



BUBBLES AND BRIDGES VOLUNTEER GUIDE

WHAT'S IN YOUR BUBBLE?



BUBBLES AND BRIDGES VOLUNTEER GUIDE

WHAT'S IN YOUR BUBBLE?

INTRODUCTION

How we see ourselves and others is shaped by the world we live. This world is our bubble. Our bubbles help us feel safe, relate to others, and understand who we are. Bubbles can also be the reason we hang out with the same people or go to the same places and miss out on learning about other people.

GOAL

After this session, Girl Scouts can say, "I know what bubbles exist in my life and how each of my bubbles came to be."

ACTIVITY

This activity will give you a chance to explore your bubbles via reflection and interviews.

STEP# 1: Exploring Your Bubbles

Write your answer to the following questions in the Exploring My Bubbles Handout:

1. What do I do for fun?
2. What kind of movies, TV shows, music, and social media do I enjoy?
3. Who is my family?
4. Where do I live?
5. What color are my eyes and hair?
6. What school do I go to?
7. What's my culture?

STEP# 2: Interview Trusted Adults

Now that you've explored your bubbles, it's time to interview the adults that exist in your bubbles. Use the My Bubbles Interview Handout to write their answers to each of the questions on the handout.

STEP #3: Reflect On Your Interview Experience...

After returning to group with your Girl Scouts, Ask yourself, "Did I learn something about myself during this interview?", "Which answer surprised me most?" and "What do I want to know more about?"

STEP #4: Share Your Answers with Girl Scouts

Share the answers you wrote on the My Bubbles Interview Handout with another Girl Scout member. Be sure to share who you interviewed and why you chose to interview those people. Lastly, share your answers to the interview experience reflection questions in step 3. Remember to give the other person time to share their My Bubbles Interview Handout, who they interviews and their answers to the reflection questions.



EXPLORING MY BUBBLES HANDOUT

Write down your answers to the questions identities in the "Exploring Your Bubbles" questions below.

1

2

3

4

5

6

7

MY BUBBLES





MY BUBBLES INTERVIEW GUIDE

Interview parents, teachers, neighbors and other trusted adults in your life. Write their answers on this handout and share your answers with your Girl Scout Troop.

How did our ancestors arrive in this country?

How would you describe the neighborhood we live in?

Whose physical features do I share in our family?

What's great about the school I go to?

Which cultural traditions exist in our family and amongst our friends?

How would you describe each person in our family?

What am I good at?
What are my strengths?



BUBBLES AND BRIDGES VOLUNTEER GUIDE

WHO'S NOT IN MY BUBBLE?



BUBBLES AND BRIDGES VOLUNTEER GUIDE

WHO'S NOT IN MY BUBBLE?

INTRODUCTION

Before building bridges, you need to know who's not in your bubble. Have you ever asked yourself, "Who's not in my bubble?" Their social identities and experiences are usually different from yours. Investigating who's not in your bubble is the beginning of building bridges that connect you to a new, diverse group of people.

GOAL

After this session, Girl Scouts can say, "I know more about people who are not in my bubble and how their experiences are different from mine."

ACTIVITY

This activity is a great way to learn more about people who are not in your bubble. You'll get a chance to see others differently and think about who they are from another perspective. Be prepared to share the information you'll gather with the troop at the end.

Step #1: Review Social Identities.

"Social identities" means groups that share things like history, language, customs, appearance, and culture. They often have similar interactions with big things like law, education, and the workplace. The experiences they share often differs from the experiences of people from other groups. What social identities are in your bubble?

Step #2: Pick 5 Social Identities.

Pick five social identities that are not in your bubble and write them on the Who's Not In My Bubble Handout.

Step #3: Write Down The Information You've Received.

What do you know about the identities that don't exist in your bubble? On the Four Sources Handout write down what TV, family, friends, social media, and books have told you about each identity. If you didn't get information from a source, don't write anything down. Remember, your information about each of these identities may not be true. Don't take this information as truth until it's been verified by a credible source.

Step #4: Go On An Information Hunt!

