

Uniquely Me



Complete 1 requirement to earn this patch.

Celebrate your unique self!

1. Do you realize how special you are? Did you know that everyone has wonderful talents and gifts? Celebrate you! Take time for yourself and think about all the great things you can do. Listen to your favorite music, write in your diary, read a book, draw, pamper yourself, make a poster or booklet about yourself.
2. Make a poster that describes your unique self by using the letters in your first name. You can draw flowers and other items around the paper for decoration. Example: **SALLY** Shiny or Shy; **Awesome**; **Loveable**, **Lively** and **Young**.
3. Have a unicorn Uniquely Me celebration or event. Enjoy food, make crafts, and spend time with your friends.
4. Is your uniquely self "sporty" or do you enjoy the outdoors? If so, share some information of your sports or outdoor activities with others. If you have never tried a sport or outdoor activity, now is the time to take that step and discover if that is you. Some examples: Soccer, volleyball, basketball, skiing, gardening, horseback riding, swimming, dancing, walking, camping or snorkeling.
5. Do you have an artistic side? Do you like to make crafts, write poems, cook, bake, act, play a musical instrument, paint, sing or draw? Cook something, decorate a cupcake, help prepare an uniquely me event, write a poem or song, create an artistic craft **OR** share your talent with others.
6. Is your uniquely self shy or outspoken? Some people are very comfortable talking in large groups, while others are more comfortable talking one-on-one. Do you suggest family activities or just go along with the plan? What is your favorite thing to do with your family? What is one activity you would like to do with your family in the future? Ask your family if it is possible and what you can do to help make it happen.
7. Make new friends but keep the old. Play a game that helps you have fun with your friends or invite new friends in your circle to play the games with you **OR** get to know each other better by using the conversational strips in this kit. You can find out all the unique qualities of your friends and some you may have in common with.
8. Everyone likes different types of clothing, shoes and shades of colors. Some like pants while others like to wear dresses. That is why there is such a wide variety to choose from. Favorite color? What is your favorite outfit? Describe your outfit or draw a picture of it. For extra, your group can have an unique fashion show.
9. Find out more about your unique self and what you want to be when you grow up. Make a list of your talents and interests and compare them to career titles. You can look online or in books for career titles or ideas. What job interests did you decide you might like? For extra, You can talk or interview a person about their career, tour a restaurant or business, go to career day, experience different activities, **OR** attend a take your daughter/son to work event.
10. Everyone one around us is unique in their own way. Some may walk differently, talk with an accent, have different colored hair, etc. No matter the difference we should all be treated the same. Sometimes people are ill or in need and we should try to make them feel better. Complete a community service project and work together with your group to assist those in need. Examples: Help the elderly, make Jared Boxes, blankets, stockings for soldiers, cards, etc.

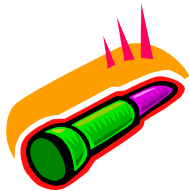
Fun Activities

My Uniquely Me Booklet

Fill out the booklet to capture all your moments and thoughts.



Cut out the booklet on the solid lines, not the middle line. Stack them and fold in half and staple. Use the blank pages to draw pictures of your inspirations or cut out magazine pictures.



Sporty or Girly Quiz

Take this fun quiz to see if you are more sporty or girly! Add up the “sporty” and “girly” answers and whichever one you have the most of, you are more like!

Design Your Own Clothing

Using our templates provided, design your own fashion forward, unique clothing any way you like!



Uniquely Me Word Search

Find the hidden words in this puzzle that represent the unique spirit.

Kind Hearts

Using our template, write something kind about someone in the same room as you on the heart and read it to them to increase their self-esteem. You could also place them in a box and read them.



Pampering Recipes and Ideas

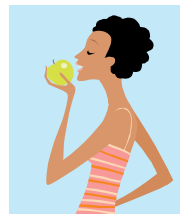
Have fun pampering yourself and relaxing.

Games

Crafts

Recipes

Activity Sheets and More~!



Write all about you to create a cute booklet!

**I AM
UNIQUELY
ME**

My Talents

Draw a picture or use a magazine picture to show what you are good at:



Name your talent here:

Can it be part of your career when you get older?

Special Day

**Pick a day that was special to you.
What did you do?**

**What is one activity you would like
to do with your family in the
future?**

**How can you assist your family in
planning a special activity?**



Cut out the booklet on the solid lines, not the middle line. Stack them and fold in half and staple. Use the blank pages to draw pictures or cut out magazine pictures.

My Favorites

Who is your favorite musician?



What is your favorite song?

What is your favorite book?

What is your favorite outfit?

What is your favorite color?

Creative Area

Write a word for each letter of your first name that describes you.



About Me

What is your favorite feature about you? (ex. Leader, nice, trustworthy)

What makes you unique?

How are you a good friend?

What I Learned

Find out more about your unique self and what you want to be when you grow up. Make a list of your talents and compare them to career titles.

TALENTS	CAREERS



SPORTY OR GIRLY



1. In your spare time you find yourself choosing to _____.

- a. go to the mall
- b. getting a manicure
- c. ride your bike
- d. play a sport

2. You have to make a birthday list for your parents and one of things on the list is _____.

- a. nail polish
- b. fashion magazines
- c. tickets to a basketball game
- d. roller skates

3. You are shopping for new shoes for a special event and you choose _____.

- a. sparkly gold flats
- b. strappy high heels
- c. comfortable mary janes
- d. tennis shoes

4. Back to School shopping is always easy. You choose _____.

- a. sweaters
- b. cute tops in fashionable patterns
- c. t-shirts
- d. sweatshirts

5. You switch on the TV and choose to watch _____.

- a. fashion news of the season
- b. crafty ways to redecorate your room
- c. outdoor fun for girls
- d. women's soccer

6. Your teacher said you had to take up a new activity for a month and you chose _____.

- a. jewelry making
- b. scrapbooking
- c. skateboarding
- d. outdoor landscaping

7. You are going on a trip with your family and you have to choose your luggage. You choose a _____.

- a. floral pattern
- b. 3-piece set for all your make-up and shoes
- c. duffle bag, you don't pack that much
- d. classic color so it will match everything

8. You are off to the mall and you head straight to your favorite store of _____.

- a. makeup and hair accessories
- b. purses and jewelry
- c. t-shirts and tennis shoes
- d. outdoor fun

