



Spotlight

n:counta/n:spire resource Introduction

This resource is designed to help all of us in GB celebrate the positive impacts GB has had on us... whether we're five, 15, 25 or 75!

It's a fun interactive activity time for you to lead at GB, but the real 'power' is released when you record the results of the activities and send them in for us to see and then share the bigger story of GB.

Spotlight is made up of activities that will shine a light on just four of the areas in which GB is making a difference in young peoples' lives. These are:

- Developing in character
- Making friends and socialising
- Growing in faith
- Developing new skills and exploring new opportunities.

Spotlight ends with a devotional reflection that will help you to celebrate all of the things that have been achieved in your GB group this year.

This resource is flexible, and there are a number of ways that you could go about leading the activities:

- Use Spotlight as a stand-alone session that will take a whole evening; or
- Lead one of the activities each week for four weeks, as part of your usual GB evening
- Join the **n:counta** and **n:spire** groups for the Spotlight activities; or
- Run the **n:counta** and **n:spire** groups separately.

As you go through this Spotlight resource, there are 'notes to leaders' along the way to help you; areas for you to record and capture the relevant information on Pages 9 and 10; and details on what to send back to the Girls' Brigade Support Centre. Please return this by **Friday 26 July 2019**. Please ensure that the number of girls who complete each activity matches the number you have doing the overall activity – thanks! One GB group from this **n:counta/n:spire** age group will win £40 to spend at GB Trading.

We've merged Spotlight with our Social Action Snapshot questions, see Pages 11 and 12, which will help us share how GB groups make a difference to, and in, their communities.

Thank you for helping us to shine a light on all of the transforming work that takes place across the whole of GB England & Wales. You can also use your own group's results when sharing with your church or at an event like an awards' presentation or parents' evening.

Here's an explanation of Spotlight you might want to share with your children and young people:

'When you get to the end of something, it's always good to look back and remember all the fun you had along the way. As we're coming to the end of another year of GB, it's a great opportunity for us to look back over the past year, and to think about all of the fun we've had, all of the friends that we've made, and all of the new things that we've done. It's a chance for us to celebrate all of the things that we love about being part of GB, and the difference that GB makes in our lives.'

'We're going to have the chance to get creative, play games, and just enjoy ourselves. So let's do it!'



Spotlight

n:counta/n:spire resource Developing character

You'll need:

- The five 'developing character' posters printed (you can find them in appendices 1-5 on Pages 13-17 of this resource). For copyright reasons, we are unable to include images of the celebrities, but you may wish to source your own from a newspaper/magazine
- Pens.

How to lead this activity:

Stick the five posters around the room, with several pens next to each poster. For copyright reasons, we are unable to include images of the celebrities, but you may wish to source your own from a newspaper/magazine. Explain that different people have different characteristics and that through life, experiences, and sometimes at GB, we can grow these different characteristics. Tell the group that around the room are five posters of five different people each with a particular characteristic. Instruct them to go around each of the five posters and read about the person and the characteristic that they have displayed. At the bottom of each poster is a question, for example, 'Do you agree with the following statement: Through GB this year I have developed resilience – keeping going even when times are tough.' Below the question are the options 'Yes', 'Don't Know' and 'No'. Each member should put a tick under their answer on each of the five posters.

What to record:

At the end of this activity, count up the ticks under each of the answers on the five posters and record this at the back of this resource in the relevant table on the 'Spotlight Resource Results' on Page 9.

Note to leaders:

Sometimes the words 'resilience', 'empathy' etc. can be hard to understand. If anyone in your group is unsure of the meaning, try to explain to them what the word means so that they can join in with the activity – you might find the personal examples on the posters a good tool to help with this.



Spotlight

n:counta/n:spire resource Making friends and socialising

You'll need:

- Paper (optional)
- Pens (optional).

