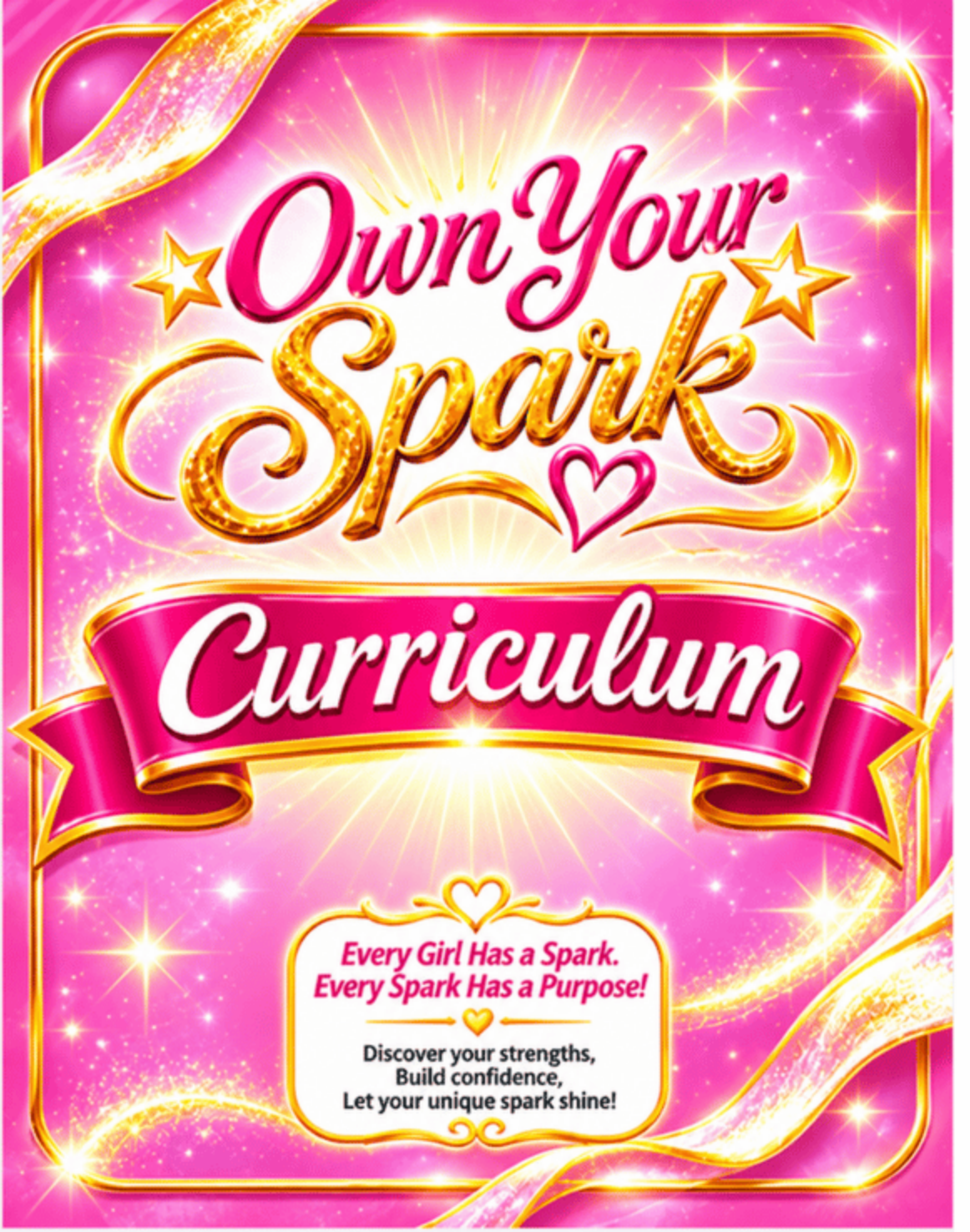

Own Your Spark
Curriculum
Every Girl Has a Spark.
Every Spark Has a Purpose!
Discover your strengths,
Build confidence,
Let your unique spark shine!