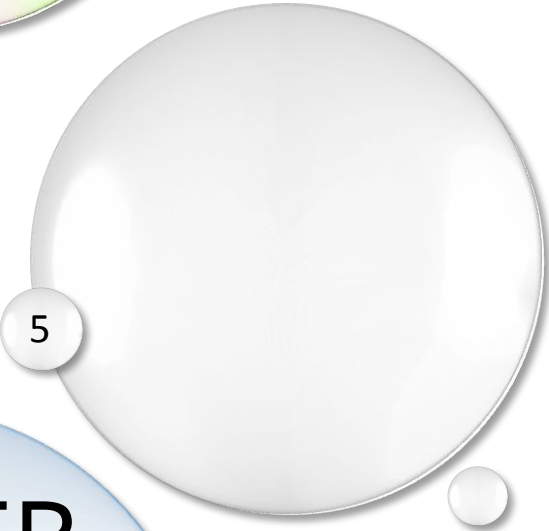
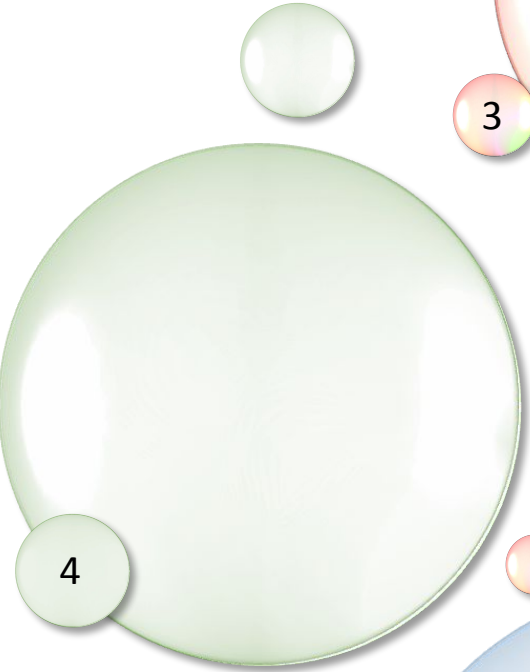
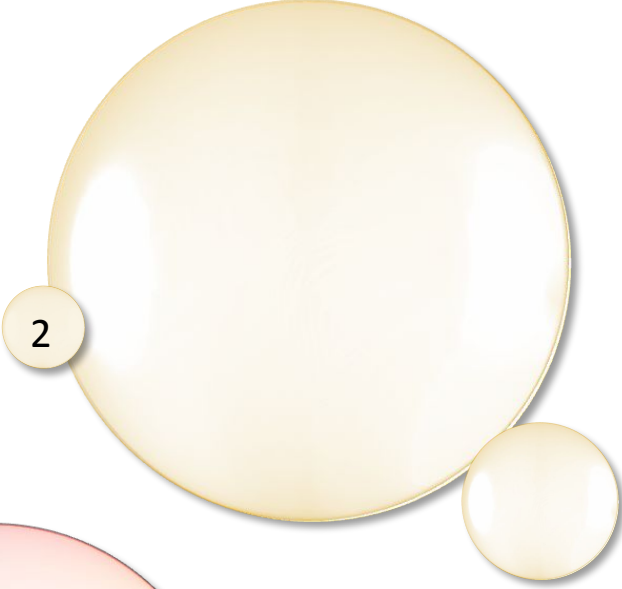
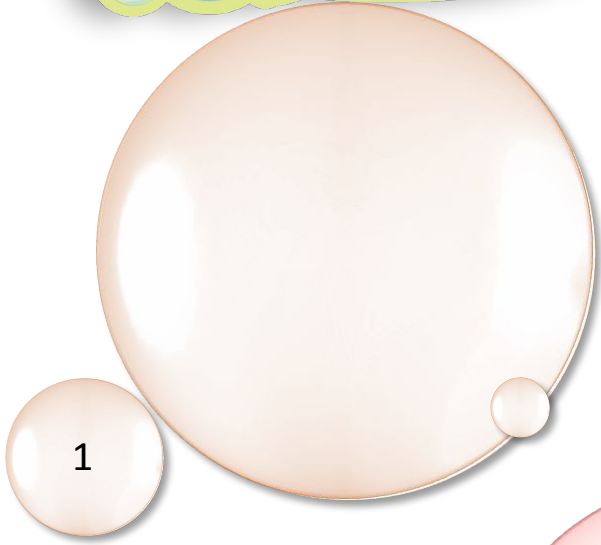
Pick one of the five identities to learn more about. Find an adult to help you research and collect more information (articles, movies, music, books, blogs, etc.) about the identities you want to learn about. Reference the Credible sources handout to be sure you're collecting good info. Other ideas: learn the language of, make food from, and attend events focused on a group outside your bubble.

