

Dove & the World Association  
of Girl Guides and Girl Scouts

**free  
being  
me**

**Festival  
toolkit**

*Ideas, tips and  
inspiration for large and small  
Free Being Me themed events*

# Contents



**Introduction** Page 03

**Inspiration** Page 04

**Creating a free being me  
festival theme** Page 05

**Patrol duties** Page 07

**Icebreakers** Page 08

**Energisers** Page 10

**Debrief activities** Page 12

**Extra activities** Page 14

**Social media** Page 19

**Involving the community** Page 21

**Evaluation** Page 22



# Introduction



## Welcome!

This toolkit will provide you with tips and ideas to help you run your own **'Free Being Me festival'**.

A festival can be a one day event, weekend or a camp/holiday lasting several days which aims to give participants a body confidence boosting experience, in a fun and relaxed atmosphere.

The toolkit assumes that your event involves activities from the Free Being Me activity packs, and it provides practical advice and extra games and activities that you could include to make your event more fun and dynamic, incorporating a Free Being Me theme throughout.



Don't forget to share the fun with others, through the Share your Story section of [www.free-being-me.com](http://www.free-being-me.com) or on our Facebook group: [www.facebook.com/groups/234432710072466/](https://www.facebook.com/groups/234432710072466/) (Just ask to join!).

For guidance and support on running the Free Being Me activities, please refer to the Leader Guide, the two e-learning courses on the WAGGGS GLOW site, or email [freebeingme@waggggs.org](mailto:freebeingme@waggggs.org).

Also available: Training Toolkit with resources you need to train others on FBM, Media Relations Toolkit to help you tell local and national media about your event.

Visit : [www.free-being-me.com/support-leaders/training-and-communications-resources/](http://www.free-being-me.com/support-leaders/training-and-communications-resources/)



# Inspiration

Many Member Organisations (MOs) have already run events and camps with a FBM theme; for example:

- **One day Free Being Me events e.g. a 'Free Being Me Fun Day':**

Used to promote Free Being Me to members including children, parents and volunteers. These events are also a great way to raise the visibility of Guiding/ Scouting and invite members of the local press to attend

- **Free Being Me camps for 7-10 / 11-14 year olds:**

During a camp over several days it is possible to do all the essential Free Being Me activities and earn the badge! See page 16 of the [Leader Guide](#) for advice.

- **Free Being Me for 'Ranger' age group (15- 25 years):**

A FBM event or camp for the 'Ranger' age group is a great opportunity to train Rangers as young leaders or peer educators to help deliver Free Being Me to 7-14 year olds, as well as boost their own body confidence and develop their leadership skills.

- **Free Being Me for leaders:**

If you are running an event or camp for 7-14 year olds, you could use the opportunity to train new leaders. By gaining practical experience of running FBM activities, leaders will feel confident to do Free Being Me with their own Guiding group.

*We hope that this pack inspires you to create a fun and truly Free Being Me experience!*



**FBM Fun Day, Grenada:** A national Fun Day was planned to inform, promote and involve girls and boys in practical fun activities related to Free Being Me.



**Free Being Me Sand Sculpture Day, Hong Kong:** A great way to raise awareness of FBM messages, and to show you can just have fun at the beach without worrying how you look!



**International Day of the Girl, Ivory Coast:**

Leaders and girls came together to celebrate IDG, which was themed around Free Being Me.



**Free Being Me Summer Camp, Pakistan:** 'Girls learned that they should focus on their goals and mission in life and must not give up just because of concerns with their looks.'



# Creating a Free Being me festival theme

Creating a Free Being Me festival atmosphere will get participants excited and encourage them to feel free to be themselves. Here are some ideas on how to create your FBM theme:



## Decorate your space!

As they arrive, ask participants to decorate their tents, campground or event space with FBM or festival images- using basic materials such as newspaper, recycled paper, coloured fabrics and string, participants can get creative.

## Free Being Me wall

Set up a Free Being Me wall where participants can share ideas, positive statements and inspiring pictures throughout the event, including things they create as they go through the event activities.





# Creating a Free Being me festival theme

## ■ Free Being Me News Stand

If you are running an event over several days a news stand is a useful space to include daily updates from participants, important information and a place where people can write their thoughts and ideas. Come up with a creative name for your news stand e.g. 'The FBM Daily Express'

## ■ Create your own FBM t-shirt

Ask participants to bring an old plain t-shirt and using fabric pens participants then decorate their t-shirt with a positive message on body confidence. This can be included as an activity during the event.

## ■ Music

Include music throughout the event - create your own playlist of songs that have a Free Being Me theme. Some examples could be 'Video' by Indie Arie, 'Unpretty' by TLC, 'Born this Way' by Lady Gaga, and 'Beautiful' by Christina Aguilera

## ■ Pre-Festival challenge

Give participants a 'pre-festival challenge' to complete before they come to get them excited about Free Being Me and ready for your event. Here are a few ideas of challenges to include:

### 1 Explore the Free Being Me website: [www.free-being-me.com](http://www.free-being-me.com)

The Free Being Me website is full of inspiring stories. Check out the homepage and the [Your Stories](#) section which has links to FBM news from around the world.

