

Title: Banot Magazine Activity

Planners: Emma Rose Neusner, Roni

Materials: Magazines

Place: Beit Knesset

Time: 8:15-9:20

Goal: To eliminate gossip and show lasting effects of negative words

Special: lights off, room is clear of benches

Process:

1. Announce groups, have the groups sit in a circle
2. Tell the girls to go around the circle and say one negative thing about the picture. As they do so, fold the paper.
3. Once the paper is the smallest it can be, they will say kind things about the picture. With each kind comment, unfold the paper once.
4. No matter how hard you try to unfold the paper, the creases remain. The words that you say leave a permanent mark on a person.
5. Have the girls get into a big circle.
6. Close eyes
7.
  - Raise your hand if you have ever talked behind your friends back. Look up.
  - Raise your hand if you have ever talked behind someone else's back. Look up.
  - Raise your hand if you have ever stopped your friend from gossiping. Look up.
  - Raise your hand if you have ever been stopped gossiping. Look up.
  - Raise your hand if you have ever looked in the mirror and compared yourself to someone else. Look up
  - Raise your hand if you understand that words hurt people
8. "Girls, as you can see, each one of you has been negatively affected by words. It is your decision to end it."
9. Group Discussion:
  - Why is it important to confront your friends about an issue?
  - How can you stop gossiping from happening?
  - Why do you think people gossip?

#deep #girlbonding #friendsforever