Girls take out the plastic bottles that they have brought with them to the event. Sharpies and prompt pages are laid out.

Each girl receives a prompt page and a sharpie and writes down their answers to the following prompts (all prompts have to do with negative things from the past year that could have turned out a different way and that can be improved in the coming year):

A bad habit

An embarrassing moment

Something mean that I said

Something mean that was said to me

Someone I dislike for a bad reason

Something that made me cry

A time I could have stood up for myself but didn’t

A time when I was close minded

A time when I was mean to my sibling(s)

Worst events happening in the world

A goal I didn’t accomplish

A time I procrastinated

Girls stick their prompts inside the bottle.

Then draw and write on the outside of the bottle with hopes and wishes for 2013, as well as the opposite of what was written inside the bottles-- if there is something you want to improve on or a goal you want to accomplish in the next year, write it!

Someone collects bottles in bag and lets everyone know that these will  be recycled to get rid of bad moments from 2012 as a promise; put your dreams for the new year into action!