### 2 Complete the Free Being Me courses on GLOW (For Rangers and leaders)

GLOW is WAGGGS e-learning platform. By [registering](#) (All you need is your name and an email address!) you can access a range of fun, interactive online courses.

To prepare you to do Free Being Me with your group there are two Free Being Me e-learning courses- introductory and advanced, both available in English, French and Spanish.

Complete both online courses and receive your online certificate.

Each course only takes 20-30 minutes to complete: [www.glow.waggs.org](http://www.glow.waggs.org)

### 3 Post a #freebeingme photo (For leaders or peer educators)

Have you started doing Free Being Me with your Guide or Scout group? Why not test out a few activities with your group, or some of your friends before coming to the event? Whilst doing an activity, take a photo and post it on the Free Being Me Festival Facebook group. The person with the most #freebeingme photo will be announced at the festival and win an exciting prize!

*Note: For this challenge you will need to create a Facebook group for the event and include the link in the challenge.*





# Patrol duties

A patrol is a small group of peers who work together. If you are running an event over several days, putting everyone into patrols will help participants get to know each other and develop their teamwork skills. On the first day allow time for patrols to come up with a name and a motto, preferably relating to body confidence and self-esteem. You may wish to also appoint a patrol leader who is responsible for leading their patrol and for their wellbeing.

During the event, give patrols a different duty each day- you can include a 'Patrol Corner' which is an allocated time for patrols to come together and work on their duty. Here are some examples of patrol duties:

**Morning reflection:** Prepare a short reflection or reading to start the day with a positive/ inspiring message to share. If you have a flag ceremony in the mornings, the patrol can include this as part of their morning reflection.

**Energisers:** Come up with two- three short games or songs to run whenever the energy of the group is low (like after lunch for example) to energise and wake everyone up. The patrol can come up with their own energisers or choose from a set list (See the energiser section below for ideas).

**Time Keepers:** Gather everyone back on time after lunch/ break times. You can give the patrol bells or whistles to help them gather participants!

**Social media:** Using phones and laptops, post photos, messages and tweets on social media such as Facebook, Twitter and Instagram so that other people can follow the event. Encourage them to use **#freebeingme** and post on the official Free Being Me Facebook group at [www.facebook.com/groups/234432710072466/](http://www.facebook.com/groups/234432710072466/)

*If some people don't have social media accounts you can set up a specific one for the event for all the patrols to use.*

**Daily update:** At the end of the day write a summary of the day's events, thoughts, ideas and reflections in a short, fun article. You can then post the daily update for others to read on your MO website, on the news stand, or submit the story on the 'Your Stories' section of the FBM website at: [www.free-being-me.com/your-stories/](http://www.free-being-me.com/your-stories/)

**Programme helpers:** Meet the session leaders before and after each session to see if they need assistance setting up and clearing the space.

**Camp helpers:** Assist with camp duties e.g. preparing and serving food

**Environment Patrol:** Make sure that any rubbish is cleared away after sessions, keep the space tidy and pick up any litter, check the lights/ equipment are switched off after sessions.

**Personal Journal or Log Book:** The patrol corner can be a time for participants to individually or as a patrol write down their reflections and thoughts in a journal during the event.



# Icebreakers



Icebreakers are important activities to do at the start of any event to welcome participants, allow them to get to know each other and feel comfortable in a new environment with new people. Here are some ideas of different icebreakers:

## ■ Bingo

Using the bingo template (See Sheet 1), participants talk to as many people as possible to find someone who can answer yes to the statements in the bingo squares. You can use the statements in the template provided or make your own, and depending on the number of participants increase or decrease the number of squares.

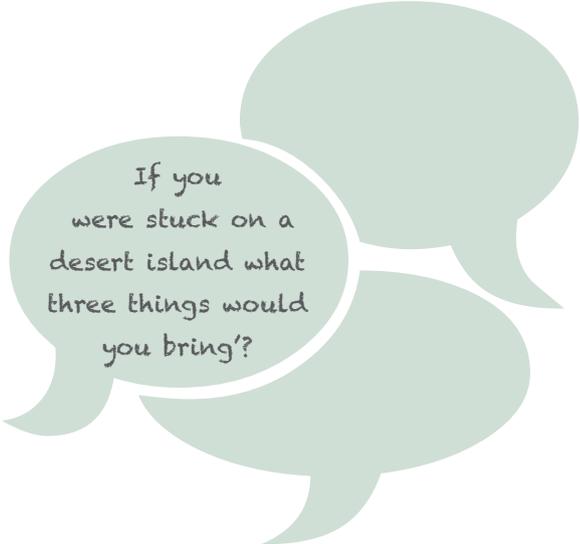
Once someone has completed a line (vertical or horizontal) they shout 'Bingo!' Give a prize to the person who finishes first.

