**Mind, Body, Attitude Night**
*Planned by 2011 Summer Term Mazkirah, Olivia Anderson and Rachel England*
Saturday 11.19.11
6:00pm-11:00pm
Location: Olivia’s House

**Schedule:**
6:00-6:15 **Wait for people to arrive**
6:15-6:50 BBGG **Mixer** (Backyard; weather permitting)
6:50-7:30 **Dinner (Caesar Salad wraps) w/ grilled chicken** (Dining Room)
7:30-7:50 **Havdallah** (Garage)
7:50- 8:45 **Respect Program** (Garage)
8:45-9:30 **Sisterhood Lipstick Program** (Living Room)
9:30-10:00 **Letters Program** (Living Room)
10:00- 11:00 **Personal Insight Program** (Garage)
**Supplies:**

* **Markers**
* **Grilled Chicken**
* **3 pairs of scissors**
* **Caesar Dressing**
* **Lettuce**
* **Tortillas**
* **Index cards**
* **binder paper**
* **juice**
* **baby wipes**
* **butcher paper**
* **3 tubes of lipstick**
* **laptop**
* **Song Lyrics**
* **2 scripts**
* **extra jackets, sweats, LAYERS**

Olivia:
Hi Ladies welcome to MBA night :) In case you didn’t know, MBA stands for: Mind, Body and Attitude. Tonight you will learn so much about yourself and your sisters :)

MBA: Mind Body Attitude: A Little History
MBA (Mind Body Attitude) was created in 1992 to promote the following goals:
1. To raise the awareness of all B’nai B’rith Girls concerning the benefits of a healthy, physically active lifestyle.
2. To increase the level of physical fitness of young women
3. To develop a positive self image in young women
4. To educate young women on healthy hazards of smoking, alcohol, and drugs.
5. To teach young women to “respect yourself” and “respect your body.”
6. To increase levels of self! worth, self! esteem and self pride in young women.
7. To educate young women on the importance of self defense.
8. To empower young women to take control of the direction of their live

House Rules:

* Do your part - clean your mess as well as help others after dinner as well as between programs (I want the house to be just as clean if not cleaner than when you came)
* After 9 we have to start taking down the volume, because my sister has a bedtime.

**6:15- 6:45 Mixer: BBGG Mixer**
**The exercise part should last from about** **6:15-6:30**
**The going around the circle should last from 6:30-6:50**

**BBGG** is an international BBYO initiative that stresses the body in **MBA**. Molly Zeiger from LHA is CRW’s BBGG chair.

Have half of the girls put on a **lot** of layers ( jackets, sweaters, sweatpants) and have the rest of girls just wear their normal clothes. Lead girls in jumping jacks, push ups, sit ups and other vigorous activities. Girls who are wearing a ridiculous amount of layers will have a problem doing these activities as it will make them more awkward to move and too warm. After about twelve minutes get all the girls together as a group and ask the girls with the layers to share how their exercising went.

**Olivia:** Girls, if you are wearing layers please take them all off. These layers symbolize the act that we often put on in front of others in order to be accepted. No one here has not tried to act differently in front of people, all people crave acceptance. However, some girls put on more than others. As you can see from the exercises, the girls who put on more layers struggled with moving freely and feeling uncomfortable. Girls who did not have on any layers were able to complete the exercises, not feel too tired and enjoy the experience. Without wearing layers, and being yourself with others, you will be able to get through life with much more ease and happiness, without the weight of fakeness and lies.

Have girls go around the circle saying their name, grade, school and one thing that they put on layers for.

**Respect Program 7:50 - 8:45**
Olivia: There are so many ways to express respect. How can we be respected by others if we don’t respect ourselves?

Share the youtube video of the youtube video for Respect by Aretha Franklin.
<http://www.youtube.com/watch?v=WPLFxmlvpHk>

Share the youtube video of the youtube video for Rude Boy by Rihanna

Discussion Questions:
1. What did Aretha Franklin’s song preach?
2. How did her clothing and mannerism in her performance reinforce what she was singing about?
3. What is Rihanna’s song preaching?
4. What image is Rihanna sending out to her viewers?
5. Why do you think this change has happened in the difference between the song “Respect” and Rude Boy?
6. Do you believe that Rihanna’s song is affecting the youth of today and if so in what ways?

Split people up into different groups and give them a derogatory song. Give girls 20 minutes to come up with new and “empowering” lyics with a simple dance.

