thin *isn't* in. In Mauritania, plump is sexy!

While it might sound nice to throw dieting out the window, it's not all pleasant. For generations, young girls were subjected to the practice of gavage—or force feeding—in order to fatten them up and make them more desirable. In Mauritania, many say the more you weigh, the better chances of you have of finding a husband.



Although force feeding is now frowned upon by the government, old habits die hard in remote areas of the country. Some young girls spend hours each day in the stifling heat, forced to stuff themselves with couscous and high-fat camel's milk. Vomiting only leads to another helping of food.

Even in Mauritania's more progressive cities, some women are willing to do anything for a fuller figure, including buying black-market drugs meant for animals.

Houda, a woman who grew up in Mauritania, says her father is a doctor who sees the negative effects of the country's big idea of beauty. "My father deals every day

with women with serious, serious health issues such as high blood pressure," she says. Even though the problems associated with obesity, like high blood pressure, heart disease and diabetes are prevalent, Houda says that doesn't deter women from wanting a big body. "When you're skinny, you're even considered as sick or there's something wrong with you," she says. "Women that are fat, they're really happy."

### 1:55pm – 2:00pm Closing Activity

Friendship Squeeze

## Troop 5384: Fifth Enrichment Meeting Make-up Activities (to be completed at home)

The main purpose of the fifth enrichment meeting is to introduce the International World Thinking Day Topic for this year (Millennium Development Goal #3). Specifically, the activities are designed to encourage self-esteem among girls, which is necessary for gender equality to become a reality.

**Activity 1:** *Millennium Development Goals introduction:* Print the document *mdg\_pledge.pdf* from the Troop web site and have your Daisy complete the activity. Make sure she understands that the Millennium Development Goals are promises made by world leaders to make the world a better place.

**Activity 2:** *Plant Life:* Go through the Plant Life exercise above with your Daisy and watch her sprout! Ask her, what does she need to grow and be happy?

**Activity 3:** *Real Beauty:* Read through the excerpt from “Beauty around the World” with your Daisy. Given all of these different forms of beauty, what is beauty? Then make a list together of what makes people beautiful on the inside. Which is more important – beauty on the outside or on the inside?

*Please have your Daisy turn in her worksheet from Activity 1 and her list from Activity 3 for credit towards the WAGGGS World Thinking Day 2011 Patch.*