9. When you grow up you want to be a _____.

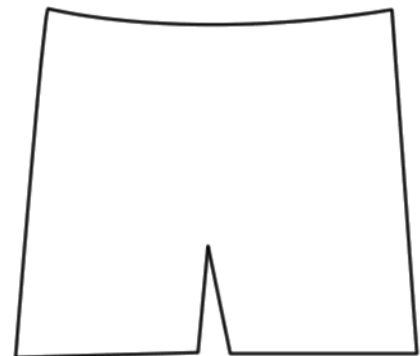
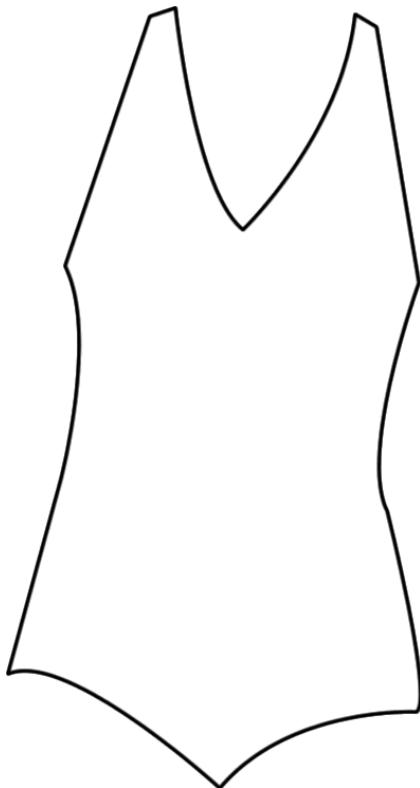
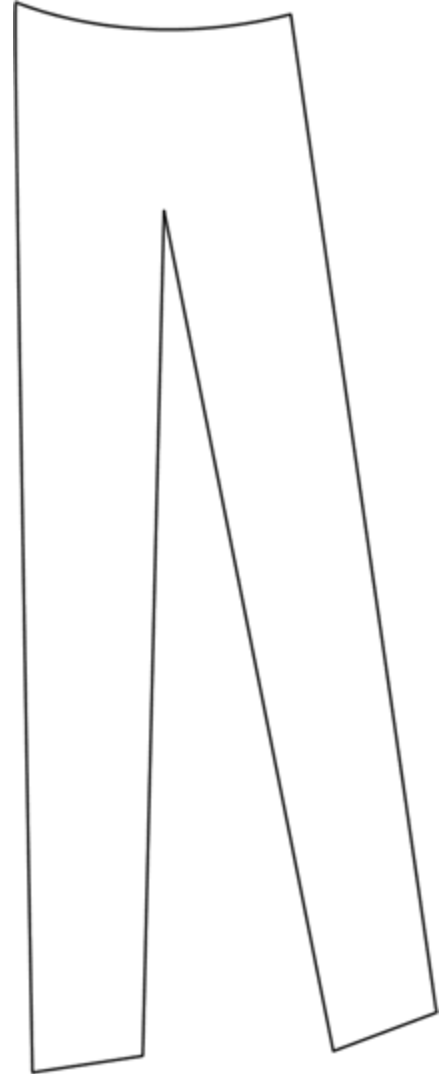
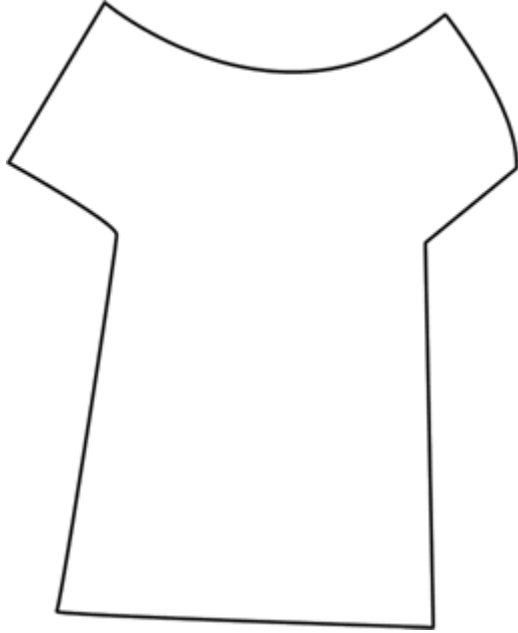
- a. fashion consultant
- b. cosmetology (make-up artist)
- c. professional athlete
- d. engineer

10. When I do my hair my favorite style is _____.

- a. curly and stylish
- b. straight and sleek
- c. short and manageable
- d. pulled back in a ponytail

Design Your Own Fashion Forward, Unique Outfit

Decorate the clothing anyway you want!



Covers requirement #9

Uniquely Me Word Search

N B E I D C S L C S M H C G P
 C U C W Y T C H O D J V Y A N
 X E Q F N W A X M N Y R M U M
 K A L E T R P D M E U P X H F
 M D L E A W P D U I E V U B G
 H A K D B Q O T N R D C D J Y
 T U E Y T R A P I F S O W Y L
 N S F L N H A M T F O E C H R
 S O J U C R U T Y F K L M W I
 P A I Q N R O C I N U I L A G
 O R S H H G E J Q O U H C E G
 R A D D S K M A Q U N I Q U E
 T C H R T A G Y T X Q Z S S D
 Y Y T D J U F V O E R Q G M P
 U E Y O F G V E B C O I O P E

CELEBRATION

CREATE

FRIENDS

PAMPER

TALENTS

CHARADES

FASHION

GAMES

PARTY

UNICORN

COMMUNITY

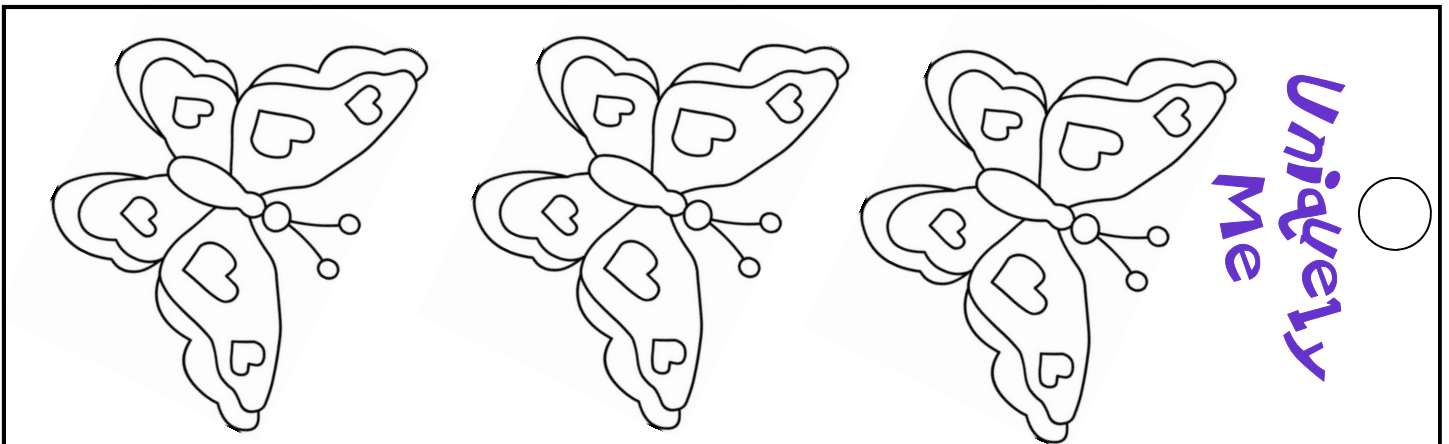
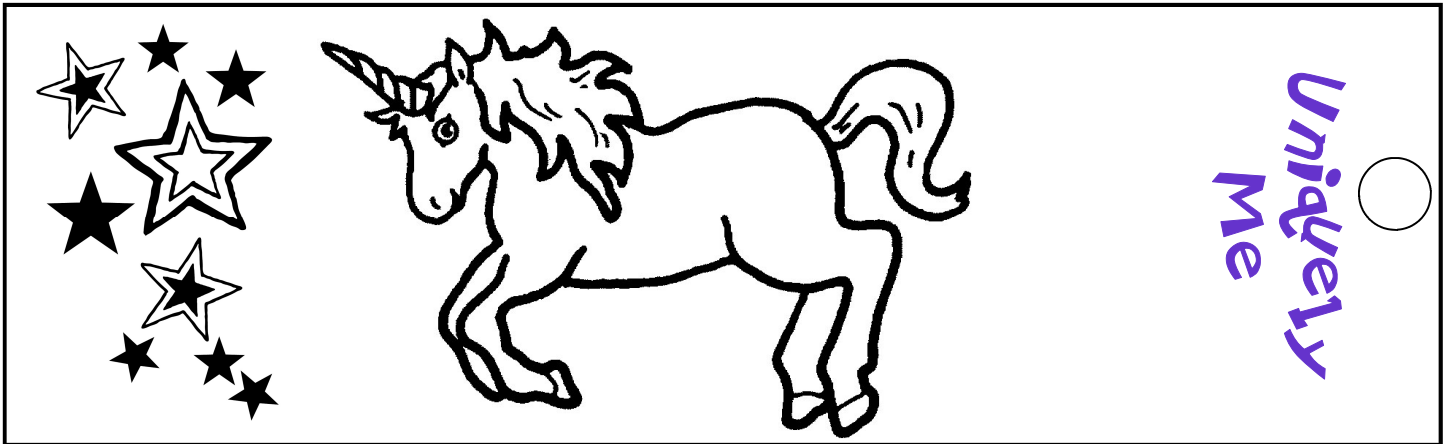
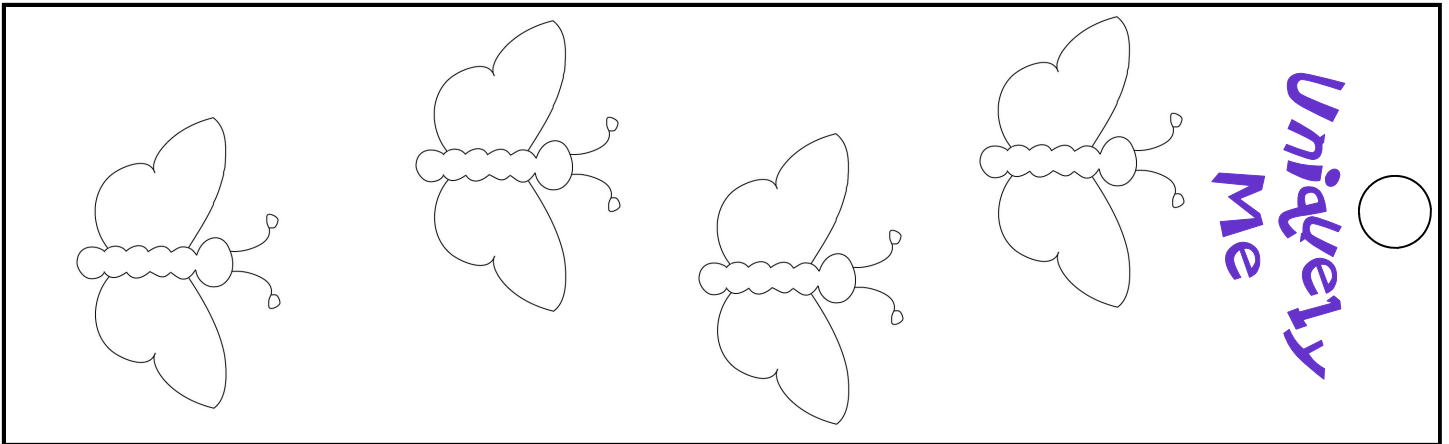
FOOD