How to lead this activity:

Ask the young people the following question, and count how many hands go up for each response, recording this at the back of this resource:

Question: ***Have you enjoyed making new friends at GB?***

Answers:

Yes

Don't Know

No

Following this, you have the option to play a game to find out things that your group might not know about one another. Give each member a piece of paper and a pen and ask them to draw a noughts and crosses grid. In each of the nine squares, they should write a number that is significant to them – for example, their month of birth, their favourite number, their house number. It is best to keep the numbers between one and 31. The group then have to walk around and find somebody who has one of their numbers on their grid too. When they find somebody, they have to find out why that number is significant to that person, and share why it is significant to them, before they can mark it off. The aim of the game is to mark off three numbers in a row the quickest.

What to record:

Count how many hands go up for each of the three answers: **'Yes'**, **'Don't Know'**, **'No'**, and record this at the back of this resource on the 'Spotlight Resource Results' on Page 9.



Spotlight

n:counta/n:spire resource Growing in faith

You'll need:

- Either paper, or printed copies of the spiritual journal template (at the back of this resource on Page 18) (optional)
- A variety of craft materials: paper, pens, paints, magazines, coloured card etc. (optional).

How to lead this activity:

Ask the young people the following question, and count how many hands go up for each response, recording this at the back of this resource:

Question: ***Has GB helped you understand how God fits into your life this year? (For example, trusting Him even when things are hard)***

Answers: **Yes** **Don't Know** **No**

Following this, your members have the opportunity to enter a competition! Encourage each member to create a spiritual journal page. Explain that a spiritual journal is a way of keeping a record of their relationship with God. People use spiritual journals in different ways, for example:

- Writing down things they've been praying for and prayers that have been answered
- Making a note of Bible verses or stories that have stood out to them
- Getting creative – writing a poem, a song, or drawing a picture to express their faith.

When people look back at their spiritual journals, they can see how God has been speaking to them and how He has answered their prayers.

For this competition, each person needs to only create one spiritual journal page (although they may want to try spiritual journaling themselves at home over a period of time). They can use the template provided at the back of this resource on Page 18, or begin with a blank piece of paper and get creative. We will choose the winning spiritual journal page and the winning group will receive £40 to spend on GB Trading products.

What to record:

Count how many hands go up for each of the three answers: **'Yes'**, **'Don't Know'**, **'No'**, and record this at the back of this resource on the 'Spotlight Resource Results' on Page 10.

Note to leaders:

When leading this activity, be sure to use language that is relevant to what you've been looking at through GB over the past year. For example, you may have looked at the characteristics of God, or how we can know Jesus, or how God prompts us with the Holy Spirit. Help the young people in your group to connect with this question and activity by using language that they will be familiar with through your time together at GB.

If your group is entering the competition, please ensure that each entry has the young woman's name and GB group on it. Please then scan and email them to catherine.burt@gb-ministries.org or post them to:

***The Girls' Brigade England & Wales,
Cliff College, Calver,
Derbyshire,
S32 3XG.***

All entries must be received by **Friday 26 July 2019**, and the winner will be announced at the start of the autumn term.



Spotlight

n:counta/n:spire resource

Developing new skills and exploring new opportunities

You'll need:

- A selection of magazines, catalogues, leaflets and flyers
- Scissors
- Paper
- Pens.

How to lead this activity:

Encourage the young people to think about all of the new skills they've learnt over the past year at Girls' Brigade (for example, leadership, cookery, kayaking). Invite them to take a piece of paper and some of the magazines, catalogues, leaflets and flyers. Encourage them to create a collage of all of the new skills they've developed and the opportunities that they've explored through GB. If they can't find an image/word to represent the skill/opportunity, they can write it on to their collage. Ask them to count the number of skills and opportunities and to write this number in the bottom right-hand corner. You might want to display these in your church to show the difference that GB has made to the young people in your group.

What to record:

Record the number of skills learnt by your group (by adding together the numbers in the bottom right-hand corner of each collage) at the back of this resource on the 'Spotlight Resource Results' on Page 10. Please also make a note of the number of young people in your group on the same page.

Note to leaders:

When you're gathering magazines, catalogues, leaflets and flyers, think about the things that you've been looking at with your group, and try to ensure that there's a good coverage of some of the skills and opportunities that you've explored together.



Spotlight

n:counta/n:spire resource Devotional reflection

Well done and thank you for completing the Spotlight activities. We're looking forward to receiving your results. We hope this resource has given you the chance to look back over the past year, to celebrate what you've done, and to see how the children and young people you work with have grown.

Here are some short devotional reflections/activities you can use with your GB members to help you celebrate all of the things that have been achieved in your group this year, and to thank God for them.

You may have time to do all the activities or you may wish to pick just one – it's up to you.

Prayers in a hat

You'll need: Pieces of paper, pens or pencils, and a hat/bowl.

Get your young people to write their names on a piece of paper and place it in the hat/bowl. Then get them to each take a piece of paper out of the hat/bowl. Ask them to spend some time praying for the person who is written on their piece of paper – either in quiet or out loud – and encourage them to take the piece of paper home with them to remind them to continue to pray for that person over the coming week.

Banking the thanks

You'll need: A decorated box with a whole cut in it (or a lid), slips of coloured paper and pens/pencils.

Between now and the end of term give out slips of coloured paper on which your young people can write the things for which they are thankful about GB and for what they've achieved in GB. Place them in your box – your thank bank – and at the end of term open it up and read all the things for which they've been thankful. Hopefully you'll be surprised by how many different things there are and it will be an encouragement for both the young people and the GB group leaders.

Singing sensations

You'll need: Words and music of a favourite action song/chorus.

Select one of your favourite action songs or choruses that thanks God and have a sing-along.

Bible blessings

You'll need: A Bible.

Share Psalm 117 from your Bible. Explain that it is the shortest Psalm in the Bible, but despite this it captures something really important – that God loves us so much, and that we should praise and thank Him for this. Explain to the young people that we need to remember to thank God for the things He does for us and provides for us. Encourage the group to memorise Psalm 117. Recite it and learn it and then see if anyone can remember it the next time you meet.



Spotlight

n:counta/n:spire resource

Spotlight Resource Results

Group details

Group name:

Group contact name:

How many children took part in the Spotlight activities?

Developing character

Record the number of ticks in each box and record this below:

	Yes	Don't Know	No
Through GB this year I have developed resilience – keeping going even when times are tough.			
Through GB this year I have developed confidence – doing things I thought were scary.			
Through GB this year I have developed empathy – understanding how people feel.			
Through GB this year I have developed self-awareness – knowing myself better.			
Through GB this year I have been active – playing games and taking part in physical activities.			

Making friends and socialising

Record the number of hands up for each answer to the question:

	Yes	Don't Know	No
Have you enjoyed making new friends at GB?			

Growing in faith

Record the number of hands up for each answer to the question:

	Yes	Don't Know	No
Has GB helped you understand how God fits into your life this year?			

Developing new skills and exploring new opportunities

Record the number of young people in your group, and the number of new skills (by adding together the numbers in the bottom right-hand corner of each collage) that they have learnt this year through GB.

Number of young people	Number of new skills

Additional questions

How many of your GB members taking part in this Spotlight resource engage regularly with other church-based activities, including 'Sunday church'?

What nationalities does your group work with? Please tick all that apply.

- White** (including English/Welsh/Scottish/Northern Irish/British/Irish/Gypsy or Irish Traveller/Polish/any other White background)
- Mixed/Multiple ethnic groups** (including White and Black Caribbean/White and Black African/White and Asian/any other Mixed/Multiple ethnic background)
- Asian/Asian British** (including Indian/Pakistani/Bangladeshi/Chinese/any other Asian background)
- Black/ African/Caribbean/Black British** (including African/Caribbean/any other Black/African/Caribbean background)
- Other ethnic group** (including Arab/any other ethnic group)

Tick the age groups that your GB group works with:

- n:vestigate** (4-8s) **n:gage** (7-11s) **n:counta** (10-14s)
- n:spire** (13-18s) **Esther Collective Community** (18-30s)

Additional questions (cont.)

If you know this information please complete the following boxes:

- How many of your GB members get free school meals?

- How many of your GB members are young carers?

- What's the furthest distance GB members travel to get to your group?

- Can you list the postcodes of your GB members?

1. Social action is often described as practical action in the service of others. Examples include things like fundraising for charity, supporting local foodbanks, planting trees, advocacy projects and singing at care homes etc. **Did your GB group do any social action activities in 2018?** Tick the relevant box.

Yes

No

(if your answer is 'no' skip straight to question four)

2. If your GB group did engage with social action activities in 2018, please list what was done under the relevant headings below, and include the age groups involved in this.

Next to activities that benefit people who live in countries other than England and Wales please also include a (DC), which stands for Different Country.

See **example entries*

Fundraising for charity	Caring for the environment	Helping others
<p><i>*Sponsored skip for local children's hospice (n:gage)</i> <i>* Cake sale for Guide Dogs for the Blind (n:counta and n:spire)</i> <i>* Blue for the Loo fundraising event for Toilet Twinning (n:vestigate) (DC)</i></p>	<p><i>* Litter pick in local park (n:counta)</i> <i>* Planting flowers in church garden (n:vestigate)</i> <i>* Adopt a plot/caring for an area of land (n:vestigate, n:gage and n:counta)</i></p>	<p><i>*Advocacy project #bringbackourgirls (n:spire) (DC)</i> <i>*Visiting and singing at a care home (n:vestigate and n:gage)</i> <i>* Collecting food for a local food bank (n:counta)</i></p>

Additional questions (cont.)

3. What difference has this social action activity/s made? Please share your comments in the grid below as relevant. See **example entry*.

Social action activity	Impact/difference made
<i>*Collecting food for a local foodbank</i>	<i>*Letter received from the foodbank sharing how much their clients had appreciated the donations. A young person in the n:counta group also shared how working with the foodbank had opened her eyes to the difficulties faced by people – and had made her more determined to help.</i>

4. How have you engaged with/are you planning to engage with social action in 2019? Please write your answer in the box below. See **example entry*.

**We're going to speak with our GB group about causes/charities that they're passionate about, to see if there is a common theme and to identify a local charity which we can support in 2019.*

Please return this by **Friday 26 July 2019**. Fill Pages 9 to 12 in online and email it to gbc0@gb-ministries.org or print Pages 9 to 12, fill in and scan/email or post it to us. Our address is **The Girls' Brigade England & Wales, Cliff College, Calver, Derbyshire, S32 3XG**.

RESILIENCE

When faced with a situation that is difficult, tough or stressful, resilience is the ability to persevere through the situation, and eventually spring back and overcome it.

BEAR GRYLLS

A modern day action man, Bear Grylls climbed Mount Everest aged 23, having broken three vertebrae 18 months earlier in a parachute accident. He has since then circumnavigated the globe in jet-skis, paratrored across the Himalayas and set the record for the longest indoor freefall. He has broken bones, been emergency evacuated from situations and faced natural hazards including gale-force winds. Throughout all of this he has shown **resilience**, and the ability to keep going, even when times are tough.

Although we may not have been on adventures as great as Bear Grylls, we will all have encountered difficulties as we've gone through life. Some will have been small, and some might have been great. In the face of these, we always have a choice – to be resilient and carry on going, or to give up.

Do you agree with the following statement:

Through GB this year I have developed **resilience** – keeping going even when times are tough.

Yes	Don't Know	No

CONFIDENCE

Believing in yourself and your own skills and talents. Sometimes confidence is about how we look, sometimes confidence is about the things we're good at, and sometimes confidence is simply feeling good about ourselves.

REBEL WILSON

In Hollywood, it would be easy for anybody above a size 0 to shy away and hide from the spotlight. But that isn't what Rebel Wilson (best known for playing Fat Amy in *Fitch Perfect*) decided to do. Although she was bullied about her weight in school, she had the **confidence** to achieve her dreams. She now speaks openly about body image, the pressures of Hollywood, and the importance of self-acceptance.

We can often feel overwhelmed when things seem scary. It would be easy to step back, to hide away, or to change our minds. But sometimes it just takes a little bit of confidence to get over that hurdle – whether that's leading a badge at GB, speaking in public, trying something new, or anything else that threatens to overwhelm us.

Do you agree with the following statement:

Through GB this year I have developed **confidence** – doing things I thought were scary.

Yes	Don't Know	No

EMPATHY

Having the ability to understand how somebody else feels is known as having empathy. If you can imagine yourself in somebody else's position, then you have empathy. You might have heard people refer to empathy as 'putting yourself in their shoes'!