## ■ Interesting Questions

Everyone thinks of an interesting question(s)- something different to 'What's your name and where are you from' e.g. 'If you were stuck on a desert island what three things would you bring?' or 'If you had a million dollars what would you do with it.?' Music then plays and everyone walks around the room asking different people their question(s).

After everyone has spoken to a few people, get the group back together in a circle. Then go around each person in the circle asking 'Who spoke to X? What did you learn about them?' The people that spoke to that person then remember the interesting things they learnt and tell the rest of the group.

*Note: As you will be going around everyone in the circle, this game works best in smaller groups.*



If you were stuck on a desert island what three things would you bring?



# Icebreakers



## ■ Find your friend

Everyone writes three things about themselves on a piece of paper. Two of the things should be related to their character e.g. 'I am a loyal friend' or 'I am good at football' and one thing should be related to their appearance (but not too obvious!) e.g. 'I have short hair.' Once everyone has written their three facts, everyone puts their piece of paper into a hat. Each person then picks a piece of paper (Pick a different one if you get your own) and goes around the group asking questions to find out who it belongs to.

## ■ 'Secret Friend'

See page 3 of the 7-10 or 11-14 FBM activity pack. To set the scene at the beginning of the event, participants at random are each given a secret friend from the group. During the event, participants find clever ways to make their secret friend feel good about themselves, without giving away who they are.

## ■ 'Mirror Mirror'

The 'Mirror Mirror' personal challenge on page 33 and 36 of the 11-14 FBM activity pack is a great sharing activity to get people in a Free Being Me frame of mind. This activity is best to do after participants have done other icebreakers, perhaps on a second day of an event, when icebreakers are still necessary for everyone to get to know each other, but when participants feel comfortable to share with one another.



# Energisers



Energisers are short activities that you can use at the start or during a session when you see that the energy levels of the group are low and they need waking up! Energisers can help participants focus and engage more with the session, so it is a good idea to include some throughout your event. Energisers can be run by those leading the event, or participants themselves (See patrol duties). Here are some ideas of different energisers:

## ■ Key on a string

Everyone gets into patrols and stands in a line. Each team is then given a very long piece of string (the strings for each team should be the same length) and asked to weave it in and out of their arms, legs and waists. Then the person at the front of each line is given a key. The key is then raced to get to the other end by being weaved in and out of people's clothes. The first team that finishes wins!

## ■ Dance Master

Everyone stands in a circle. One person is chosen as the guesser and goes out the room. Another person is chosen as the Dance Master. Music starts playing and the guesser comes back in the room. The Dance Master decides what dance move everyone does, and as the music plays keeps changing the dance move (without the guesser noticing), which everyone else copies. The guesser has to guess who the Dance Master is. (If you have a large group it may make it difficult, so have two guessers)

## ■ Handcuffs

For this activity you will need to prepare a string handcuff for every participant- get a piece of string and tie two loops on either end, one for each hand. Ask everyone to find a partner and give each person a string handcuff, which they then attach to their partner so that they are tied together.

Participants have to break free from their partner without taking their handcuff off. Participants have to think outside the box- you can use the idea of breaking free and broadening your mind as a metaphor for Free Being Me! See the diagram on Sheet 2 with the secret to breaking free from your partner.



# Energisers



## ■ **Blind Dancing**

At the beginning of the session, give participants a blindfold or ask them to put their scarves over their eyes. Once everyone has done so, play some upbeat music to dance to. No-one's watching so participants will let go and feel free to be themselves!

## ■ **Talent Chairs**

Similar to 'musical chairs' this game will help participants discover their own and others' talents and qualities. The leader, who doesn't have a chair, calls out a quality e.g. 'creative'. All participants who possess this quality must get up from their chairs and find a different one to sit on. The person who doesn't get a chair becomes the next group leader and calls out a new quality.

## ■ **'Beauty around the world'**

See page 11 of the 7-10 FBM activity pack or page 8 of the 11-14 FBM activity pack. This is a great game to do at the beginning of the event to get people thinking about different ideas of beauty.

## ■ **'Pelele'**

See page 16 of the 7-10 FBM activity pack. Participants experience that it's fun to celebrate their friends' good qualities and to recognise their own. All ages love this game!

## ■ **'Role Model Tag'**

See page 32 of the 11-14 FBM activity pack. Participants will run around and get energised, as well as understand the importance of positive role models.



# Debrief activities

Debriefing at the end of a day's activities is an important process to help participants reflect on their learning. Free Being Me is about making a positive change within ourselves and others. The following activities will help participants think about this change, reflecting on their FBM experience during the event, and how they can take what they have learnt into their communities.

## ■ Moving Circles

Pair up participants and ask them to form two circles facing their partner- Person A in an inner circle and Person B in an outer circle. Ask participants to share their biggest challenge of the day, how it made them feel, and how they dealt with it. Then ask the people in the outer circle to move one step to the right. With their new partner they then share their favourite moment of the day and how it made them feel. You can ask participants to move around the circle a few times sharing their favourite moments of the day.