GIRLY

SPORTY

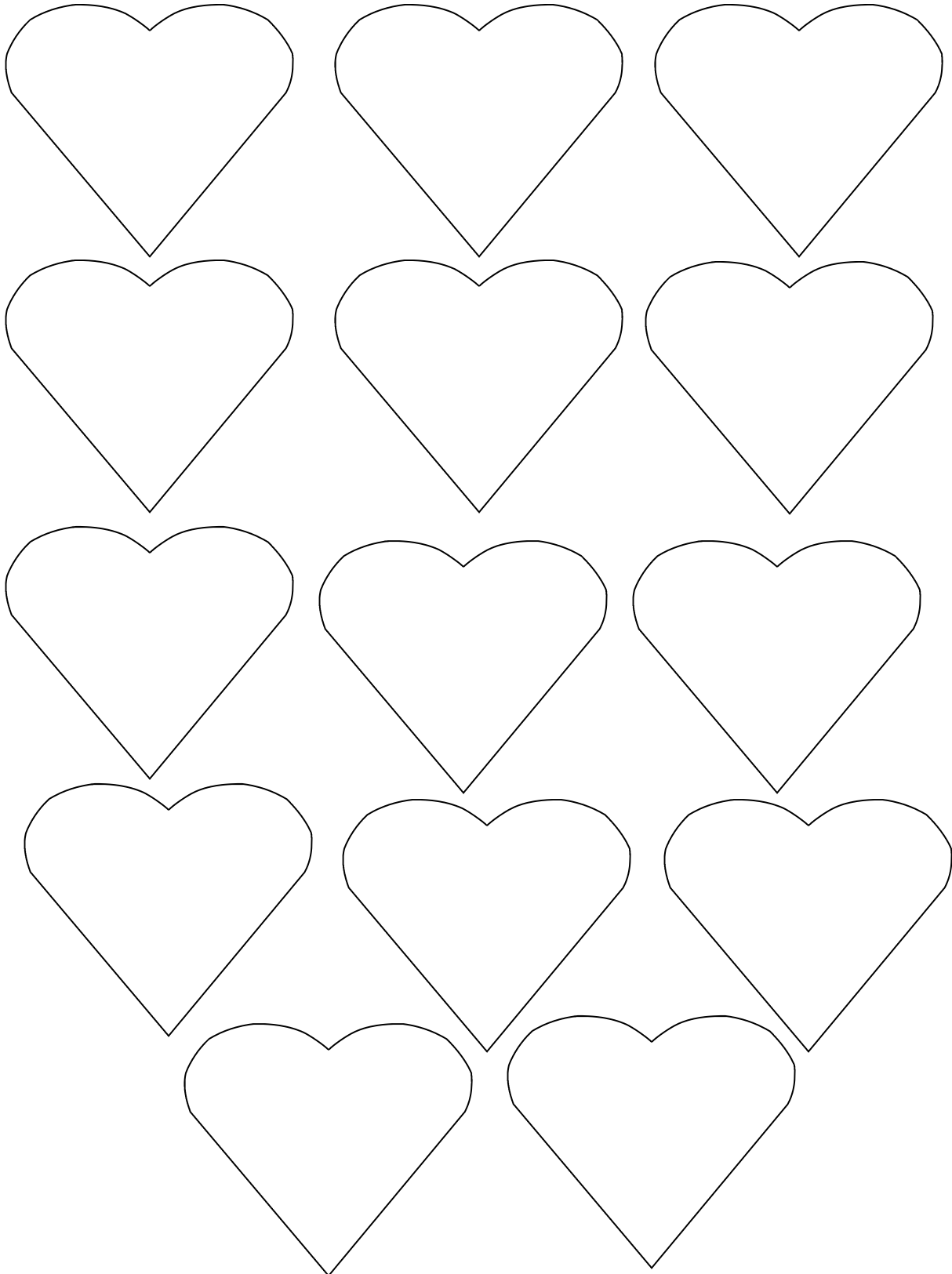
UNIQUE

Bookmark Template



Kind Hearts

Cut out a heart for each participant and have them write down something nice about someone in the same room. Ex. You're nice, I love your headband, your dog is cute, etc. Afterwards, have them read them to the person. This works even better when you don't know them! You can also place them into a box and read them at random.



Conversational Strips

Cut out the cards along the lines. Have the participants shuffle them up and place them into a box and draw them at random. Ask the person across from you the questions and have them ask you some in turns. The blanks are to create your own!

What's the hardest thing you've ever done?

What is your favorite memory?

What is the biggest surprise you've ever had?

Have you ever gotten lost? What happened?

What is the biggest dream you have?

What's the best way to spend a rainy day?

What is your favorite thing to do?

Use one word to describe yourself.

Would you rather live underwater or in space?

Would you rather swim in the ocean or the pool?

What is the best party you have gone to?

What do you think the perfect age is?

What is your favorite snack? Why?

What is your favorite place?

What will you be doing in 10 years?

If you were an animal, what would you be?

What would you like to learn someday?

If you could sing like anyone, who would it be?

What famous person would you like to meet? Why?

What country would you choose to live in? Why?

If you owned a store, what would you sell?

Describe your dream house and what it would have.

Career Charades Cards

Artist	Chef	Banker
Musician	Dancer	Actress
Director	Designer	Hair dresser
Athlete	Photographer	Doctor
Writer	Journalist	Graphic Artist
Teacher	Veterinarian	Model
Delivery man	Florist	Plumber
Waitress	Baker	Make-Up Artist
Architect	Computer Engineer	Tailor
Fireman	Policeman	President

Themed Games

Unique Memory Cards

Located on page 13 and 14 of this activity booklet are memory cards to **color** and **cut out and glue on index cards**.



Color the cards according to the name of the color on the card.
Color and **cut out and glue on index cards**.

The game is best played two players so they can take turns finding the matches. If you have a large group, you can make several copies of the cards so you can create more than one game. Gluing them on index cards prevents them from seeing through the paper.

Uniquely Me Card Game

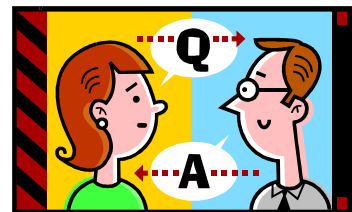
Cards located on page 13 and 14 of this activity booklet are the game cards.
Make two copies of the cards so there are 4 of each kind.

Color the cards according to the name of the color on the card.
Color and **cut out and glue on index cards or copy them on cardstock.**

The game is best played with 3-4 players. Each person is given five cards, the remainder is placed in a deck face down. The first player begins by asking for a match to anyone playing. If they do not have a match then they say "free to be me!" The player draws a card from the deck. If they receive a match from a player or the deck then they lay it down in front of them. The first person that goes out with no cards in their hand wins.

