

## **Board Overnight- Balancing the Scales**

Date: January 6th-7th, 6:30PM-10:30 AM

Location: Elaine's House

Staff: Elaine's Parents

Cost: ?

Estimated attendance: Hopefully 13

Planned by: Rachel England

### **Supplies:**

- Jarritos ( Lime, Mango and Guava)-B
- Taco Shells-B
- Board Gifts (Friendship Bracelets)
- Tomatoes-B
- Avocados-B
- Beef-B
- Cheese-B
- Spanish Rice-B
- Beans-B
- Laptop
- Hot Sauce-B
- Frosting-B
- Pretzels-B
- Paper
- Pens
- Construction Paper-B
- Scissors
- Paper Cups
- Paper Plates
- Forks
- Rocks
- Bagels-B
- Cream Cheese-B

6:00-6:20 Wait for people to arrive

6:20-7:00 Shabbat Services led by Mackenzie and Olivia

7:00-8:20 Taco Factory Dinner

8:20- 8:45 Public Speaking Mixer

8:45-9:05 Leadership Game

9:05-9:35 Constructive Criticism

9:35-9:50 Enthusiasm

9:50-10:15 Secret Sisters

10:20-11:50 Goal Building/Final Program

11:50 Nighttime Activities

## **Shabbat Services 6:20-7:00**

### **Taco Factory Dinner (relate it to balance) 7:00-8:20**

I will tell girls to forget about their board positions and imagine they are working at a taco factory. I will split girls up into groups of 4.

1st Group will chop tomatoes, lettuce, and set the table

2nd Group will heat the beans and beef

3rd Group will put together the chips and salsa together and drinks

4th Group will set the table, find mariachi music online and learn how to do traditional mexican dancing

Each group will have 25 minutes to do their task.

After everyone finishes we will all eat a Mexican meal together. I will explain that if we all work together to do each of our goals, it will create a bigger end result that everyone can benefit from.

**AFTER DINNER WE WILL ALL CLEANUP!**

### **Public Speaking Mixer 8:20-8:45**

[http://girlsgetbusyzine.tumblr.com/post/4717162044/moderngrl-my-short-skirt-a-poem-by-even\(example\)](http://girlsgetbusyzine.tumblr.com/post/4717162044/moderngrl-my-short-skirt-a-poem-by-even(example))

We are going to make a list of things that we find wrong with society and the pressure of teenage girls. After brainstorming I will tell girls to pick the issue that they feel most passionate and angry about. Girls will get a piece of lined paper and a pencil and write whatever creative piece their topic. It could be a haiku, poem, narrative, drama, or short story.

After girls write their piece they will each go in front of the room and share what they wrote about. This will be a good practice of public speaking.

### **Leadership Game 8:45-9:05**

Each girl will be handed a slip of paper and be told not to share that paper with any other member. Some girls are handed slips that said board positions on them and others were members. Each slip of paper gave that member a motive. (For example, one member wanted to only have folds with AZA chapters, the Gizborit was trying to plan a bake sale without the chapter's support, the N'siah was trying to run a successful meeting, and the person who lost S'ganit at elections wanted to drop out of the chapter.) Our girls were told to act out those tasks in a chapter meeting simulation—it was HECTIC. This was the point, though. This game showed our girls how important it is to work together.

### **Constructive Criticism 9:05- 9:35**

<http://www.wikihow.com/Criticize-Constructively>

Have a discussion on what constructive criticism is. Have people give examples of good criticism and bad criticism. Ask girls what constructive criticism they have recieved. I will talk about the example of how people have told me I am not the best texter and how I have been working on answering texts quicker.

Has there ever been a time where you were hurt by the criticism of others?

Scenario 1: One of your friends constantly complains about how she fails all of her math tests. You know that she doesn't study for them but you don't want to say anything she will take in the wrong way. Find a way to tell your friend that she should start studying for her tests without attacking her personally.

