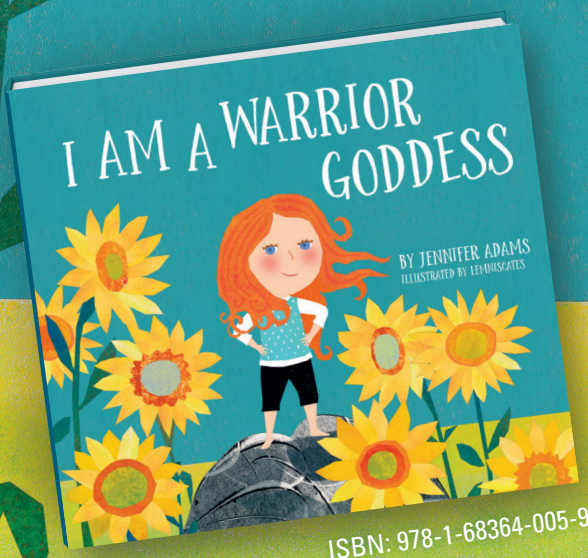


I AM A WARRIOR GODDESS

STORY TIME KIT

Host a girls' empowerment gathering in your library, bookstore, or organization—or engage in these activities right at home.

I Am a Warrior Goddess is the illustrated tale of a little girl with big aspirations. Readers learn how each day is full of ways to make a positive impact with ordinary actions. As our heroine connects with the earth, takes care of her body, and finds strength in kindness, she discovers her inner warrior goddess and inspires young girls everywhere to do the same.



Six activities to explore the qualities of a warrior goddess



SOUNDS TRUE
SOUNDSTRUE.COM

Story Time Tips

1. **Promote your story-time event.** Use page 12 for a promotional flyer, poster, or invitation.
2. **Prepare a comfortable space with any resources you'll need.** Choose a spot where the girls can sit in a circle as well as have space for engaging in activities. Some involve coloring or crafts, while others involve only their presence and imagination.
3. **Read the story first.** Read the book to the group to help them get acquainted with the story, character, and illustrations.
4. **Facilitate activities to help the girls connect with their own warrior goddesses.** Browse the kit's activities to decide which are best for your timeframe and age group.
 - Each activity explores a quality of a warrior goddess as presented in the book—such as kindness, gratitude, compassion, and connecting with the earth.
 - You can pick one activity for a story hour or host a “Girl Power” or “Warrior Goddess” event to engage in several.
 - While the book is for ages 4-8, there is a relevant message for older girls; you can modify activities as needed.
5. **Participate in the activities alongside the children.** As the facilitator, be open and willing to share *your* warrior goddess. Model activities and present real-life examples.
6. **Share the kit with parents and caregivers.** Make copies or provide the URL so that they can download it: SoundsTrue.com/store/i-am-a-warrior-goddess-1.html
7. **Watch the book-reading video.** This is also available at the URL above, or you can search “I Am a Warrior Goddess” on YouTube.

Note: While we use the words “girls,” “she,” and “her” throughout, we recognize that there are boys who see themselves in this role. We encourage them to participate in these activities in the same manner—whether they choose to be a warrior god or goddess.



You Are a Warrior Goddess

The character in the book is a warrior goddess, not *the* warrior goddess. Just like her, you are a warrior goddess in your very own way. Let's explore how.

1. In the picture on the next page, draw yourself as a warrior goddess. Color the page however you'd like. *You may photocopy the page for free distribution.*
2. How do you express the qualities of a warrior goddess? Answer the following questions.

How do you greet the morning? _____

How do you take care of your body? _____

How do you look out for others? _____

What are you grateful for? _____

How are you kind and generous? _____

How are you fierce? _____

Who is your family of warriors? _____

What is the last thing you do before you go to bed? _____

3. Pick one answer that you'd like to share. On your picture, write a sentence about it. For example: I greet the morning by watching the sun rise; I take care of my body by eating healthy foods and playing soccer; I am grateful for my family and my cat.

Gather everyone together in a circle to share pictures and sentences.

Encourage the girls to hang their pictures on their bedroom doors as an everyday reminder. Let them know that a warrior goddess has many qualities that make her who she is and therefore they can repeat this activity as often as they'd like to create new door posters.



I AM A WARRIOR
GODDESS



Create a Gratitude Jar

Every language in the world has a way of saying “thank you.” When we express gratitude, we make a choice to be grateful for the gifts we receive, the blessings we are granted, and the positive things that happen in our lives.

Practicing gratitude also makes us feel good. It helps us focus on what we have and the experiences that we appreciate. And it’s contagious: when more people practice gratitude, our world will relax and smile more. That is why we are creating gratitude jars—to remind us to practice every day.

Activity resources:

- Glass jars (canning jars work well, but any jar that is empty and clean)
- Decorative items (stickers, decorative paper or construction paper, crayons or markers)
- Glue
- Paper for notes (make copies of the next page or use decorative paper)

Instructions:

1. Decorate your jar however you’d like.
2. Cut the squares on the next page for gratitude notes. Or, if you’re using decorative paper (8.5” x 11”), fold the paper in half three times for eight rectangles.
3. Fold the notes in half, then in half again. Place them in the jar, leaving one to write on.
4. Reflect on your day. What is one thing that you feel grateful for? It could be a big or small thing; for example, a trip, your team winning a game, time you spent with a friend, how a teacher helped you, what your mom or dad made for breakfast, or music you enjoyed listening to.
5. Write it down on the gratitude note and drop it into your jar.
6. Do this once a day. You can pick a time of day that you practice gratitude with your family, like after dinner or before bedtime.
7. When your jar is full, have fun pulling out notes and reading them. Gratitude memories can make you feel just as good! You can save all your notes for later if you’d like.
8. Cut out paper to create more blank notes and refill the jar.