Conversational Strips

Cut out the strips located on page 10 along the lines. Have the participants shuffle them up and place them into a box and draw them at random. Ask the person across from you the questions and have them ask you some in turns.



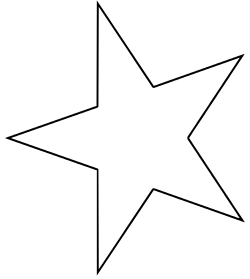
Career Charades Cards

Cut out the strips of career cards on page 11 along the lines. Place them in a bag or bowl.
Have each player pick a word on the cards and act them out without using words!



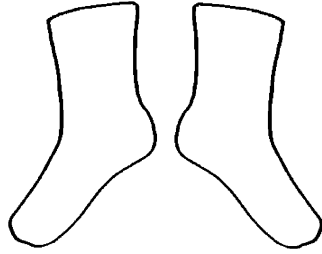
You could have the players split into teams and have them compete for the most points if desired.

RED



CREATIVE

BLUE



UNIQUELY ME

PINK



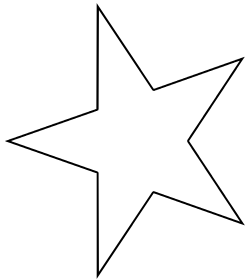
ARTISTIC

PURPLE



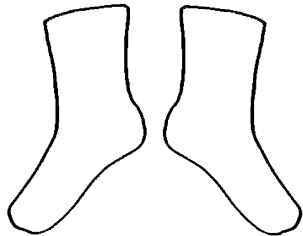
KIND TO OTHERS

RED



CREATIVE

BLUE



UNIQUELY ME

PINK



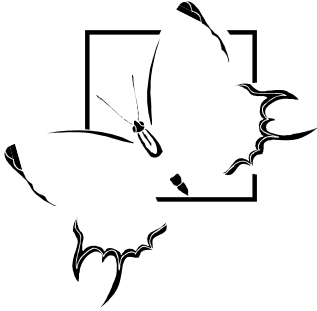
ARTISITC

PURPLE



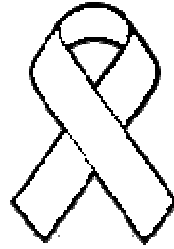
KIND TO OTHERS

GREEN



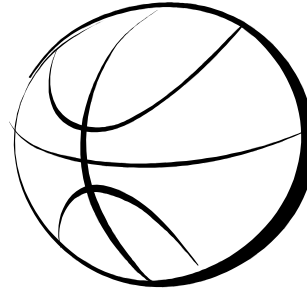
FRIENDSHIP

YELLOW



COMMUNITY SERVICE

ORANGE



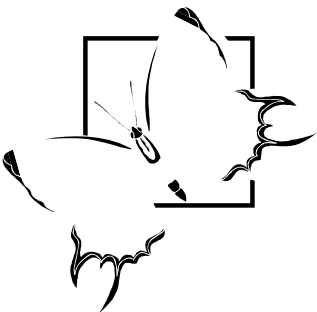
SPORTY

TEAL



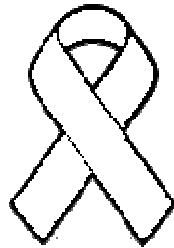
CAREER

GREEN



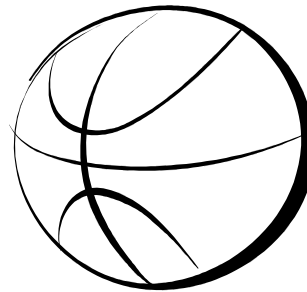
FRIENDSHIP

YELLOW



COMMUNITY SERVICE

ORANGE



SPORTY

TEAL



CAREER

Host Your Own Unique Party!

Setting up for your Free to Be Me Party:

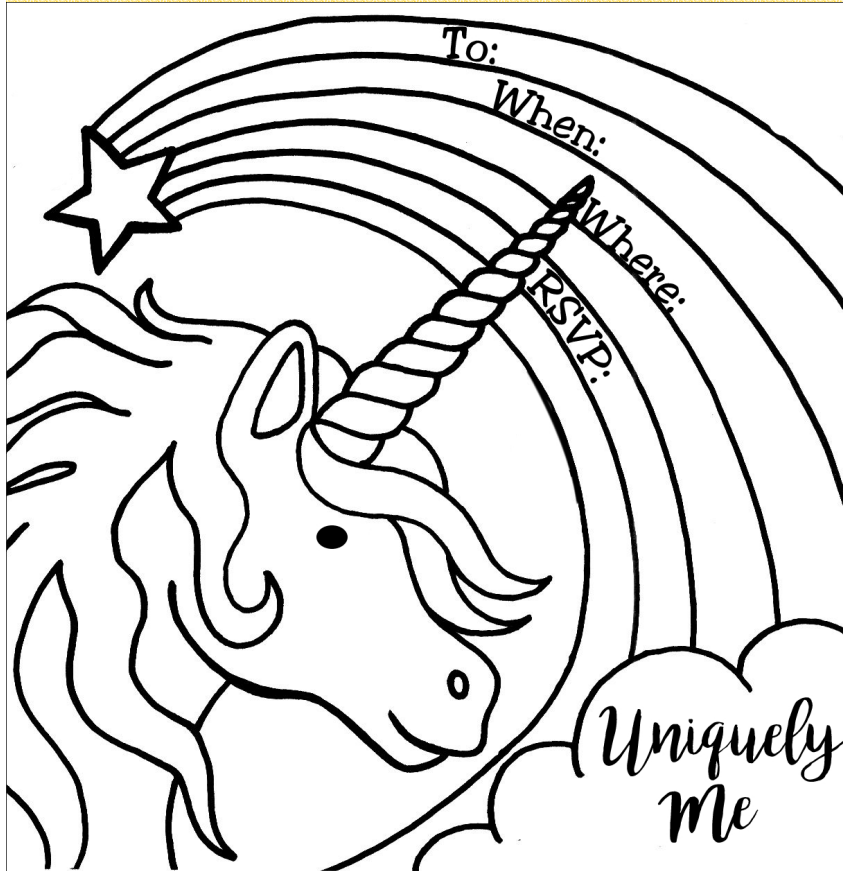
- **Table Decor:** Sparkling centerpieces, unicorns, heart displays, and festive cupcakes.
- **Invitations** . View our **invitation** template on the next page.
- **Serving Trays or Dessert Tiered Tray:** Use plates to place small treats on the table. Pitcher of lemonade, punch, or flavored water in a pitcher. Larger brightly colored bowls and containers can be on the serving table with cupcakes, chips, and sandwiches. You can sometimes find nice trays on clearance after holidays or the local \$ store.
- **Favors or Gifts to Guests:** These could be crafts they complete or items to compliment the theme. Examples: stickers, lollipops, cute hair accessories from dollar stores, etc.
- **Decorations:** Tissue paper flowers, vibrant paper, twinkling lights, rainbow themed items, etc.
- **Crafts or Activities After the Food:** Choose a separate area to conduct crafts and games. Examples are: watching a great movie, decorate cupcakes, make bookmarks, etc.
- **Community Service:** If you choose to have the guests of the party do a community service activity that expresses their uniqueness. Ideas can be: decorate a pillowcase to give to assisted living, make a fleece blanket, collecting stamps, decorate a jared box, etc. See our website and page in this kit for more.