## ■ Face Debrief

Draw a face. Next to each feature, write:

**Eyes** - what you saw today that made you happy/ proud

**Mouth** - what you said today that made you happy/ proud

**Ears** - what you heard today that made you happy/ proud

## ■ Dream, Dare, Do

Put up three large pieces of paper with the following headings:

**1** Dream: something that you have wanted very much to do, be, or have. Write: What is your dream for your community?

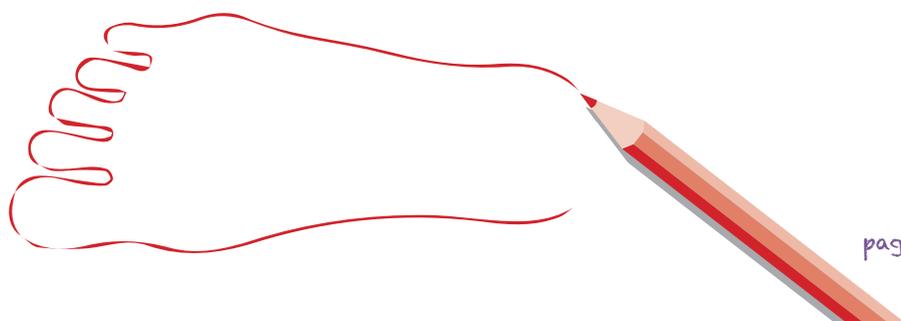
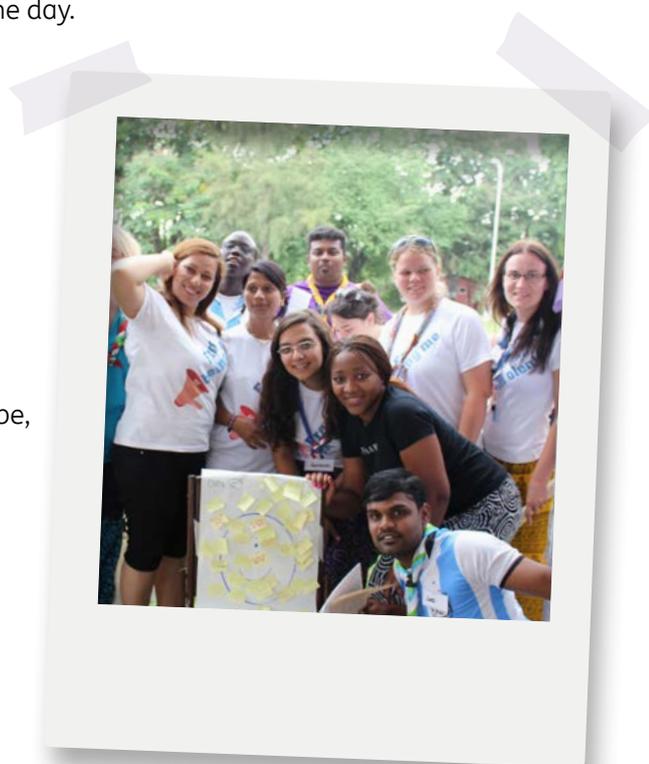
**2** Dare: to have enough courage or confidence to do something; to not be too afraid to do something. Write: What will you have to overcome to make your dream happen?

**3** Do: To bring about, effect, make happen. Write: What we will you do to start the change?

Invite participants to write their own dreams, challenges and actions on the pieces of paper, linked to the body confidence of young people in their communities.

## ■ Footprints

This activity works best a few days into an event, once patrols have got to know each other and can recognise what different roles people play in the team. Ask everyone to draw around their feet and write their name on their footprint. Pass the footprints around the patrol. Everyone should write on the footprint the difference that person makes e.g. makes everyone feel confident, organises people, brings creative ideas.





# Debrief activities

## ■ Postcard to myself

Individually, participants write a postcard to themselves. Ask them to reflect on the following:

*What have you experienced while you have been here? Think about new experiences, friendships made, challenges overcome, new things learned.*