Step #5: Present Your Information To The Troop

Bring your information to a troop meeting to share and compare with other Girl Scouts who researched the same identities.



WHO'S NOT IN MY BUBBLE
HANDOUT



OTHER
BUBBLES

Bubbles & Bridges



girl scouts
of nassau county

FOUR SOURCES HANDOUT

Write down the information shared about each identity on TV, among your family and friends, on social media, and in books.



TV



Family &
Friends



Social
Media



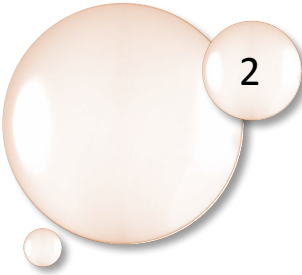
Books

1



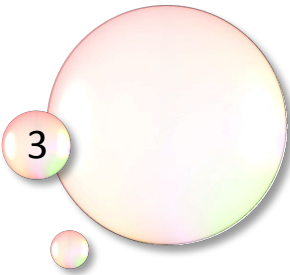
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2



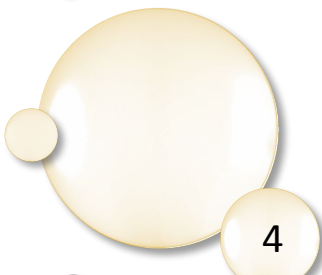
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3



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_____	_____	_____	_____

4



_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____

5



_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



CREDIBLE SOURCES HANDOUT

HOW TO KNOW WHICH SOURCES YOU'RE USING

Primary Sources are first-hand accounts of a topic from people who had a direct connection with it. Primary sources can include:

- Reporters who witnessed an event or who quote people who did.
- Speeches, diaries, letters and interviews - what the people involved said or wrote about their own experience.
- Photographs, videos, or audio that capture an event.

Secondary Sources often quote or refer to primary sources. They can cover the same topic but add their views or ideas about it. Secondary sources can include:

- Non-fictional books about a topic.
- Articles about a topic written by people not directly involved—what people wrote about social groups they don't belong to.
- Documentaries that include photos or video portions that can be considered primary sources.

EXAMPLE PRIMARY AND SECONDARY SOURCES SIDE BY SIDE

PRIMARY	SECONDARY
Artwork	Article critiquing the piece of art
Diary	A book about a specific person
Interview	Biographical documentary
Performance	Review of play writing on a website
Poem	Video of a poet reciting someone else's poetry
Witness's Story	Social media post quoting the witness



BUBBLES AND BRIDGES VOLUNTEER GUIDE

BUILDING BRIDGES



BUBBLES AND BRIDGES VOLUNTEER GUIDE

BRICK BY BRICK

INTRODUCTION

Let's build a bridge! Bridges are things we do to create new friendships, meet new people, and form relationships with others. For example, bridge building might include sharing something about yourself with someone you don't know, starting a conversation with someone who looks different from you, learning something about people from other backgrounds, or participating in activities that other people enjoy.

GOAL

After this session, Girl Scouts can say, "I know how to build relationships with people different from me."

ACTIVITY

All of you have unique qualities. Some of you have secret talents, different colored eyes, a scar, or a funny laugh. You can build a bridge with others by laying the following bricks (following the steps below): listing your qualities, sharing them with someone else, learning more about them and appreciating what makes both of you unique. **Use the Brick By Brick Handout (or sticky notes) to complete each step below.**

BRICK #1: LIST Your Unique Qualities...

Take a moment to think about your identity, interests, personality, and people you love. Then, ask yourself, "What do I find unique, funny, cool, or special about me?"

BRICK #2: SHARE Your Unique Qualities With Someone Else...

Look over your list of unique qualities and ask yourself, "Which of these unique qualities am I comfortable sharing with others?" Remember, what you share about yourself is up to you alone. Share whatever you're comfortable talking about with someone you just met.

BRICK #3: LISTEN To Others Share Their Unique Qualities...

Invite the other person to react to what you've shared, and give them time to share about themselves. Be sure to practice active listening skills by giving eye contact, avoiding distractions, asking questions, or nodding your head. Check off the active listening skills you'll use before having this conversation.