Suggestions of Activities to Do:

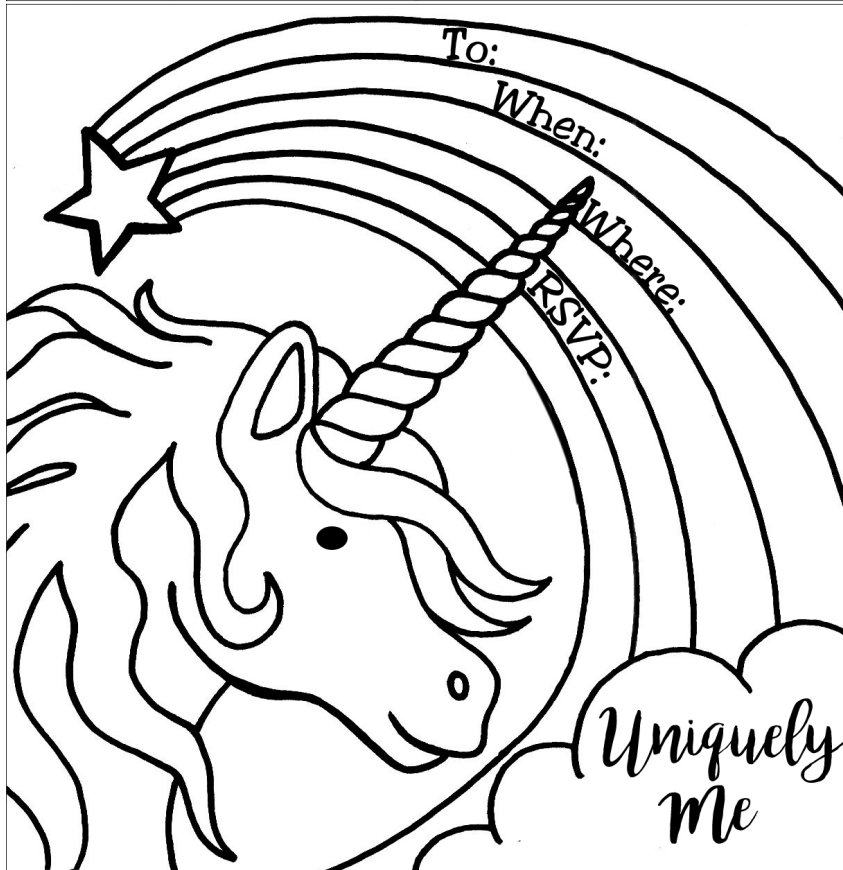
- **Watch a movie.** Choose a movie with a great theme for all the guests
- **Paint each other's nails** while telling stories and giggly over fun times together.
- **Create your favorite food** and share it with the party members to experience something new!
- **Do the kind hearts** with each other to compliment each other. You can also do conversational strips, located in our kit as well.
- **Use our Scrapbooking Kit** to create a memorable thoughts, passages, and something to have forever. Fill it with your kind hearts, drawings/designed outfits, place cards, pictures, etc.
- **Play Charades** of careers. Look at our games section for more information.
- **Participate in a scenario** listed in our kit or make up your own. After the scenario is played out, discuss what you would do in that situation.
- **Create the uniquely me booklet** to place down your inner thoughts, dreams, and daily doings. Use the template in this kit or make your own.
- **Try out the "Pamper Yourself!"** section to create your own homemade masks, lip gloss, and more!
- **Take the "Sporty or Girly?" quiz** in this kit for yourself to find out what your calling is!
- **Discuss your future**—talk about your career that you would like, your passions, your likes and dislikes, and have everyone share.
- **Make your own talent or fashion show** to showcase your talents.



Uniquely Me Party Invitations



Copy the below invitations out on cardstock paper in bright colors or color the image. You can also fold them in the center. You can also write the items to bring for the party or additional information about the event. Example: "Bring a fun themed snack" or "Bring your favorite movie!"



Pamper Yourself!

Three All-Natural Face Masks

Oatmeal Delight

Combine 1/4 cup of oatmeal with 2 tablespoons of hot water and let sit covered for 10 minutes. After 10 minutes, mix 1 tablespoon of non-fat yogurt and let it cool completely. Place on your face for 10-15 minutes and wash off with a damp washcloth.



Sweet Banana

Mix 1 ripe banana with 1 tablespoon of honey. Next, add 1 tablespoon of sour cream with a wooden spoon. Place on your face for 10-15 minutes and wash off with a damp washcloth.



Strawberry Sunset

Wash and slice a 1/2 cup of strawberries. Combine strawberries with 1 tablespoon of honey and non-fat yogurt and blend until smooth. Place on your face for 10-15 minutes and wash off with a damp washcloth.

Rainbow Surprise Bath Salts

3 quarts of Epsom salts or course sea salt
Envelopes of unsweetened powdered juice mix
Scented oils (ex. Lavender, orange, mint)



Mix one envelope of unsweetened powdered juice mix to 1 quart of salts. Continue to do with several other in separate bowls if desired. Add 3-4 drops of the scented oil into the salt + unsweetened powdered juice mix and mix. Place 1/2 cup in a hot bath and enjoy! **Tip:** Don't use a white towel to wash off.



Milky Smooth Foot Soak

7 cups of water
2 cups of milk
1/2 cup of sugar
2 tablespoons of unscented lotion

Mix the water and milk and heat. Make it hot but not too hot! Place in a large mixing bowl. Mix the lotion and sugar together and place into another bowl. Place your feet into the hot milk and water mixture for 10+ minutes and remove. Stick your feet into the bowl with the sugar and lotion together and rub across your feet. Rinse your feet off and rub regular lotion on them.

Glittery Lip Gloss

1 tablespoon of petroleum jelly
1/4 teaspoon of loose powder eye shadow
Sprinkle of loose body glitter to add shine
Toothpick or plastic spoon to stir the mixture
Container or ziploc bag to place the lip gloss in

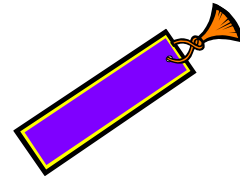


Using a plastic spoon, place the petroleum jelly in the container or mini ziploc bag. Place the loose eye shadow in the container. Different colored eye shadow makes the tint of the gloss change. Stir the items together in the container with a coffee stirrer or strong toothpick. If you are using a bag keep the items together in a small corner of the bag while you massage the dry items in the jelly. **EXPERIMENT!** Add the petroleum jelly, powder and glitter until it gets the color you desire.

Uniquely Me Crafts

Unique Bookmark

Template, located in this kit
 White or cream cardstock
 Rhinestones, glitter glue, markers, and sequins
 Glue
 Hole punch
 Any ribbon



Copy the template in the back of this manual for the bookmark. Decorate it with the markers, rhinestones, glitter glue, and sequins. Punch a hole at the top of the bookmark and thread the ribbon through the hole and tie a knot. Use your bookmark in a special book!

Uniquely Me Mirror

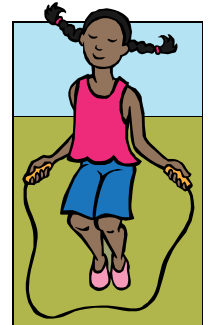
A plain, plastic or metal cased compact mirror or hand mirror (can be found at \$ stores)
 Stick-on rhinestones or rhinestones with tacky glue
 Acrylic paint and brush (optional)
 Satin or velvet drawstring bag



Decorate the cover of the mirror with rhinestones and paint designs if desired. Complete by pairing with a velvet or satin bag. You can give this mirror away or keep it for yourself.

Sporty Scrunchie

2 inches wide X 22 inches long of cotton or cotton blend fabric
 Sewing machine, with matching thread
 2 large safety pins
 Elastic 1/4 inch wide, about 6 inches long



Start by folding the fabric in half long way, so it looks like a long tube. Take the top part of the fabric and fold one edge over, to create a small hem, sewing it on the wrong side of the fabric. Repeat on the other end of the fabric. Trim the threads and fold it back together, with the outside of the fabric facing out. Sew down the side of the fabric, making sure each side is together as you sew down the side. Use the pressure foot as a guide for the width. Guide the pressure along the edge of the fabric.

Next place a large safety pin on the top of the fabric, only pinning one side of the fabric. Push the safety pin through the tube. Continue to push the tube through until the fabric is turned right side out. Unhook the safety pin.

Cut the elastic to go inside the scrunchie, about 6 inches. Attach the safety to one end of the elastic and another at the other end attaching it to the fabric. This way you will not lose the end of the elastic as you are pushing it through.

Magical Unicorn Wish Dust

Baby food jar or Ziploc bag to hold dust
 On pinch of glitter (multi-colored or a variety of colors)
 1 tablespoon of Potpourri (dried flowers and leaves)
 2 tablespoons of Sand from the earth



Take a tablespoon or more of each item and place it in the ziploc bag. Place the dust in your container or leave it in the Ziploc bag. Go outside in your yard. Shake up the mixture and make a wish.

Take a pinch and throw in over your left shoulder. Make sure you only use a pinch. You wouldn't want birds or ani-

Crafts (Cont.)