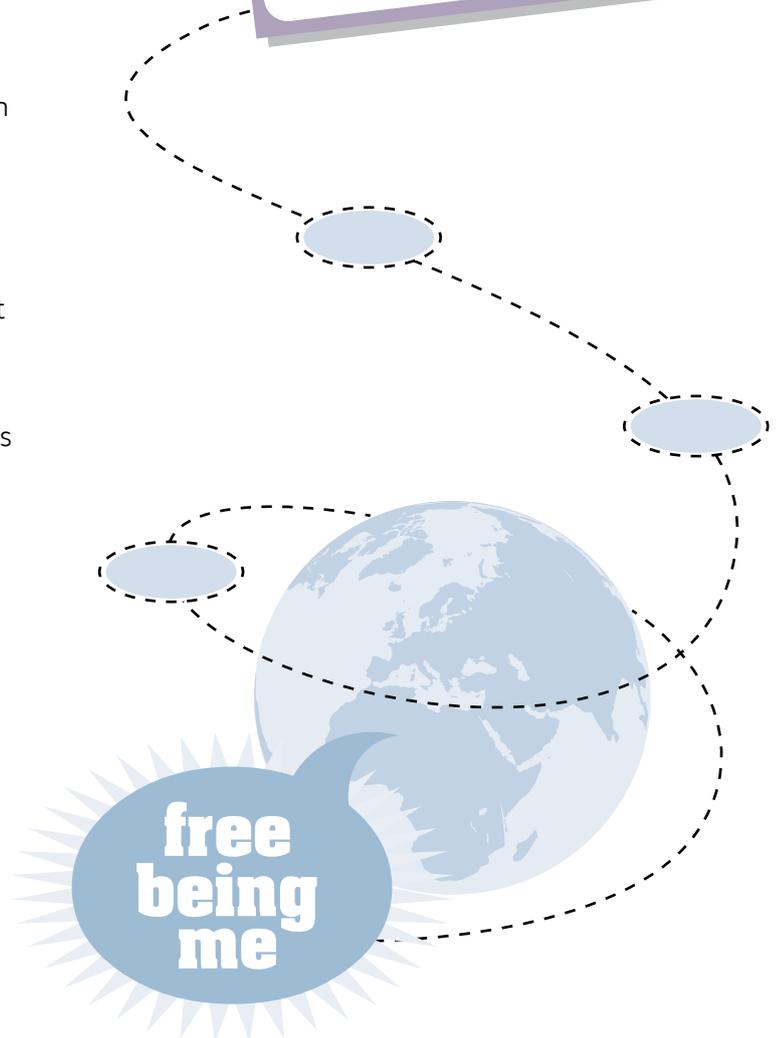
*What is your challenge to yourself after having had this experience?*

Participants should write their address on the post card and hand back to the leader- in a month's time send the postcards to each person as a reminder of their experience and inspiration to continue spreading the Free Being Me message when they go home!

## ■ 'Personal Challenge: Spread the Word'

A great activity to do in the last session of your event is the 'Spread the Word' activity from page 40 of the 11-14 activity pack.

Participants will explore what they can do themselves to be free of the Image Myth, and what they can do when they go home to make a difference to body confidence in their community. Participants can take their pledge cards home with them as a reminder of their commitment to Free Being Me.





# Extra activities

Here are some extra activities you could run for a longer event or camp- activities should be optional and are an opportunity for participants to continue making friends and have fun!

## ■ International Evening

If you are running an international event, an evening where participants can share their culture and learn about others is a wonderful part of the Guiding and Scouting experience. Ask participants to bring something from their country- this could be a song or dance, food, a game, a presentation or play to share with the rest of the group. If this is a national event, your country may have regional diversities that could be shared in the same way.

## ■ Movie Night

Show a film that carries a Free Being Me message- for example, Brave – the 2012 Disney/Pixar film. After the film, have a group discussion about the film’s key messages and how it relates to Free Being Me. Prepare some questions beforehand to promote an interesting discussion.

## ■ Wide Game

For this game you will need to split everyone into patrols or groups of six- ten: it is a great opportunity to develop team work skills and create a bond within the team.

In their groups, participants will go to stations spread around the area to complete different tasks. If they complete their task successfully they will be given a letter. Once they have been to each station and collected all the letters, it will spell out the name of a location. As an example, we have used the word ‘BATHROOM.’

In the bathroom, there is a prize hidden: the group that goes to each station and gets to the bathroom first will win the prize. It is a race so the groups will need to be quick- this game will surely energise participants!

See below a list of different stations- you can use these or create your own, however it is recommended that some of them have a Free Being Me theme. Participants do not need to go to the stations in order, and to make it more difficult, you should ensure the stations are well spread out from each other, taking advantage of any hidden corners in the space you are working in.





# Extra activities

## Station 1- Trust Circle

Everyone stands in a circle side by side (close enough so that everyone's shoulders touch). Instruct the group to turn 90 degrees to the right so that everyone is facing the back of the person in front of them. Ask participants to put both hands on the shoulders of the person in front of them. Then ask everyone to sit down slowly on the count of three. Each person sits back on the knees of the person behind them forming one continuous sitting circle. Assuming no one gives up, the group will be able to hold itself up. Once the group has held the position for 30 seconds to one minute, ask everyone stand up at the same time.

Note: ensure that everyone sits and stands up at the same time to avoid people falling over.

A good role for anyone who chooses not to participate is to ask them to be a spotter to help make sure that before the group sits down they are lined up correctly, and once the group does sit, that no one falls.

In this activity highlight the importance of teamwork- everyone has to work together to sustain the trust circle otherwise it will fall!

If the group succeeds give them the following clue: B

## Station 2- Which Language?

The table below has Free Being Me written in 11 different languages. Participants have to guess which language each phrase is in. If the group gets six or more correct they are given their clue.

If working with younger age groups and you want to make it easier, you could include a list of the languages which participants are given to put in the right order.

