



# Uniquely Us

Every person in the world (yes, including you) has their own shape, size, skin color, hair texture, and much more. And people don't just look different—they have their own abilities and talents, too. In this badge, you'll learn to appreciate and understand that we're all uniquely us—and that's what makes us exactly right.

## Steps

1. Explore all the things your body can do
2. Avoid the “comparison trap”
3. Know that it's not all about your body
4. Learn how to talk about it
5. Celebrate differences—and find similarities

## Purpose

When I've earned this badge, I'll understand that everyone is unique and we're all just right—including me!



# Step 1: Explore all the things your body can do

Think of your body as a tool. What can you do with it? So, so much! Explore all the things your body can do. Learn to make the most of this amazing tool!

## Sample activities:

**Appreciate your amazing body.** Write or draw four or five things you love to do, then brainstorm and write down all the body parts that help you to do each activity. (Acting them out will help.) Say “Thanks” to your body for all it does!

**Share your skills.** Gather family or friends for a talent show where everyone shares a physical skill. It could be anything, from something you’ve spent years practicing to something just plain silly. Can you wiggle your ears? Sing a song? Are you double-jointed? Share your unique talent with pride!

# Step 2: Avoid the “comparison trap”

The phrase “comparison trap” means comparing other people’s or cultures’ traits—both physical and non-physical—to your own. Doing this can make you feel like you’re not good enough. **Avoid this trap.** Learn to appreciate what you *do* have instead of wishing for what you *don’t*. You’re uniquely you, and you will always be good enough.

## Sample activities:

**What I like about you.** Get a group of friends or family together. Write something you like about each person on a sticky note. Stick the notes to each other’s backs. When everyone is done, collect the notes and read them out loud. Accept the praise with pride—you deserve every compliment!

► **For more fun:** Write in small notebooks, one per person, instead of on sticky notes. Read your “compliment book” whenever you need a reminder that your friends think you’re great.

**Start an “affirmation jar.”** Decorate a jar and put it somewhere handy. Try to catch yourself making negative comparisons. Each time it happens, STOP! Write something nice about yourself on a slip of paper and put it into the jar. After a week, empty the jar. Read what you wrote—and remember how special you are!

## Changing Every Day

Years ago, you were a baby. Years from now, you’ll be an adult. Your body has changed (and will keep changing) every single day along the way.

There are times when your body changes quickly. At other times, the changes are slow. The timing is unique for every person. That’s okay—and exciting! Just remember that although every body has its own “clock,” we’re all on the same path of change.



# Step 3: Know that it’s not all about your body

It’s great to appreciate your body, but why stop there? There’s so much more to you! You have your own personality, talents, sense of humor, creativity, and so much more. Move beyond the physical and celebrate ALL of yourself!

## Sample activities:

**What makes me great?** With a group of friends or family, brainstorm non-physical things that make you feel good (“my best school subject,” “what I love about my personality,” and so on). Write the prompts on posterboard (one sheet per person) and let everyone add their answers. Have each person present one poster to the group, then give yourselves a hand—you’re ALL great!

**Create a superhero identity.** Identify your non-physical “superpower”—something you’re REALLY good at and enjoy. Maybe it’s making people laugh, or always helping out, or being a fantastic friend. Create a superhero identity that includes a name, motto, pose, and signature move. Share your work with a friend.





# Step 4: Learn how to talk about it

Words matter. Saying good things about yourself lifts you up. Negative self-talk—even if it’s a joke—brings you down. The words you DON’T say matter, too, especially if someone is making you feel uncomfortable. Learn to speak positively when you can, speak up when you can’t...and most of all, speak for yourself.

## Sample activities:

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**See the positive.** Form a circle with a group of friends. Everyone gets an index card with a body part written on it. Read your card out loud, then say something you like or appreciate about that part of your body. Then tag the next friend, who does the same. How quickly can you complete the circle?

► **For more fun:** Split into two equal circles and race! Who will finish first?

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**Speak up about your body boundaries.** Role-play situations that might cross body comfort boundaries (being told to do something you can’t physically manage, being asked for an unwanted hug, and so on). Respond nicely but firmly, being clear about your boundaries. Pay attention to what your friends say when it’s their turn to role-play—you might learn things about respecting *their* boundaries, too.



### Speak Up

Your body belongs to YOU. You get to say what it does and doesn’t do. Never be afraid to speak up if something makes you physically or mentally uncomfortable—including others’ comments about your body. You have the right to feel good and for others to respect your wants and needs.