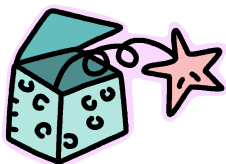
Create Your Own Cookbook

Cardstock or construction paper
 White plain or notebook paper (10 sheets or more)
 Stapler
 Markers, sequins, glitter glue, stickers, etc. for decorating
 Pictures of the food, you cooking, eating, or holding food (optional)
 Recipes



Take one piece of cardstock or construction paper and fold in half, creating a book shape. This will be the cover of your cookbook. Do the same with the notebook or plain paper. Staple the paper inside the cover. Decorate the cover however you like. Make a creative title like “My Family Recipes,” “Alex’s Yummy Desserts,” or “Delicious After School Snacks.” Let the cover dry before you start on the inside.

Once dry, write or paste a typed recipe inside the first page. You can add your own notes if you like, such as: “Adding chocolate chips makes it more delicious,” or “I like it better if you use 1/2 a stick of butter.” Place a picture that goes with it or draw one if you like and repeat this process inside until you run out of pages. Share your recipe book with someone special, give it away, or cook something out of it!



Personalized Tiny Tins—Decorate a metal mint box or other small tin box and use it to store hair ties, candy or other items.

Holiday Box— Fill the tin with chocolate candies and mini marshmallows! Decorate the lid with glitter glue and rhinestones and foam snowflakes.

Valentine’s day— give this to someone you care for. Fill this tin with hugs and kisses candies and a Valentine. Decorate this tin with red paint and pink heart shapes. Add some stick on rhinestones for bling.

Nail Care box— Decorate the lid with glitter glue or glittery nail polish. Add stickers for decoration. Put in a mini nail file, nail polish and nail decals.

Picture Perfect— Decorate the lid with paint and let it dry. Glue on a small hand mirror and rhinestones around the mirror. Place lip gloss or lip stick inside.

Friendship box— decorate the lid with paint and write “Friends” on the box. Use stickers or rhinestones to add bling. Put in a mini gel pen and notepad and some mints.

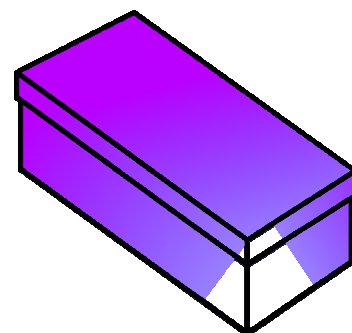
Magical Treasure Box (made with a shoe box)

Household Glue or decoupage glue
 Scissors
 Sample pieces of floral wall paper, wrapping paper, stickers, magazine pictures

Place your name on the bottom of the box.
 Pre cut your designs or pieces of paper in assorted sizes and shapes to apply to the boxes. Glue the paper on the box covering all empty spaces. Overlap the papers as you go.

If you are decoupage the box let it dry completely for 24 hours before using it. Keep the lid and box separate until completely dried. It should dry prior to use because the lid and bottom will expand and stick together.

After it is dry, store your treasures inside.



Fun Unicorn Horns

8 to 10 squares vanilla candy coating or almond bark
10 to 12 waffle or wafer type ice cream cones with pointed ends
Assorted decorations
Ice cream, frozen yogurt, or sorbet



Melt vanilla candy coating or almond bark according to package decorations.

Place melted candy coating in a medium-sized bowl. Dip about 1½ to 2 inches of each cone (the big, open end) into melted candy coating.

Now take each dipped “unicorn horn” and dip the candy-covered end into decorating sprinkles. Place each finished unicorn horn carefully on a foil-lined cookie sheet sprayed with non-stick cooking spray. Place in freezer 5 to 10 minutes to harden coating.

Remove unicorn horns from freezer. Fill each one with ice cream, frozen yogurt, or sorbet. Top with candy or additional sprinkles if desired. *Makes 10 to 12.*

Unicorn Food

2 cups popped popcorn
1 cup dried cranberries (craisins) OR 1 cup golden raisins
2 cups small pretzel sticks
1 cup pastel milk chocolate candies
1 cup pastel marshmallows



In a large mixing bowl, gently toss all the ingredients together. Serve in small cups or plastic bags.

Variation: You can add anything in this mix, such as dried fruit, candies, or cereal.

Pastel Minty Unicorn Treats

1 3 oz. package of cream cheese
2 ½ cups powdered sugar
½ teaspoon mint extract
Assorted pastel food colorings
½ cup sugar



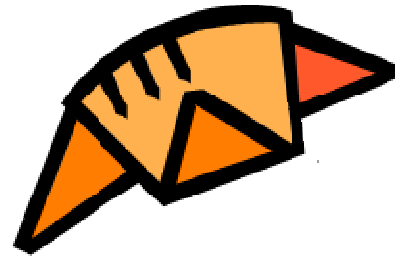
In a mixing bowl, mix cream cheese and powdered sugar together with an electric mixer. Add mint extract to dough. Using your hands, knead dough until it begins to form a ball and is the consistency of pie dough. If the dough is too dry, add ¼ teaspoon water and blend into mixture.

Divide dough into 3 equal pieces and put 2 to 3 drops of different food coloring onto each section. Blend colors into each portion. You can leave the colors swirled in the dough, or you can completely blend the color evenly into each dough section.

Pinch off about a 2-inch piece of dough and form a ball by rolling it between the palms of your hands. Roll the ball in sugar. Flatten out dough and cut into assorted shapes with a small 1-inch cookie cutter. Or you can divide the dough into 1-inch pieces and roll between the palms of your hands to form small balls. Roll the balls in sugar then gently flatten them out with your hands. *Makes 48.*

Unicorn Calzones

1 can refrigerated crescent rolls
2 tablespoons flour for work area
2 tablespoons butter, softened
8 thin slices of deli ham or turkey
4 sticks string cheese, each cut into 4 pieces
Poppy seeds, grated cheese, or pizza sauce for topping (optional)



Preheat oven to 375° Fahrenheit.

Unroll each crescent roll on a lightly floured work area. Turn to coat each side of roll. Put ½ teaspoon of softened butter on each piece of dough, top with 1 slice of ham or turkey (or meat of choice), and finish with 2 small chunks of string cheese.

Roll up dough from the widest side and form into a straight horn shape.

Place each horn 2 inches apart on a foil-lined cookie sheet sprayed with nonstick cooking spray. Sprinkle/spread topping if using.

Bake 12 to 15 minutes until golden brown and puffy. Remove from oven, cook 5 minutes, and serve hot from the oven or at room temperature. *Makes 8.*

Unicorn Rainbow Float

1 liter lemon-lime soda, chilled
1 pint rainbow sherbet
1 can whipped cream topping
rainbow sprinkles

Pour lemon-lime soda into 8 glasses, filling about 1/2 full. Place 2 scoops of rainbow sherbet in each glass of soda. Garnish with whipped cream topping and add a dash of rainbow sprinkles on the top. Enjoy with a spoon.



Unicorn Cupcakes

1 package rainbow (funfetti) cake mix
cupcake liners and frosting decorating bag (Ziploc bag with a small hole cut in corner)
additional ingredients to prepare cake mix per package instructions
purple and pink frosting in a tub
Bugle™ chips (horn shaped chips)
rainbow sprinkles or colored sugar



Bake the rainbow cupcakes according to the cake mix package. Let cupcakes cool. Spoon pink on one side of the bag and purple on the other.

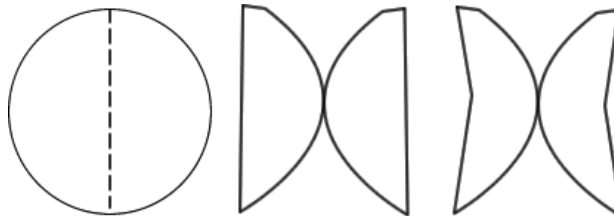
Squeeze out the frosting in a circular motion around the top of the cupcake. Place the horn shaped chip on top of the cupcake.

Add sprinkles on top. Serve.

Recipes

Butterfly Cookies

1 package refrigerated sugar cookie dough in a roll
 1 can of white frosting
 food coloring
 small cups
 popsicle sticks
 sprinkles, small candies
 plastic knives, small paper plates or paper towels



Remove the wrapper from the cookie dough and cut in slices. Cut circles in half, turn halves over, pressing round sides together. Make an indentation in middle of straight sides, creating the shape of a butterfly. Bake as directed or until golden brown.