1	Free Being Me	7	Libre de Ser Yo
2	حرية لأكون أنا	8	Hivi Ndivyo Nilivyo
3	De vrijheid om mezelf te zijn	9	快樂做自己
4	自分らしくあることの自由	10	Einfach Ich
5	Libre d'être Moi	11	Livre sendo eu mesmo
6	फ्री बीइंग मी		

If the group succeeds give them the following clue: A

**Answers:** 1) English 2) Arabic 3) Dutch 4) Japanese 5) French 6) Hindi 7) Spanish 8) Swahili 9) Chinese 10) German 11) Portuguese

### ! Fun Fact

Did you know that the Free Being Me activity packs are available in all of these languages, and more!



# Extra activities

## Station 3: #freebeingme

Using their bodies, participants have to create the letters F B M. If you have internet connection, ask the team to take a group photo of their F B M shape and post the image on social media, using the #freebeingme.

If the group succeeds give them the following clue: T

## Station 4: Stepping Stones

The team is stranded and needs to cross a river to get to safety. The only way to cross the river is by using the stepping stones. (To prepare for this station outline seven stepping stones in chalk on the ground across the 'river'.)

Only one person can step on a stone at any one time. Once that person moves from the stone, the stone will sink to the bottom of the river. The task is to get every team member across the river safely. The team must communicate effectively to get everyone across.

The way to get everyone across is to ensure that someone is standing on each stone, and once on a stone do not move off it until the rest of the team have moved to safety. The first person should move onto the first stone, and then the second person should stand on the first person's toes to be able to move onto the next stone, and so on, until there is one person on each stone. You can then start to move the rest of the team members across the river.

Once you have moved all 'extra' team members across the river, you can begin to move the first person on the first stone across, and then the second person and so on, until everyone is safely across.

If the group succeeds give them the following clue: H

## Station 5: Blind Count Off

Participants stand in an outward facing circle with their backs to one another. As a team they have to count out loud up to 15 with only one person calling out a number at a time. Any person can shout out a number, however if two or more people call out a number at the same time they have to start again. Put a time limit on this activity- the team need to complete the task in five minutes.

If the group succeeds give them the following clue: R



# Extra activities

## Station 6: Spider Web

Before the activity find an area with two trees where you can tie many pieces of string between them to create a spider web. The group has to get every member of their group through the spider web to the other side. To make the activity more difficult you could put a time limit, or a rule that no-one is allowed to touch the spider web. (In which case ensure that the gaps between the pieces of string are big enough for participants to get through without touching them!)

If the group succeeds give them the following clue: O

## Station 7: Relay Races

For this station set up a few different relay races which participants have to complete to get their clue. Here are some examples of different relay races you could use.

<b>Wheelbarrow race:</b>	This is done in pairs where one person is the 'driver' and the other person is the 'wheelbarrow.' The driver holds onto the other person's ankles, whilst their teammate walks on their hands.
<b>Ball and cones:</b>	In pairs participants have to dribble a ball across a line of cones set up from one side to another.
<b>Parachute run:</b>	In a relay race participants run from one side to the other under a parachute.
<b>Skipping races:</b>	Using a skipping rope, participants skip from one side to another in a relay race
<b>Pass the balloon:</b>	First the group forms a line. The person at the front of the line passes a balloon over their head to the second person, who then passes it under their legs to the person behind, and so on until it reaches the end of the line. The last person then pops the balloon to reveal the clue inside!

If the group succeeds give them the following clue: O

## Station 8: Sticks

Beforehand set up eight large sticks in a random pattern about ten metres away from the group. The group also have eight sticks and their task is to replicate the pattern with their set of sticks. However, only one person from the team can go up at any one time to look at the pattern. To make the game more exciting you can put a time limit or only give them two/three chances to get the pattern right.

If the group succeeds give them the following clue: M

### Tip for the facilitator:

Keep a drawing of the pattern with you so you can refer to it and check the teams' version.



# Extra activities

**To make the game more interesting you can include two extra 'characters' that float between the stations. Make sure the characters dress up in a costume to make them recognisable!**

## Free Being Me Fairy:

If a team fail a task at a station and don't get their clue, the Free Being Me fairy can help them. The fairy will ask the team a question, and if they get it right, will give them their missing clue.

Here are some examples of questions that the Fairy could ask  
*(Make sure the questions are appropriate to the age group, and participants' knowledge of Free Being Me):*

- What is the Image Myth?
- What is Body Talk?
- Each participant that takes part in Free Being Me needs to reach how many friends with their Take Action project?
- How many Guides are there all over the world?
- Name the five World Centres
- Name the five WAGGGS regions

The fairy can also help teams find the stations if they are hidden.

## Editor of the Body Talk News:

The Editor of Body Talk News will do anything to stop the teams from succeeding!  
The Editor runs around the different teams, attempting to steal their clues.





# Social media

Social media can be used to create content that attracts attention and encourages readers to share it across their social network. In a way it is the electronic word of mouth!

So when organising a FBM festival why don't you spread the word? Maybe other groups across the globe are doing the same – connect and share your ideas. Also publishing an event through social media is an easy way to raise awareness and maybe even fundraise for your upcoming event.

