



GET CREATIVE!

All About Me Nests

Let the girls know that it's now time to make a nest of their own to hold all the things they know and learn along this journey that represent how they care for themselves. Keep in mind that the girls can simply start their nests now and continue decorating them the next time they get together.

- Pass out the paper bags or invite each girl to choose one. Then help them scrunch their bag into a nest shape (see photo above).
- Then invite the girls to use the craft materials on hand to decorate their nests as they like. For example, they might want to decorate the outside, and line the inside with fabric or cotton wool.
- As the girls decorate their nests, you might point out some of the fun nest facts and photos in their book (pages 14–15), and the nest photographer, Sharon Beals, featured (page 14).
- When all the girls have finished decorating, have them share the drawings they made earlier that show how they take care of themselves. Then have them place their drawings inside their All About Me Nests.

MATERIALS

- paper grocery bags (used are fine!), 1 for each girl
- assorted decorating materials (fabric, cotton wool, ribbon, glitter)



The girls' book, pages 14–15