

## Independence

# Activity Choice Descriptions

Walk your girls through the activity choices and let them decide which ones they like best.

## MEETING 2 ACTIVITY CHOICES

### Break a Bad Habit

**At School:** Work on creative ways to change a bad habit at school like forgetting to study for a quiz, or being disorganized when bringing schoolwork to and from home.

**At Home:** Work on creative ways to change a bad habit at home like forgetting to brush your teeth, not putting away your clothes, arguing with siblings, or eating too much junk.

**With Your Friends:** Work on creative ways to change a bad habit with friends like being bossy, talking too much, or interrupting when your friend is talking.

### Help Around the House

**Solve a Pesky Plumbing Problem:** Learn how a toilet works, how to fix a running toilet, and how to use a plunger if the toilet clogs.

**Clean to the Beat:** Brainstorm all the tasks involved in cleaning a room, figure out how long each task takes and the best order to do them, then put on some music and clean!

**Hang Something Up:** Whether it's artwork, a poster, a framed portrait, or a shelf—find out the best way to hang something up, then hang it!

### Show Off Your Independence

**Hang Out with Yourself:** Brainstorm what you should do in case of an emergency, rules of the house, what you'd do during your quiet time, and how to ask for permission to stay home alone.

**Run a Family Errand:** Brainstorm ways to show your independence by running errands or helping your family.

**Go Out with a Friend:** Plan a day out with a friend. How much will it cost? How will you get to where you're going? What will you do in case of an emergency?