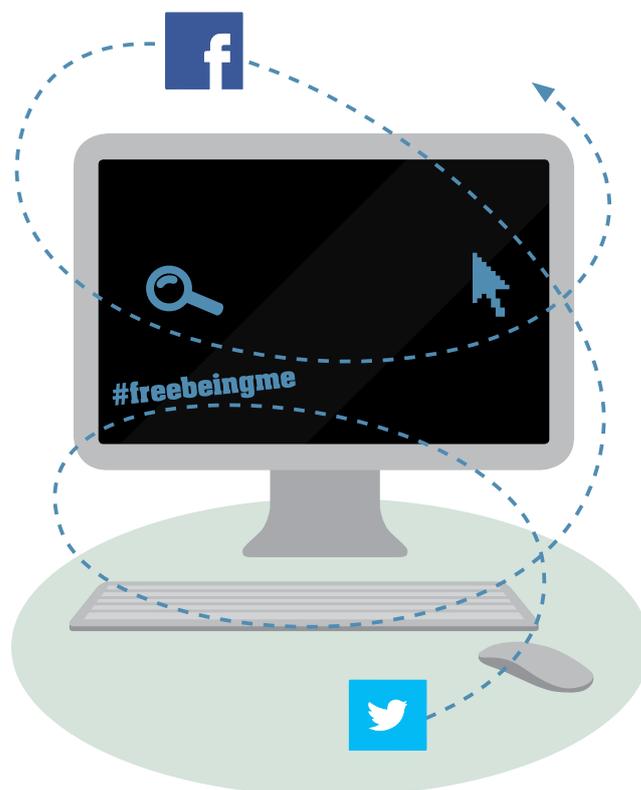
Here are some ideas on how to use social media in preparation and during your FBM festival:

## Before the event

- **Create your own hashtag to promote your event.** You can use the name of the town or venue that it is going to take place in along with the words Free Being Me festival. Don't forget to use the main hashtag for Free Being Me (#freebeingme) to access an even bigger group of people on social media. Use the hashtag you created along with the official FBM hashtag in every tweet or post you make.

- **Create a page for the upcoming festival on Facebook to spread the word.** Publicise your event, what you are planning to do during the festival, what you are trying to achieve and invite many people to like or share it! In this way you can promote your event and invite Guides and Scouts to participate.

- **Create a closed group on Facebook,** specifically for participants attending the event to start to get to know each other and exchange thoughts – maybe if they live close by they can find a way to travel together to the festival, and so reduce the cost of participation. The group is also a useful way to keep everyone up to date with the festival. You could also invite participants to take part in a pre-festival challenge online to get them excited about coming to the event. (See the ideas on page 6).



## During the event

Social media is a great way to keep your Twitter/ Facebook followers updated on what is happening during the event. For those who aren't attending, but still want to know what is happening, keep them engaged through social media.

- **Twitter** is a useful space to share daily updates, quotes and FBM facts. Update your followers on Twitter on the day's activities, share a quote that describes the mood of the day or a quote from a participant that is inspiring - don't forget your hashtags!

- **Upload a selection of six-seven photos per day on your Facebook page along with a brief description about what happened.** Why not choose a photo that summarises your day at the festival and name it as 'photo of the day'. In this way your followers will get engaged and expect to see the next one. Try to keep it to three-four posts per day to avoid posting too much information for followers to keep up with.



# Social media

- **Organise an interactive session during your festival!** Post questions on Twitter for Guides and Scouts from all around the world to reply to and be part of the bigger conversation that is happening on body confidence. In this way you engage more people and participants will get to know different perspectives and discuss their ideas. Advertise the online session on social media beforehand and ensure someone is coordinating the activity.

- **Create a social media tent/ space:** Include an area where participants are encouraged to post on social media. Your social media space could include props, such as mini white boards for people to write their own messages and take photos to post online. If you have a video camera, encourage participants to interview each other to post short videos online. Here are some ideas of questions you could ask:

*How does worrying about the way they look affect children and young people you know?*

*What would the world be like if everyone was confident about the way they looked and felt free to be themselves?*

- **Get participants involved:** Participants should feel free to communicate their experiences with the world. Stick posters with the hashtags around the area as a reminder. At the start of the event remind participants to only share their first name and country (but not town or last name) and not to use insulting language or swearing. Encourage participants to share their ideas and have fun!

## After the festival

- Participants will have shared memorable experiences together: learning about Free Being Me, boosting body confidence, making new friends and having fun. Social Media can help participants stay in touch with each other after the event and remember the experiences they shared together.

- Use your group on Facebook to share wonderful pictures and videos from the festival and encourage the creation of a communication platform amongst the participants. This will remind participants of what they achieved and inspire them to share their learning with others once they go home, for example by running FBM with their group. You could create a video of the best moments during the festival and share it with everyone who got involved.

- Use your Facebook and Twitter account to let people know that the festival is over, and share with them the strongest festival moments.





# Involving the community

Free Being Me is about sharing the body confidence message with others and making a difference to our community! Holding a FBM event is a great way to involve the community to inspire participants to start making this change. Here are some different ways that you can involve the local community during your event:

## Run Free Being Me with local Guiding/ Scouting groups

If your event is for Rangers or leaders, you could run some FBM sessions with local Guiding & Scouting groups. Participants will enjoy gaining practical experience of running Free Being Me, and be inspired by the change they see in children's body confidence to run Free Being Me with their own groups when they return home.