Scenario 2: Imagine you are toilet bowl cleaner and you have a co. This past week you have been cleaning all the toilets and whenever you ask your co to help she makes up excuses about how she is too busy with school work to help. You feel like she is not putting in her work. Find a way to tell your co that you need help without making her feel as if she is a bad co to work with.

Scenario 3: Sometimes your best friend says things that really hurt your feelings. While you know they are meant as jokes, you often feel uncomfortable. You want your best friend to stop but not make her feel as if she is being a bad friend. Find a way to get her to see from your point of view without attacking her.

Scenario 4: You realize that a member is teaching incorrect chapter traditions to younger members. You know she means well and wants the younger members to be educated but you do not want to let them become ill informed. Find a way to tell her that what she is teaching is not right without making her feel like a bad board member.

Girls will split up into groups and find a way to use constructive criticism and solve the problem!  
Girls will act out their scenarios in front of everyone.

### **Enthusiasm 9:35- 9:50**

In BBG it is important to always be enthusiastic about everything we do. Our enthusiasm will rub off onto everyone, especially younger members and make them excited about BBG. If a program is not going well we board members don't sit around and say, "wow this program sucks" or "this is sooooo boring". Instead we find ways to make the program fun.

Right now I will lead a boring program on pet rocks. Girls will each get a rock and think of a name for their rock and what it's personality is like. In a red robin fashion girls will meet other girl's pet rocks and see if their pet rocks are compatible.

Obviously this program is not so fun because there is not much one can do with rocks but girls will be trying hard to make it as fun as possible. It will show girls that even not well planned programs can be made fun if they choose to make them that way.

### **Secret Sisters 9:50-10:15**

We will have a hat with girls names in it who aren't on board. Board members will pick a piece of paper and each have one girl. This girl will be the board members secret sister throughout the term. It is kind of like Secret Santa except it is not giving gifts.

A good Secret Sister will befriend her girl, make sure she is always feeling comfortable at events, always be there for her, and go out of her way to include her.

### **Goal Building and Final Program 10:20- 11:50**

Each girl will get a blank piece of paper and will trace her right or left foot (whichever one she uses to kick a soccer ball) She will then cut out the foot and paste it onto a piece of colored construction paper. With markers girls will title the paper, "Put your best foot forward" This is an idiom that means to do the best that one can do. To embark on a task with gusto and purpose.

On the foot girls are going to write their goals for their positions. There can also be goals that are not about their positions such as being more respectful at events or meeting more girls. Girls will go around the circle and share their goals.

Each position will get a piece of paper. The papers will be folded into four equal quadrants. We will be doing a S.W.O.T. Goal Organizer. The first quadrant will be Strengths, the second quadrant will be Weaknesses, the third quadrant will be Opportunities and the fourth quadrant will be Threats.

Girls will get time to fill out the quadrants.

I will have a big piece of poster paper divided into four quadrants. Girls will share what they wrote down and I will write down a big compilation of goals.

Girls will have long rectangular strips of construction paper and write down things that could get in their way to completing their goals for this term  
they would make sure this strip would fit around both of their wrists  
they would link the strips together into like paper chains  
and like they would fit both of their wrists through it  
like they were wearing their obstacles for the term as chains

**Rachel:** These obstacles around your wrists are things in your life that you have to make sure get done. Whether you have to complete tons of chemistry homework every week, attend weekly dance lessons or whether you feel like you are lazy we ALL have something that gets in our way from doing our personal best.

**Mica:** For example, as S'ganit, it can be difficult to coordinate properly with so many people; there's the planners and s'ganim from other chapters, Jill, parents, and all of you. It's not an easy to find rides for 25 girls each weekend, or a location for an event. Not to mention the fact that I, like all of you, am a teenager with school, somewhat of a social life, and family. However, I love what I do and I work hard at it because it makes me happy to know that you are all comfortable and relaxed for the events. I work for us.