### Body Talk

“Body talk” means talking in ways that reflect body **stereotypes**, which are beliefs about the way people should look. Body talk can be negative: “You really shouldn’t wear that.” It can also be positive: “You look great!” Both phrases judge someone’s looks, even though their intents are different.

Avoid body talk by focusing on who people *are* and what they *do*, not what they *look like*. Do your part to bust stereotypes and make the world a more accepting place.



# Step 5: Celebrate differences—and find similarities

No two bodies are identical. People have different eye colors, shapes, heights, hair textures, and so much more. But our bodies are alike in many ways, too. We’re all born with skin, and hearts, and lungs—all that human stuff. **It’s the same with our minds:** We’re all unique, but we also have lots in common. Learn to celebrate differences while appreciating what we share.

## Sample activities:

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**Make an “All About Me” collage.** Cut out pictures from catalogs or other printed materials. Use them to make a collage that reflects your one-of-a-kind self. Add words, doodles, or anything else you like to personalize your work. Hang your collage so friends and family can appreciate your unique creativity!

► **For more fun:** Make a gallery of several friends’ collages. What do you have in common, and what makes you unique?

**Spin a web of connection.** Form a circle with a group of friends or family. Hold a ball of yarn. Share a fact about yourself (a color you like, your birth month, and so on). Then hand or toss the yarn to someone who shares that interest or trait, holding the tail so the yarn connects you. The next person shares and passes the yarn, too. Keep it going and watch a criss-cross web form. Sure, we’re all different—but just look at those lines of connection!

### Different and the Same

What might be different between two cultures? What might be the same?

#### Different:

- Holiday celebrations
- Traditions
- Clothing

#### The same:

- Feelings
- Family bonds
- Creativity

What would you add to either list?

# Volunteer's Guide

## Tips and ideas to help guide your troop through the Uniquely Us badge

This badge line addresses body issues and related topics. Some Girl Scouts may find these topics sensitive. As the facilitator, your delivery is critical in providing a positive experience. Visit the Volunteer Toolkit on [mygs.girlscouts.org](https://mygs.girlscouts.org) for information and resources that will help you make the most of this experience, along with detailed activity instructions and meeting aids.

### Step 1: Explore all the things your body can do

*Time: 30–40 minutes*

**Ask:** How do our bodies help us do our favorite things?

**Share:** Your body does so much! It can help you move around, sense and think about things, and even take a nice long nap. Let's explore what our amazing bodies can do.

#### Sample activities:

**Appreciate your amazing body.** Have Juniors write or draw four or five things they love to do (anything at all—the activities don't have to be super physical). Then have them brainstorm and write down all the body parts that help them to do each activity. Guide them to consider how their bodies contribute to EVERY activity, not just the ones they wrote or drew.

**Materials:** *paper; pens and pencils*

**Share your skills.** Have your troop put on a talent show where everyone demonstrates a physical skill or unique ability—anything from playing a musical instrument to wiggling their ears. If some Juniors prefer not to share a skill, have them help out in other ways. Afterward, talk about how everyone has unique strengths and talents that make them special.

**Materials:** *none*

### Step 2: Avoid the comparison trap

*Time: 30–40 minutes*

**Ask:** Do you ever compare yourself to others? How does that make you feel?

**Share:** The phrase “comparison trap” means comparing other people's or cultures' traits—both physical and non-physical—to your own. Doing this can make you feel like you're not good enough. But guess what? You are! Let's see what makes us uniquely great and learn to appreciate what we do have instead of wishing for what we don't.

#### Sample activities:

**What I like about you.** Have Juniors write something they like about each Junior friend on a sticky note, then stick the message to that person's back. Be clear that each person writes a note for everyone else. When Juniors are done, have them remove the notes from their backs (helping if necessary) and read them. They can share with the group, if they like, or keep the notes to themselves. Talk about the fact that people don't always tell you the nice things they're thinking—but they DO see how amazing you are!

**Materials:** *pads of large sticky notes (one per Junior); pens and pencils*

**Start an “affirmation jar.”** Have each Junior decorate a jar to take home. Tell them that their goal for the next week is to notice if they compare themselves negatively to anyone else (even people they don't actually know). Each time this happens, they should write something nice about themselves on a slip of paper and put it into the jar. After a week, they should empty the jar and read what they wrote. Consider saving time at the next meeting for Juniors to share their experiences and thoughts with the group, if they choose.