The Secret Within

Theme Time

- **Message:** I have hidden talents waiting to be discovered!
- Hold up a closed box and ask the girls: "What do you think is inside this box? Can you tell just by looking at it?" Allow a few guesses.
- "Just like this mystery box, each of us has things hidden inside that we haven't discovered yet! Hashem gave every one of us special talents, strengths, and abilities. Some we already know about, and some are still waiting to be discovered!"

1. The Talent You Never Knew You Had

- "Imagine a girl who has never played piano. Could she actually be an amazing piano player? How would she ever find out?"
- Ask: Have you ever tried something new and surprised yourself by being good at it?

2. Talents in Disguise

- "When we think of talents, we usually think of singing, dancing, art, or sports. But what about being a great listener, noticing when someone feels left out, staying calm under pressure, or solving tricky problems?"
- Ask: What are some hidden talents that people might not notice right away?

3. The Undiscovered You

- "What if you try something new and you're not good at it? Does that mean you don't have the talent?" Discuss how some talents take time, practice, and patience to develop.
- Ask: What's something you've never tried but would love to discover whether you're good at?

4. Hashem's Hidden Gifts

- "Why do you think Hashem gives us abilities that we haven't discovered yet?"
- Explain: Hashem gave each of us unique potential. As we grow, challenge ourselves, and try new experiences, we discover more of the special gifts He placed inside us.

Interactive Game

Interactive Game: The Talent Detective!



- Mystery challenge cards
- Bag or box
- Timer
- Paper and pencils
- 12 small miscellaneous objects

Instructions:

1. Cut the challenge cards and place in a mystery box.
2. Girls take turns drawing a mystery challenge and have 30–60 seconds to complete it. You can also turn this into teams and each team helps out by answering.
3. After each challenge, have the group guess which skill or ability was being tested.
4. Continue until each girl has attempted several different challenges. Encourage everyone to try something new!

The Big Reveal:

- Ask the girls which challenge surprised them most. Did they discover an ability they didn't know they had?
- You never know what you're capable of until you try! Hashem gave each of us unique talents and hidden potential just waiting to be discovered.

SAMPLE

Mission Unlocked

The Invisible Reveal Lab

Objective: Discover how something invisible can suddenly become visible, connecting to hidden talents waiting to be discovered.

Materials: White cardstock, white crayons, watercolor paints, paintbrushes, water cups, paper towels, and pencils.

Instructions:

1. Give each girl a white piece of cardstock and a white crayon.
2. Girls secretly write a positive quality or hidden talent on their paper, pressing firmly with the crayon.
3. Exchange papers without revealing the messages.
4. Girls brush watercolor paint across the paper. The hidden writing will begin to appear!
5. Once the messages are revealed, girls try to guess who wrote each one.

Science Explanation: Wax from the crayon repels water. The watercolor paint colors the surrounding paper while the wax-covered writing resists the paint, revealing the hidden message.

Extra Challenge: Girls can create secret pictures, codes, or mystery messages for friends to uncover.

The Secret Within

Move It!

Hidden Skills Headquarters:

- **Objective:** Girls discover unexpected physical, mental, and teamwork abilities through surprise challenges. Group girls into teams or partners.

Supplies:

- Blindfolds
- Beanbags
- Plastic cups
- Balls
- Timer

Challenges:

1. **The Blindfold Mission:**
   - One girl is blindfolded while her partner guides her verbally through a simple obstacle course. Switch roles.
   - *Hidden Skill: Communication, trust, and listening.*
2. **The Lightning Catch:**
   - A partner drops a ruler without warning. The girl must catch it as quickly as possible. Give three attempts and see whether she improves.
   - Hidden Skill: Reflexes and concentration.
3. **The Cup Code**
   - Show a pattern of stacked cups for 10 seconds. Girls must recreate the exact arrangement from memory against the clock.
   - Hidden Skill: Visual memory and coordination.
4. **The Balance Test**
   - Girls balance a beanbag on their heads while walking a marked course. Add turns or obstacles for an extra challenge.
   - Hidden Skill: Balance, patience, and determination.
5. **The Impossible Pass**
   - Teams must move a ball from one end of the course to the other without using their hands. Give them two minutes to invent a strategy.
   - Hidden Skill: Creativity, teamwork, and problem-solving.

- **The Reveal:**
  - After completing all five stations, open the envelopes to reveal the skills being tested. Discuss which abilities surprised the girls

Arts & Crafts

My Hidden Treasures Box



- Unfinished wooden box
- Paint and paintbrushes
- Clay flower template
- Metallic paint pens
- Air dry clay
- Self-adhesive gems, pearls,
- Decorative stickers
- Glue
- Card template

Instructions:

1. Give each girl a wooden box to decorate. Paint the wooden box then add patterns, metallic accents, gems, and personalized details.
2. Decorate the lid with initials, a favorite design, or the words "More Than Meets the Eye."
3. Give each girl several small cards. On each card, she writes a talent she already has, a strength she recently discovered, or something new she would love to learn.
4. Place the cards inside the decorated box. Girls can continue adding new discoveries throughout the summer and beyond.

Theme Connection:

- A simple wooden box might not look extraordinary at first, but once we open it, we discover the treasures inside. The same is true about us! Hashem created every girl with unique strengths, abilities, and talents. Some we already know about, while others are still waiting to be discovered.





Edible Crafts

Sweet Surprise:

- Do this activity in the morning so the girls can take it home at the end of the day.
- Girls create delicious mystery chocolates with secret ingredients hidden inside! Each girl chooses different fillings to create two chocolate bars that look similar on the outside but hold completely different surprises within.

Supplies:

- Chocolate Molds (Cut in advance, each girl gets 2) Mold Option #2
- Melted chocolate
- Secret fillings: mini marshmallows, crushed Oreos, pretzels, Rice Krispies, dye free sprinkles, cookie butter
- spoons, and disposable cups.

Instructions:

1. Pour a thin layer of melted chocolate into each mold cavity.
2. Choose one or two secret fillings and place a small amount in the center.
3. Cover completely with more melted chocolate, hiding all the ingredients.
4. Refrigerate for 1 hour minutes until fully hardened.
5. Carefully remove chocolates from the molds.



Theme Connection: Just like our chocolates, there's more inside than meets the eye! We all have hidden talents and abilities waiting to be discovered.

SAMPLE

The Ingredient Dash

























SAMPLE

Place on the outside of the envelope of bathroom door.



Place this inside the en d up for th guess it





SAMPLE

Confidence Quest
Challenge Card

Brave Step!



Try something a little outside your comfort zone!

Confidence Quest
Challenge Card

Proble Solv!



Work wit eam to find a e solution to a ch

Confidence Quest
Challenge Card

Notice & Share!



Share somethi amazing you noti about a teammate

Confidence Qu
Challeng

Act It Out!



In your team, act out a positive situation (without speaking) and let the group guess it!

Confidence
Challenge Card

Strengt

My Strengths:

ue strengths or talents you ring to a team.

Confidence Quest
Challenge Card

Team Builder!



Work together to complete a quick team puzzle or task.

Con ence Quest
allenge Card

Goal Getter!



Share one goal you have for yourself this summer (or year)!

