



ARC LIGHT DECEMBER 2021

PARENT RESOURCE INFORMATION

My Family, Myself

Young ladies participating in the Girls Circles will explore two topics this month:

1) Where I Come From

- Each family is unique with their own history, heritage and culture which shape the characteristics of the girls. A quote by Thich Nhat Hanh says
“If you look deeply into the palm of your hand you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is present in your body. You are the continuation of these people.”

Girls are encouraged to identify which family patterns / traits should be passed on in the family and which patterns / traits should end.

- Parents / guardians are encouraged to help their girls identify who they feel is their support system either within or outside of their family.

2) Coping with Stress

- We all feel stressed at different times and we all learn different ways to cope, some of which are more effective than others.
- Sometimes we are able to cope in more healthy ways that we feel good about and sometimes we choose ways that are not as healthy or that we don't feel as good about afterwards.
- Parents / guardians are encouraged to help girls identify
 - what causes stress in their lives
 - healthy things they can do to relax when they are stressed or worried about something.