EMMA WATSON

If you switch on the television, you're probably going to see an advert for a charity – it might be for a cause local to you, or it might be to help people overseas. Lots of charities have celebrity ambassadors – famous people who are willing to use the platform that they have to support the charity and promote the great work it does. One example of this is Emma Watson, known for playing Hermione in *Harry Potter*. She's also known for supporting a number of charities and causes, from disaster relief to children to women. She's tried to understand how those affected feel, to develop **empathy**, and to speak out on their behalf – as she did at the United Nations with her launch of the #HeForShe campaign in 2014.

But it's not just celebrities that can show empathy. We all have the ability to understand how people feel, to put ourselves in their shoes and to try to see things from their perspective. Sometimes this comes when we learn about people from another country, and sometimes this happens when we simply spend time with people that are different to us – just like you probably do each week at GB!

Do you agree with the following statement:

Through GB this year I have developed **empathy** – understanding how people feel.

Yes	Don't Know	No

SELF-AWARENESS

Self-awareness literally means being aware of yourself. Sometimes we react strongly to particular situations. Self-awareness is about knowing why we reacted in that way, and being more mindful about how we may react in the future.

RILEY, INSIDE OUT

Have you seen Disney's 2015 film *Inside Out*? It's the story of an 11 year old girl called Riley. But most of the film is set inside Riley's head, and we see how her different emotions are at work as her life situation changes. There's joy, sadness, anger, disgust and fear.

It's not always easy, but it's actually really important that we understand ourselves, which includes our emotions, our thoughts, our motivations and our desires. When we know ourselves better in this way, it's called having **self-awareness**. Self-awareness can help us make decisions, relate to other people, and control and respond to how we're feeling.

Do you agree with the following statement:

Through GB this year I have developed **self-awareness** – knowing myself better:

Yes	Don't Know	No

ACTIVE

Being active means participating in physical activity. This could be anything from a short walk to an intense and competitive game of dodgeball!

VENUS & SERENA WILLIAMS

The Williams sisters are extremely successful tennis players. Sometimes they play against each other (and get competitive!) and sometimes they compete together in doubles tournaments. They've won tens of trophies and titles from the Summer Olympics to the Grand Slam tournaments. The sisters have always been **active**, having been coached by their parents from an early age, and then turning professional at just 14!

Even if we're not quite good enough to win a gold medal, taking part in physical activities and playing games can help us to keep healthy and active.

Do you agree with the following statement:

Through GB this year I have been **active** – playing games and taking part in physical activities.

Yes	Don't Know	No

Date: _____

Today I'm thankful for:

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.....

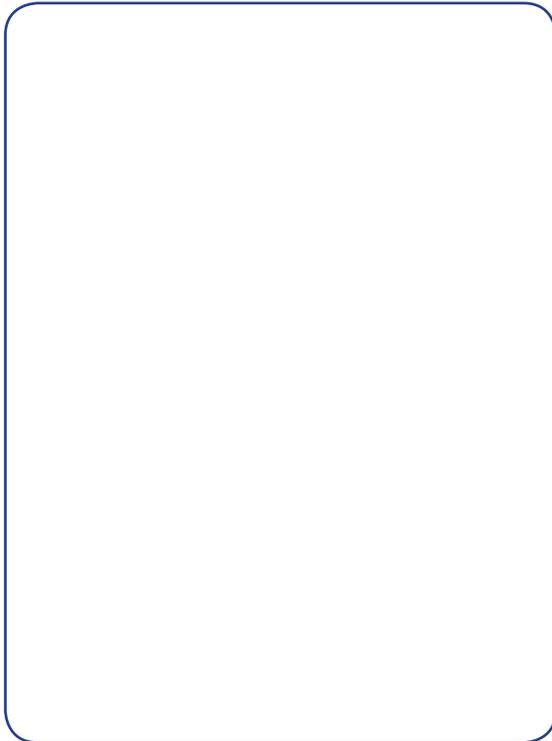
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People to pray for:



Use this space to respond creatively to God. For example, you could draw a picture or write a poem.



A Bible verse or story that has stood out to me:

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Things God has been doing in my life recently:

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