* Down on Me by Jeremih
* Swing by Savage
* My Chick Bad by Ludacris
* My Humps by the Black Eyed Peas

After the time has gone by have girls come up and present their song/dance. Play instrumental of each song so they can get the feel of the song while they perform

8:45-9:30 **Sisterhood Lipstick Program**
Have girls sit in a circle and choose someone to sit in the middle. Put a blindfold on the girl and make sure she cant see anyone/anything. Have her point in a random direction and the girl she points to will silently take a tube of lipstick and write something she loves about the blind folded girl on an exposed part of her body. Have her do this 3 times. After have her take the blind fold off and see what has been written. After each thing is read have the girls who wrote on the blindfolded girl reveal themselves.

**9:30-10:00 Letters program**

Have girls sit in a circle and pass out an  index card to everyone. Each girl will right one thing about herself physically and/ or about her as a person that she doesn’t not like and feels self conscious about. Each girl can share what this one thing is. People can realize that they all have something they don’t like about themselves. Tell the girls that they should look at the girl sitting to the right of her and write her a personal letter ( we are talking about a quality letter here, not one word) where they tell the girl how to deal with this insecurity.
After this, talk about weather the insecurities tended to be more physical or personal?
How can we help ourselves to move past these insecurities?

**10:00- 11:00 Personal Insight Program**
Supplies:

* Large Rolls of Butcher Paper (wrapping paper works well too)
* Plenty of Markers
* A few pairs of scissors
* Attached script (borrowed from Wilmington Tikvah BBG #1561)

Project:

1. Cut out body length sheets of butcher paper, one for each member present.
2. Have the girls find a partner to trace their body on the butcher paper
3. Read the first part of the attatched script
4. Spread out and have the girls follow the directions for what to put on the butcher paper
5. Have a gallery walk but have the option for girls to not have to share if they don’t want to. Girls will draw stars on the back of a body if something on it relates to them.
6. Closing Speech

BBG Insight

Olivia: Identity. Identity, who am I I’m a BBG. I am one the only one there’s so much I can do.

Mica: Identity. It’s what describes you, who you are, and how you see yourself.

Kelsi: It’s not just your appearance, it’s what is inside, what others don’t see at first glance.

Mica: Sisterhood.

Olivia: This is the definition of us, the B’nai Brith Girls, to make sisters for a lifetime.

Mica: It brings us together as one, forever united.

Kelsi: Strength

Olivia: The power we have as one, the power for a better change.

Mica: The power you have in yourself, the power to be somebody, the power to be you.

Kelsi: My sister B’nai Brith Girls,

Olivia: How do you see yourself?

Mica: When you look in the mirror what do you see?

Kelsi: Every Girl sees themselves differently.

Olivia: Whether it’s by thinking you’re beautiful,

Mica: Or maybe you hate what you see when you look in the mirror.

Kelsi: But others see you differently, it’s what’s inside that counts.

Olivia: It’s a matter of seeing who you are & learning how your sisters view you.

Mica: It’s a matter of sisterhood… friendships that can last forever.

Kelsi: So, my sister’s how do YOU see yourself?

Butcher Paper

1.    On the top left corner of your paper write your full name.
2.    Write the date.
3.    Write where you go to school.
5.    Write what you want to become.
6.    On the top right corner, write your favorite movie.
7.    Write your favorite book.
8.    Write your favorite song.
9.   On your forehead, write the three things you think about the most.
10. Where your eyes should be, write what you look for in a friend.
11.Where your nose is, what makes you feel good about yourself.
12.Where your mouth is, write your favorite quote.
13.Where your right ear is, write the people who give you the best advice.
14. Where your left ear is, write down a piece of advice you would give your child when she is your age
15. Where your neck is, write your biggest fears.
16. Where your right shoulder is, write changes in your life since last year.
17. On your left shoulder, write changes you would like to make next year.
18. Draw a heart in the middle of your chest. Inside the heart, write the three things that are most important to you.
19. Where your stomach is write down your favorite foods
20. On your left hip write a memory that makes you smile or laugh
21. On your right hip write something weird about you
20. On your right arm, write your strengths.
21. On your left arm, write your weaknesses.
22.On your right hand, describe your Jewish identity.
23.On your left hand, write about a regret
24. On your right leg, write one thing you want to do before you die.
25. On your left leg, write your goal for the future
26. On your right ankle, write three people you love.
27. On your left ankle, write three places you love.
28. On your right foot, write what reminds you of your childhood
29.On your left foot, write who you admire.