BRICK #4: APPRECIATE What Makes Both Of You Unique...

Appreciating what makes another person unique is the final step to bridge-building. You can show your appreciation by thanking them, telling them how they've inspired you, making plans to learn more about them or participating in something they find interesting. Check off the appreciation skills you'll use before having this conversation.



BRICK BY BRICK HANDOUT

What do I find unique, funny, cool, or special about me?

1. _____
2. _____
3. _____
4. _____
5. _____

Which of these unique qualities am I comfortable with sharing with others?

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

How will I show my active listening skills?

- Sharing eye contact.
- Avoiding distractions.
- Asking questions.
- Nodding my head.

How will I show them I appreciate what makes them unique?

- Saying "Thank You."
- Telling them what I have learned.
- Making plans to learn more.
- Participating in something they find interesting.



NEXT LEVEL BRIDGE BUILDING HANDOUT

TAKE ACTION PROJECT

Which bridge-building ideas do I want to work on as a Take Action Project?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

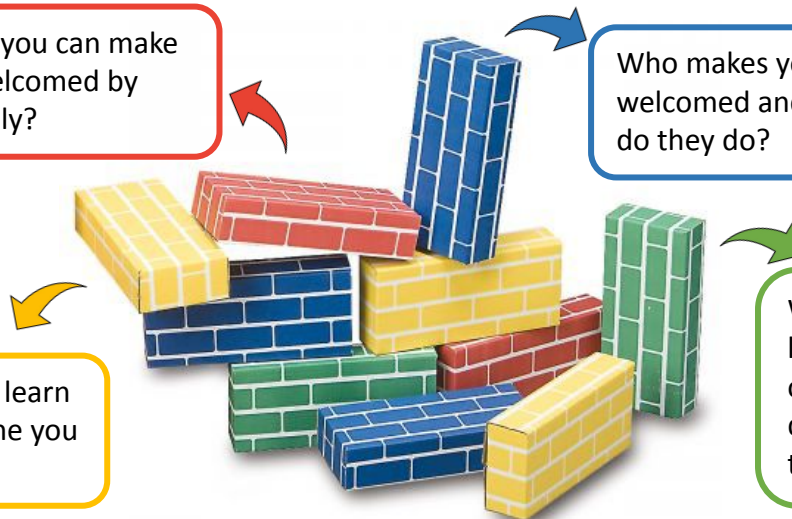
For more ways to build bridges, check out **American Girl's A Smart Girl's Guide: Race and Inclusion!**

What are some ways you can make someone else feel welcomed by your friends and family?

Who makes you feel included, welcomed and accepted? What do they do?

What can you do to learn more about someone you just met?

Where can people learn how to treat others who are different from them?





BUBBLES AND BRIDGES VOLUNTEER GUIDE

NEXT LEVEL BRIDGE-BUILDING (Version #2)

INTRODUCTION

Now that you've learned something new about each other and have practiced sharing about yourselves, it's time to take bridge building to the next level! During this activity, you will pick a Bridge Building Project each of you can do to create more intentional connections with others.

ACTIVITY

STEP #1: Get Into Groups

Divide Girl Scouts into groups of three or four. Use a fun grouping game to help Girl Scouts get into diverse groups. For example: "Get into groups of three where everyone is wearing the same color" or "Everyone in your group has to be a different height."

STEP #2: Collect Supplies

Give each group one paper cut out brick of each color, writing utensils, tape, and the Next Level Bridge Building Handout. Tell each Girl Scout to cut out each brick before reading the questions for each brick found on the Next Level Bridge Building Handout.

STEP #3: Write on The Bricks

Give everyone time to write their answers to each question on the correlating brick.

STEP #4: Build A Bridge

Each group should take turns reading their answers out loud before taping their bricks onto the wall. After each Girl Scout reads their answers, they should tape their brick to the wall so that they form a bridge.

Step #5: Pick a Bridge Building Activity

After the bridge has been created, Girl Scouts should write the bridge building ideas they want to work on as a Take Action Project on the Next Level Bridge Building Handout.

What are some ways you can make someone else feel welcomed by your friends and family?

Who makes you feel included, welcomed and accepted? What do they do?

What can you do to learn more about someone you just met?

Where can people learn how to treat others who are different from them?