Have the children decorate the cookies after they cool with icing.

Give each child a cookie on a paper plate or paper towel. Place a couple of spoonfuls of white frosting in a cup. Give a cup of frosting, plastic knife, and a popsicle stick to each child. Have an adult go around and add food coloring to each child's cup according to the color they desire. Have each child frost cookies with their own tinted frosting and knife. Older participants may wish to share their tinted colors and make marbled designs. Sometimes younger children tend to lick their fingers and knives while they are creating the cookies, so be careful if they share! Add sprinkles and/or small candies. Enjoy! The back of the food coloring box will assist you in mixing secondary colors, such as orange, purple, etc. Note: Food coloring stains, so I suggest having an adult adding it one drop at a time. It goes far (e.g., 1 drop of red will turn white frosting pink) so use a drop at a time. Use the excess frosting to frost another cookie or cupcake.

Personally Unique Pizza

Refrigerated pizza dough or pre-made pizza crusts
 Mozzarella cheese
 Tomato sauce in a can, jar, or squeezable bottle
 Toppings such as: pepperoni, mushrooms, ham, peppers, olives, onions, etc.



Place the pizza dough or crust onto the pizza pan and spread the tomato sauce over almost the entire pizza, leaving room for the crust. Sprinkle enough cheese to cover the pizza. Place the toppings on top. Cook according to the directions on the crust and enjoy!



Unique Sandwiches

Star, heart, flower, butterfly cookie cutters
 1 loaf of bread
 Peanut butter and jelly, ham and cheese, cucumber and cream cheese, etc.

Prepare the sandwiches on the bread.

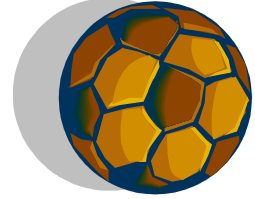
Cucumber and Cream Cheese: Peel the cucumber and slice it into thin round slices. Place a thin layer of cream cheese on each slice of bread. Lay the cucumber slices on one slice of bread. Trim the crusts off the bread and cut the sandwich into squares. Sometimes it is easier to cut this sandwich in squares instead of using a cookie cutter to cut through the cucumbers.

Peanut Butter with Jelly or Honey: Mix the items together and spread on the bread. Using a cookie cutter, cut out the shape from the bread. Try to use a different shape for each type of sandwich.

Recipes (Cont.)

Sporty Cupcakes

Cake mix with the ingredients to make, any kind
 White icing in a tub
 Cupcake liners
 See below for detailed ingredients



Football: Mix the white icing and some shredded coconut with the green food coloring and spread along the top of the cupcake. Break pretzel rods and form into a goal post shape, using icing as glue. Use a caramel candy for the football and place both on top of the cupcake.

Tennis: Frost the cupcake with white icing. Pour yellow sprinkles in a plate and dip the cupcake in them. Draw a white line if desired with the icing to finish.

Soccer: Frost the cupcake with white icing. Roll white fondant flat and round enough to cover the cupcake. Place on top the cupcake and draw soccer ball outlines on top with edible marker, available at craft and baking stores.

Baseball: Frost the cupcake with the white icing but use a lot to give it a dome shape. Use red gel icing to make the lines on the baseball.

Ham & Cheese Trombone

1 tablespoon of butter
 Spinach leaves
 1/4 teaspoon of salt
 1/4 teaspoon of pepper
 1/2 cup of grated cheddar cheese
 1/3 cup of softened cream cheese
 1 egg yolk
 A few shakes of nutmeg
 Ham
 1 egg
 4 teaspoons of grated fresh Parmesan cheese
 Premade crescent roll dough



Preheat the oven to 375 F. Melt butter over medium heat. Chop the spinach and add to the butter with the salt and pepper. Mix around until it is softened, which should be 5-6 minutes. After this, let it cool and put into a bowl. Separate the egg. Mix the cheddar cheese, cream cheese, egg yolk, and nutmeg. After mixed, stir in the spinach, if using.

Take out the crescent roll dough and place onto a lightly greased cookie sheet. Lay a slice or two of ham on each open crescent, then a spoonful or two of the spinach mixture. Brush edges with butter if desired. Fold as directed on package and top with the grated parmesan cheese. Place in the oven for 20 minutes and let cool before eating.



Wiggle and Unique Dessert

JELL-O® mix and the ingredients to make it
 Canned fruit (peaches, mandarin oranges, etc.)

Make the JELL-O® according to the directions and place into a large bowl. Drain the juice out of the canned fruit (make sure it's not grapes) and place into the JELL-O®. Let sit overnight and enjoy!

Games

Freeze Dance



Music

Express yourself with your moves! A player is chosen to play the music. The rest of the players dance to the music. The player playing the music can decide when to stop. When the music stops, the players have to freeze in position. If they don't freeze in time, then they are out. The last person standing is the next music player.

Unique Dress Contest

Toilet paper (one roll for each team)
Stopwatch



Divide the players into even teams of 3 or more people. Give each team a roll of toilet paper. For extra, use colored or decorated toilet paper! Have one person be the runway model and have them pose in the middle of the circle. Have the rest of the players form a circle around the model. Have someone be in charge of the stopwatch. When it's time to for the game to start, have the stopwatch start as well. When the time starts, have the participants in the circle wrap the model in the toilet paper to form an unique dress. Have the stopwatch person judge the dresses. Have the winners get a small prize or a shiny star sticker.

Kind Words

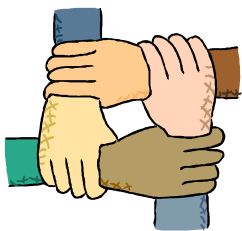


Pick one person to be "Miss Manners." Have the rest of the participants line up in a horizontal line and Miss Manners on the other side of the room. In order to advance, the participants have to say something nice or kind about a person or her/himself. According to the compliment, Miss Manners can tell them to advance in any way. Ex. "take one tiny step," "take one leap," or "take a big step."

Things I Love

A bucket with numbers, one for each player

The players, the better! Have every player think of 3 things that you love and keep them to themselves. Have the players spread out around the room. Have the players pick a number out of the bucket. The person with the number 1 goes first. Have that player say one of the things they love (ex. "I love my dog" or "I love pizza"). If anyone else loves what they love (ex. Pizza, dogs), then they go to stand with that player. This game continues until you want to stop playing.



Let's Be Friends

The more people for this activity the better/harder. Have everyone stand in a circle and stick their arms out. Have the players hold someone else's right hand with theirs. If you want to make it harder, stand closer. Have the players hold someone else's left hand with theirs now. To make it harder, you can hold any hand you want to (still making sure it's two different people). Meaning, you don't have to hold your right hand with another right hand. Make sure it is not the same person you are holding with your right hand. Try to untangle yourself without letting go of anyone's hand. You can step over, under, or around people to get this done. When you have completed this, you should be in a circle holding hands, but not tangled. For a variation, you can split up a large group into smaller ones and have competitions for who is the fastest.

Games (Cont.)

Guess My Picture

Pad of paper

Have someone not playing the game write down about 20 interesting words that can be drawn. Place them inside of a bowl. Have the players split into two teams. Pick one player from each team to go first. Have them pick a word that was in the bowl—that is the word they have to draw. Have the players on the same team try to guess the drawing while they are drawing. They cannot use words or write it out! The team that first gets it, gets one point. Have another player go and do the same thing. The team with the most points at the end wins.



My Own Cootie Catcher

A diagram on how to make your own cootie catcher is on the next page.

You'll need 1-2 players. Have a player choose a number for the cootie catcher. Open and close the Cootie Catcher one time for every number. Have a player choose a number from 1 to 8. Open and close the Cootie Catcher that number of times. The player then selects 1 of the 4 visible flaps revealed when you stop. Read the player's fortune. Remember, this is just for fun, so try not to make fortunes that are not fun for all players.

Fashionista!—participants have to find out what is different about the suspect.

Hats, shirts, clips, scarves, jewelry, purses, belts, etc to change the appearance briefly of the suspect are recommended but not required. You may wish to ask each participant to bring something from home to change their appearance. Older participants may need to guess two or more things, or have to notice minor changes, like the way their hair was combed.