**Materials:** *clean, empty jars (one per Junior); permanent markers, paints, and other supplies for decoration*

### Step 3: Know that it's not all about your body

*Time: 20–30 minutes*

**Ask:** What's something special about you that doesn't have to do with how you look?

**Share:** It's important to appreciate your body, but why stop there? There's so much more to you—and most of the things that make you, YOU, have nothing to do with physical traits. Today, let's celebrate our WHOLE selves!

#### Sample activities:

**What makes me great?** Have the group brainstorm prompts for positive non-physical traits (“a school subject I'm good

at,” “a great personality trait,” and so on). Try for about one prompt per Junior, but it's okay if you have fewer. Write each prompt on a separate piece of posterboard. Spread the boards out and have all Juniors write their answers on each board. When everyone is done, ask for volunteers to present one poster each. Afterward, encourage the group to cheer for one another. Remind them that they're all great, each and every one!

**Materials:** *posterboard (one per Junior, although you may not use them all); thick markers*

**Create a superhero identity.** Ask Juniors to identify a non-physical “superpower” they have—something they excel at and enjoy. Examples might be making people laugh or being an awesome friend. Give them time to brainstorm a personal superhero identity that includes a name, motto, pose, and signature move. Then give Juniors the opportunity to explain their superpower and share their work with the group, if they choose.

**Materials:** *paper; pens and pencils*

### Step 4: Learn how to talk about it

*Time: 20–30 minutes*

**Ask:** Do you feel comfortable saying good things about your body? How about speaking up for yourself if something crosses your body boundaries or makes you feel uncomfortable?

**Share:** Words matter. Saying good things about your body can make you feel great, but negative talk brings you down. The things you DON'T say matter, too, especially if someone is making you feel uncomfortable. Today you'll learn how to speak positively when you can, speak up when you can't...and most of all, speak for yourself.

#### Sample activities:

**See the positive.** Play a game to help Juniors appreciate their amazing bodies! Make a list of body parts (heart, legs, hair, nose, pinkie, elbows, etc.) and write each one on an index card. Give one card to each Junior. Form a big circle and choose one Junior to go first. They read their card out loud and say something they like about that body part. Then they tag the Junior to their left, who does the same thing. Challenge Juniors to see how quickly they can complete the circle! To make it a game, split Juniors into two equal circles and see which group finishes first.

**Materials:** *index cards (one per Junior); pen or pencil*

**Speak up about your body boundaries.** Help Juniors brainstorm situations that might cross their body boundaries or make them feel uncomfortable (being told to do something they can't physically manage, being asked for an unwanted hug, having someone touch their hair without permission or play too

roughly, etc.). Consider citing a specific neutral circumstance, such as “in school” or “in a crowd,” to reduce the chance of veering into difficult territory. If topics that feel inappropriate to address in a group come up, redirect Juniors while offering to speak privately later. When everyone has identified a situation, pair Juniors and have them role-play responding firmly to a body boundary violation. Afterward, discuss the importance of speaking up and ask what Juniors learned about their own and their friends' boundaries. Emphasize that Juniors should get help from a trusted adult if they ever face challenging situations relating to body boundaries.

**Materials:** *none*

### Step 5: Celebrate differences—and find similarities

*Time: 20–30 minutes*

**Ask:** What makes people different and alike?

**Share:** People have different eye colors, shapes, hair, and more. But our bodies are alike in many ways, too—we all have the same basic parts! It's the same with our minds: We're all unique, but we have lots in common. Let's learn to celebrate differences while finding common ground.

#### Sample activities:

**Make an “All About Me” collage.** Have Juniors cut out pictures from catalogs or other printed materials, then use them to make a collage celebrating their unique selves. Encourage them to add words, doodles, or anything else to personalize their work. Give Juniors time to share their work with the group, if they choose.

**Materials:** *posterboard (one per Junior); catalogs, magazines, and other printed materials; scissors; glue; markers and other supplies for decoration*

**Spin a web of connection.** Have Juniors form a big circle. Hand a ball of yarn to one Junior and have them share a fact about themselves (favorite color, birth month, pet owner, etc.). Anyone else who shares that trait identifies themselves. The ball of yarn passes to that person, with the first Junior holding onto the yarn's end. The new yarn holder then shares their own fact. Continue at least until everyone gets a turn, but as long as Juniors remain engaged. They may go around the circle several times! At the end, guide Juniors to consider the “web of connection” they have made and think about the common ground it represents.

**Materials:** *large ball of yarn*





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