Today, I am grateful for

Today, I am grateful for

Today, I am grateful for

Today, I am grateful for

Today, I am grateful for

Today, I am grateful for

Today, I am grateful for

Today, I am grateful for

Today, I am grateful for

Nurture Your Mind & Body

It's important to take good care of your mind and your body equally—like exercising, eating healthy, taking breaks to relax and catch your breath, learning new things, and getting better at the things you know how to do.

In the first activity, we'll think about what we're good at and something we would like to learn—whether it is physical (like dancing or playing soccer), mental (like how to draw), or a combination of the two (like planting a garden). In the second activity, we can let go in our minds and bodies to release any worries or stress that we're feeling.



Talents and Aspirations

Fill in the blank: I am good at _____.

Make a list: What do you do to help this skill or talent grow?

Fill in the blank: I want to learn how to _____.

Make a list: What will you need to learn this new activity?



Warrior Goddess Dance Party

Let's have a Warrior Goddess Dance Party to be carefree and in the moment! Don't worry about what anyone thinks when you're dancing. Simply feel the music and have fun. Try closing your eyes and see how that feels.

You can find an "I Am a Warrior Goddess" playlist on Sounds True's Spotify channel. Or, you can create your own playlist and ask girls to share songs that make them feel like warrior goddesses.

Wildflower Seed Bombs

This recipe is from climatekids.nasa.gov; you can find many other wildflower seed bomb recipes online and via Pinterest.

Let's connect with the Earth while creating a meaningful gift for someone special.

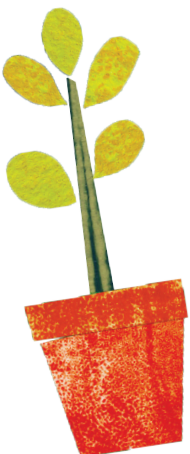
These wildflower seed bombs give new meaning to the words “bomb” and “explosion”—resulting in a bouquet of wildflowers to beautify the earth; provide habitat for birds, insects, and butterflies; and support air quality, among other benefits to nature.

Activity resources (makes 8-10 balls):

- ½ oz native wildflower seeds
- 3 ½ oz dry, organic potting soil
- 1 ½ oz dry clay (we suggest powdered red pottery clay)
- Water
- A mixing bowl
- A cookie sheet for drying the seed balls
- Wax paper

Instructions:

1. Line cookie sheet with wax paper.
2. Mix seeds and potting soil together.
3. Add dry clay and mix again.
4. Slowly add water while still mixing the seeds, potting soil, and water into a well-blended paste.
5. When you are able to form a ball of the blended material without it falling apart, you are ready to stop mixing.
6. Mold the mixture into small (1-inch diameter) balls and place on cookie sheet or tray with wax paper.
7. Allow balls to dry in the sun for at least one day.
8. All you have to do is throw them at a patch of dirt and watch it explode! Once it rains (or you water them), they will have everything they need to grow.
9. Gift a bag of your seed bombs to someone who has been a warrior goddess in your life. There is a dedication card on the next page in which you can write a note to this person.





TO:

FROM:

*Wildflower seed bomb instructions: Throw
in a patch of dirt and watch it explode!
Once it rains (or you water them), they will
have everything they need to grow. Enjoy
and send me a photo when they bloom.*

Fierce Love for Yourself and the World

Jennifer Adams, the author of *I Am a Warrior Goddess*, defines “fierce” as going for what you believe in and making your mark in the world—while staying true to who you are.



Let's reflect on the following questions:

1. How do you want to make a difference in the world? Or change something in your everyday life?
2. What is one thing that you can do today to work toward that goal?
3. Do you have a story to share of someone you know who made an impact in her or his community (neighborhood, school, youth organization)? What qualities helped this person turn her vision into action? What challenges did he face? How did she feel when she made a difference?

Kind Wishes Practice

This practice is shared in Raising Resilience: The Wisdom and Science of Raising of Happy Families and Thriving Children (Sounds True, 2017) by Christopher Willard, PsyD.

Just like we can practice gratitude, we can also practice being kind and compassionate to others. That can mean putting yourself in their shoes, giving someone a break for having a bad day, or simply doing something nice without being asked. And like gratitude, kindness and compassion are contagious.

This is a simple and informal exercise called “Kind Wishes Practice” that is the basis of most compassion training. The challenge is to begin with acts of compassion that come more naturally to us and slowly expand the circle.

1. First, bring to mind someone you deeply respect and look up to, and who loves you in return. Think of something that would benefit this person and make them happy. Make a “kind wish” and send it their way.
2. Next, send a wish to someone you love—a friend or family member.
3. Now make a kind wish for a neutral person—someone you don’t know very well at all (a person you often see in the grocery store, someone who delivers your mail, or a quiet neighbor, for example).
4. Lastly, wish something nice for someone you dislike or feel frustrated with.



Let the group know this is something they can do at home with their family on special occasions, or really anytime they would like to practice being kind and compassionate.

Join Us for a

GIRLS' EMPOWERMENT GATHERING

Learn how each day is full
of ways to make a positive
impact with ordinary actions

DATE AND TIME:

LOCATION:

