This patch is designed for one reason... to boost self-esteem among girls. Studies show there is a significant gender confidence gap and these activities are geared towards closing that gap which boosting girl’s self-worth, self-esteem, and overall outlook on themselves. This is a comprehensive list of a few activities, some more appropriate for younger girls and some for older girls. Depending on your troop, you can select your best fit to earn the patch.

Of course these are just guidelines. If you have a specific situation in your troop with self-esteem, I would urge you to focus on what the girls can benefit from most. These are just suggestions.

**Self Portrait**
Draw a self-portrait, but include at least 5 things around the picture that you like about yourself or that you are good at. These could include anything from dancing, gymnastics, soccer, math, reading, being nice, being helpful, tying shoes, singing, cooking, being a good big sister, tutoring, drawing, the list is endless. Stand up and give a short presentation of all the things you are good at. Then have each girl add one more thing about the person giving the presentation. This could be a compliment, a nice observation, or something they think she is really good at.

**Sell Yourself**
This is fun in pairs. Partner up and sell each other like an auction off a best friend. But the key is to state all the great friend qualities about them. Why would someone want to be their best friend? An example could be Girl A says about Girl B that Girl B is kind, she’s been a key player on her softball team, she always does her homework on time, she’s really funny and loves to laugh, she likes whatever band they both like, she’s good at braiding hair, and she remembers one time when she was especially nice ... and she can share a short story. By hearing someone else list off all the reasons someone else would want to be their friend, their self-esteem is sure to soar.

**I Like Me List vs. You Like Me List**
Make a list of all the things you like about yourself. Most girls will struggle here a little. It’s not easy listing all the great things. Then tell them to turn the page over. Now list all the things they think their best friend would say about them. (For younger girls this might work better to list the things about their friend or girl sitting to the right/left). When done, share that list with the troop.

**Selfie Goals**
This is ideal for Juniors and up. Imagine it is graduation day and you are at the microphone. What would you say? Will you hope you can say you accomplished something? Would you like to mention something you are proud of? This exercise is designed to show girls that they will have an opportunity in the future (not just at graduation but in many cases) to be proud of what they did. There is no better time to work towards that goal than today. Where are
you headed? Varsity cheer? All-Stars? College? Making plans lays the groundwork and gives girls the confidence that the goals are attainable when they can see a clear path of how to get there.

#Selfie
Don’t forget to take a troop selfie! These turn into great bridging gifts in the future. You can get those wooden frames from Michaels and write what you love about each girl around the picture. Adorable, affordable, and thoughtful.

And last, this is not my work, but when searching for a different activity, I ran across this link. This is not scouting related, but this has some incredible activities for girls. [https://www.polk-fl.net/community/volunteers/documents/ymConfidenceActivities.pdf](https://www.polk-fl.net/community/volunteers/documents/ymConfidenceActivities.pdf)