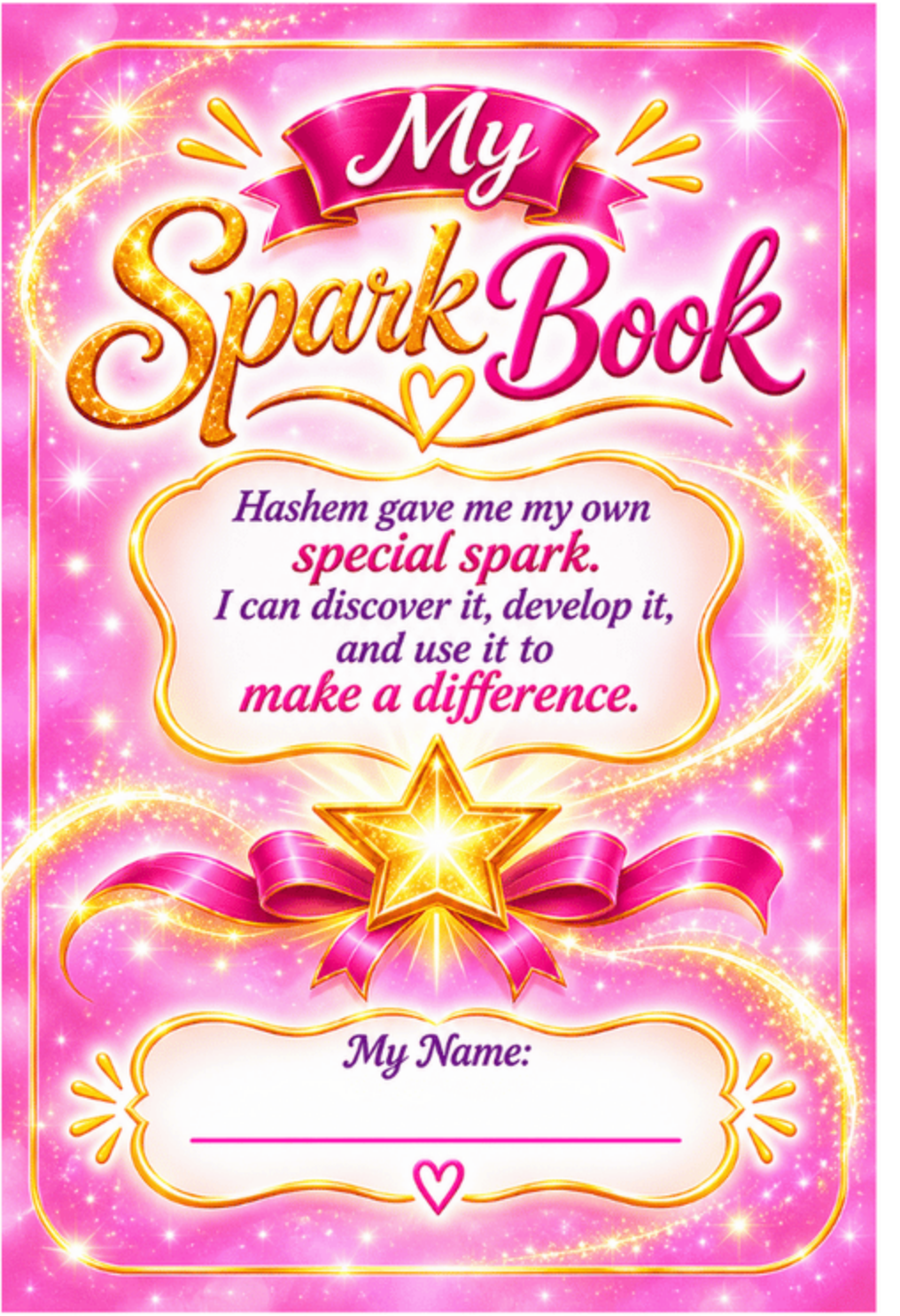
Confidence Quest
Challenge Card

Encouragement Challenge!



Give a specific, meaningful compliment to each member of your team!

SAMPLE


My
Spark Book
Hashem gave me my own
special spark.
I can discover it, develop it,
and use it to
make a difference.
My Name:

Hashem gave each girl a special spark,
A gift so unique and true.
With my own mix of talents and strengths,
There's so much I can do!

Circle What's Wrong!

Can you find 5 things in the p[illegible]e below
that don't fit with our camp o[illegible]s?



My [illegible]ecipe for a Great Summer!

[illegible]rite (or draw) 3 ingredients you want to bring
to our bunk this summer!

2

3

SAMPLE

My One-of-a-Kind Recipe!

If Hashem made a recipe for YOU, what special ingredients would He put in...?

My Recipe

2 cups of: Something I'm naturally good at: _____

1 spoonful of: A quality that makes me ...nd: _____

A sprinkle of: Som...ng that ma... dif...nt: _____

A dash of: A streng...want develop: _____

Think About It... ...at makes me special?

Discussion Q... How can I use my unique talents to make a difference?

Take... Hashem made me one-of-a-kind — and that's a gift!

SAMPLE