Three or more players are needed to play this game. A person is selected to leave the room or area, this will be the suspect. Before they leave the room they stand in front of everyone and turn around. Everyone takes mental notes of their appearance for 30 seconds. Some groups may wish to allow written notes of their appearance.

The suspect leaves the room for 30 seconds and changes his/her appearance with the item they brought from home or by taking their sweater off etc. After the suspect has changed something they go back in the room where the other players are waiting. When the person appears they take turns guessing what is different about the suspects appearance.

The first player to discover what has been changed becomes the next suspect, unless they already have been the suspect, then they choose someone that has not been the suspect yet.

Other fun things to do to add life to your event, camp or get-together:

Blow magical bubbles

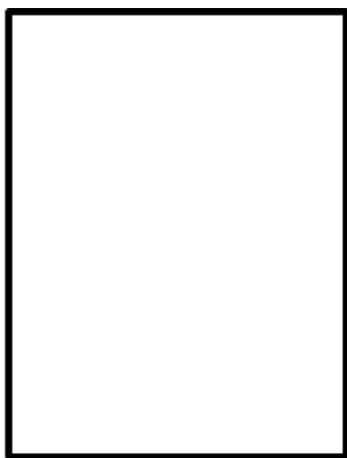
The Limbo- How low can you go, without falling (you can decorate the limbo stick with glittery ribbon and colorful paper streamers)

Water Balloon toss

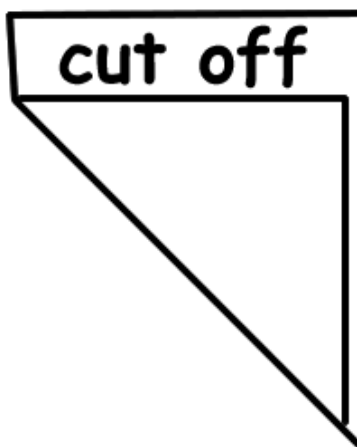
Magical piñatas– rainbow, unicorn, etc.

Pool fun- Beach balls, ring toss, and squirt toys. Squirt toys can be used to fill up empty cups at the other side of the pool.

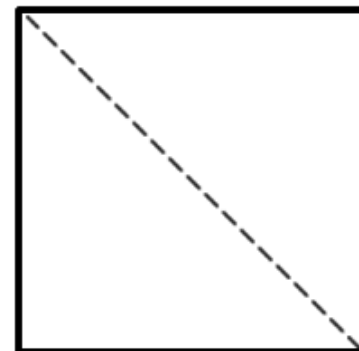
Make a Cootie Catcher (also called a Fortune Teller)



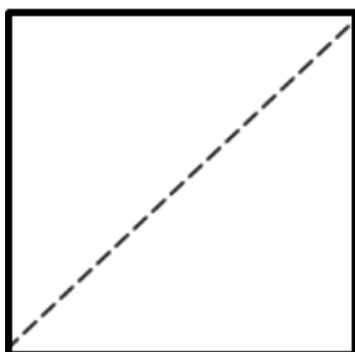
Start with a plain piece of white paper.
8 1/2 X 11



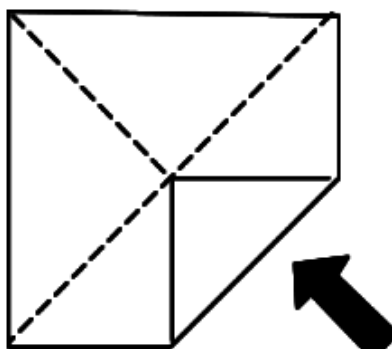
Take the left hand corner and fold it to the side of the page to create a triangle. Cut off the excess paper.



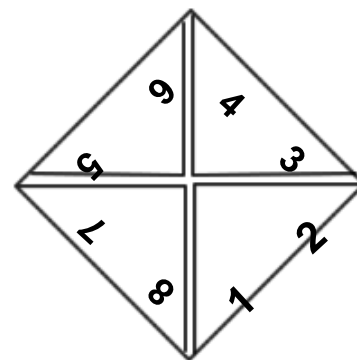
Open the triangle and you will have this square with a folded crease in the center.



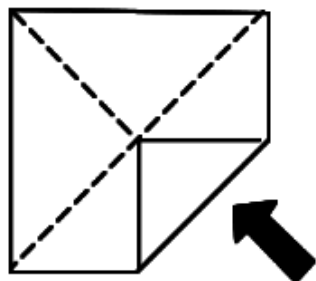
Fold the square diagonal in the other direction to create an "X" pattern of creases in the center of square.



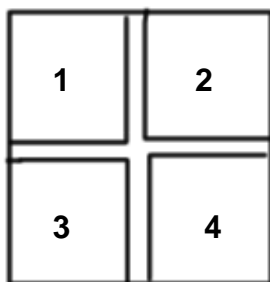
Begin folding the corners towards the center of the square.



Your square should look like this now. Number the triangles. There will be a crease on each large triangle large enough to place two numbers. Open each flap and write a fortune on each triangle inside. When your fortunes are written, close all the flaps.



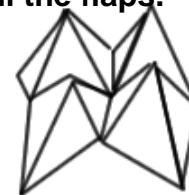
Flip the folded square over and begin folding the corners toward the center of the square.



Your square should look like this now. Number each corner as shown.



Hold the paper in front of you like a square. Fold it in half vertically and open it back up again.



Slide your thumbs and fingers under the four flaps. Rotate your hands, bringing your thumbs and index fingers together. The cootie catcher should expand as you move it.

Community Service

Fleece Blanket for Cancer Patients, Soldiers, Animals, or Children

Materials needed:

Less than a yard blanket would be nice to donate to the local animal shelters.

- 1 1/2 yard piece of polar fleece (Elementary school children)
- 2 yards of polar fleece (for teens)

Fleece is usually about 55" wide.

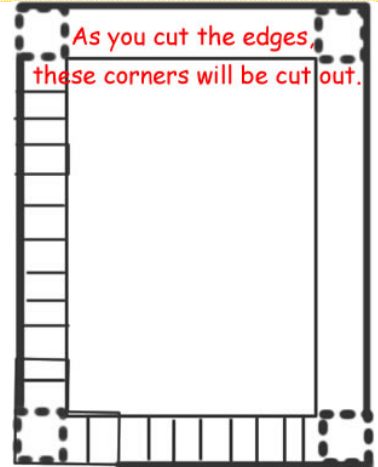
Directions:

When purchased, sides of polar fleece have a rolled edge or a selvage. Please trim this edge off prior to creating the blanket.

If you need a cutting guide place a piece of masking tape 5" in from the edge on top and bottom of blanket to be used as a cutting guide.

Cut top and bottom sides into 1" x 6" strips (cut toward center of blanket to make fringe). Eventually, you will cut out a square in the corners by creating your fringes. See diagram on the right. Remove masking tape.

Tie overhand knot on each strip to create a finished fringe edge as shown on the patch.



Collect Eye Glasses

Step 1: Get Your Group Together! Collect used eyeglasses on your own or with a group of friends, scouts, club members, or schoolmates. (free flyers and door hangers to download)

Step 2: Print and personalize fun materials to help you collect used eyeglasses including door hangers, fliers and stickers in English, Spanish or French!

Step 3: Place door hangers Along Your Collection Route (three days to a week in advance)

Step 4: Ghost Hunt for Used Eyeglasses on Sight Night!

Step 5: Count Your glasses and Collect Your Certificate!

Step 7: Turn In Your Sight Night Eyeglasses at Your local LensCrafters and Lion's Club.

Step 8: Order your participation patch



LETTERS TO LADIES

Patch Item #LETTER-LADY \$1.50

1) Write a letter(s) or card(s) to ladies that are going through breast cancer.

2) You may use any note card, stationery, or paper but please keep cards within the envelope size (4.75" x 6.5") to ensure your letters can be used.

3) Letters are to cancer centers where medical staff hand out individual letters to newly diagnosed patients.

4) WHAT TO SAY: The best way to start your letter is with "Dear Friend" or "Dear Sister." We encourage you to sign just your first name and last initial (Gina M.). And because we don't know a distribution time frame, please DO NOT DATE THE LETTERS OR WRITE THE SEASON you created it.

SEND TO:

Girls Love Mail
193 Blue Ravine Road, Suite 120
Folsom, California 95630