**Rachel:** I am a perfectionist so for me I have to do everything 110%. This term will be hard for me because if anything does go majorly wrong I will blame it entirely on myself. My school schedule is an obstacle because I have three AP classes. I spend a lot of time on schoolwork so finding the perfect balance will be hard. Another obstacle is switching from my dad's house to my mom's house every week. I always lose stuff in the process or leave stuff I need at the other house. I don't want to let that make me unorganized. Also I am a teenager and a lot of the time I have mood swings. I don't want to snap at anyone in Atz' Chaim or stress anyone out.

**Mica:** But we must strive to move past these obstacles. If we let them get the best of us we will not be able to accomplish all that we want to this year. And if you are like me you have probably thought of all the things you want to see from 2012. I want to see Atz' Chaim programming increase to huge levels of amazingsness. I want girls to be constantly calling me because they want to plan an event and get involved in leadership opportunities. I want everyone to be regularly inspired to do their best. I want Atz' Chaim to get well-known in our region for how awesome we are. Personally, I want to meet more BBG's and get involved in the region. I want to do an amazing job as S'ganit. Not only this, but I want good grades, good friends, good boys, and good relations with my family. In 2012, I want to see not only myself but all of you find that balance between everything that is important to us. I want to see an amazing year ahead of me. (turn to the girl next to you) What do you want to see?

**-Girls go around and share what expectations they have for this year in themselves and Atz' Chaim-**

**Rachel:** I want to see many things from this year. I want to see good food, perfect grades, beautiful SAT scores that will get me into the college of my choice, friends that are always there, and I want to be genuinely happy. For Atz' Chaim there are more things I want to see than I can possibly see. I want to see our chapter go above and beyond more than we could ever imagine. I want to see more girls join our chapter and experience what Atz' Chaim has to offer. I want to see us show off all of our spirit at Sis/Frat Convention. I want to see programming that other chapters will envy. I want to bond with my board and push everyone so they can complete their goals. I want to be the one that someone comes to for advice, not just about their board position. I want to see more younger girls go to conventions I could go on for years about what I want to see from Atz' Chaim for 2012 but to sum it up I want us to grow closer because that is what will ultimately make us a stronger chapter.

As we all can see, we all have clear ideas of what we want from this year. We know what we want to see from our work on board and what kind of people we want to be and become this year. However, these "chains" around your hands will try to keep you from getting to success. If you let them get the best of you things may not turn out the way you want them to. For me I am going to make sure that I manage my time well. I need to stop spending so much time on facebook chatting for hours, on skype, tumblr and on stumbleupon. I need to get organized so I can find my stuff easily. I need to stop taking those hour long naps that turn out to be five hours. I need to start going to the gym more. I will need to take some bubble baths and give myself some time to breathe. Lastly, I need to be much less hard on myself and realize that I am only human.

(turn to the girl next to me) What will you do?

**-Girls go around and share what they will do to overcome their obstacles-**

**Rachel:** Repeat after me

I am a B'nai B'rith Girl.

I am a B'nai B'rith Girl.

I am a B'nai B'rith Girl.

I am a proud member of Atz' Chaim BBG #2043.

I realize that being on board is a responsibility and an honor.

I will dedicate time and energy in my position to create a visible outcome that will directly benefit our chapter.

I will work my personal hardest to better myself, my sisters and my chapter from which I stem.  
I will understand that we are all a family and that we all make mistakes.  
I will not lose the true essence of BBG.  
For I have the ability to be a leader, friend and most importantly a sister.  
For I am a B'nai B'rith Girl of Atz' Chaim BBG and I can truly make a difference.

**Rachel:** Now you can break out of your chains.

\*Pass out Chapter Friendship Bracelets\*

**12:00 - Late into the Night**

Chapter G&W, \_ \_ \_ \_ Calls, Spooey, Clean Up Elaine's House