Allow time during the event for participants to prepare and practice before they run activities with children, and ensure that every participant has the opportunity to run an activity.

## Take Action Project

If you are using your event as an opportunity for 7-10 and 11-14 year olds to do the FBM programme and earn the badge, why not include the Take Action project as part of the event? You could invite the local community, other Guiding and Scouting groups, parents and friends to take part in a Free Being Me day, where participants share the Free Being Me message. Participants should take a lead in planning the day and decide what activities they are going to do- See Session Five of the FBM activity packs which takes participants through the planning stages of their Take Action project.

## Host a Free Being Me Party

A party is a wonderful way to close an event- invite the local community to share and celebrate Free Being Me and the success of the event! Participants can use the opportunity to start spreading the FBM message and engage the invitees in some Free Being Me activities.





# Evaluation

It is important to do an evaluation at the end of the event to understand whether the objectives were met, and also to gain useful feedback to improve future events. On the last day, ask participants to fill in an evaluation form and encourage them to be honest with their answers. Here are some examples of questions you could include, depending on your audience and on the type of event. Ensure you have the objectives written at the top of the evaluation form.



Has the Free Being Me Festival met its objectives?

- Yes definitely  Yes mostly  Maybe a little  Not really  Definitely not

Has the Free Being Me Festival met your expectations?

- Yes definitely  Yes mostly  Maybe a little  Not really  Definitely not

Overall, how would you rate this event?

- Excellent  Very good  Good  Okay  Poor  Unsatisfactory

What top three things will you take from the Festival experience which you will use when you go home?  
(These could be key things you've learnt, actions to take forward)

Any other comments or suggestions?

## Questions to include if you are training Rangers/ leaders to deliver Free Being Me.

Do you feel you have a good understanding of the Free Being Me activity packs, including the language and concepts?

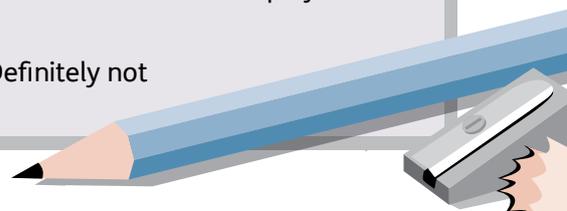
- Yes definitely  Yes mostly  Maybe a little  Not really  Definitely not

Do you feel ready to deliver the Free Being Me curriculum to girls and boys?

- Yes definitely  Yes mostly  Maybe a little  Not really  Definitely not

Do you feel you have a good understanding of how girls and boys can carry out their Take Action project?

- Yes definitely  Yes mostly  Maybe a little  Not really  Definitely not





# Bingo: How many people can you meet?

Ask around and find someone who can answer yes to one of the following questions.

Ask her/him to sign her/his name in the box.

Attention: each person can only sign one box.

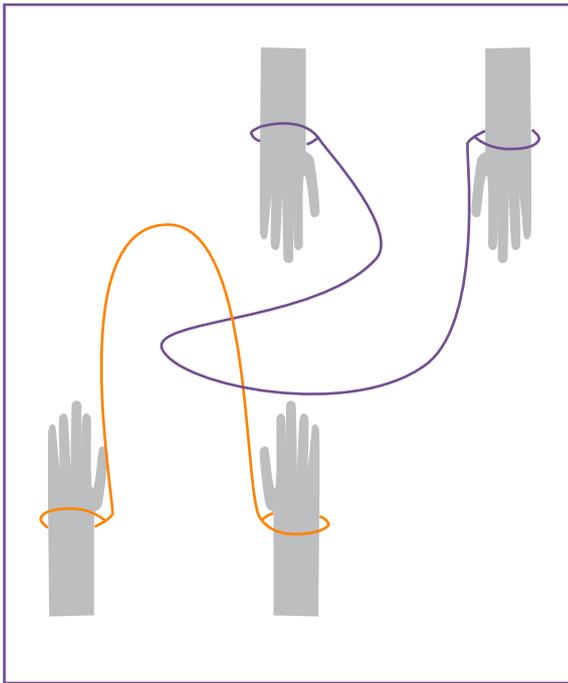
If you complete a line (vertical or horizontal) shout 'Bingo' to win a prize!

Has a pet	Has been to a World Centre	Was born in March	Is a good dancer	Plays an instrument
Sings in the shower	Is a vegetarian	Has travelled abroad	Collects badges	Has always a book in his/her bag
Can touch their toes	Is the youngest member of their family	Loves taking photos	Can sing the WAGGGS World Song	Speaks more than two languages
Is good with numbers	Does not have Facebook	Believes she/he is beautiful	Is a morning person	Other members of his/her family are Guides/ Scouts
Can explain what the Image Myth is	Knows how to whistle	Is wearing full uniform	Can touch their nose with their tongue	Is good at meeting new people

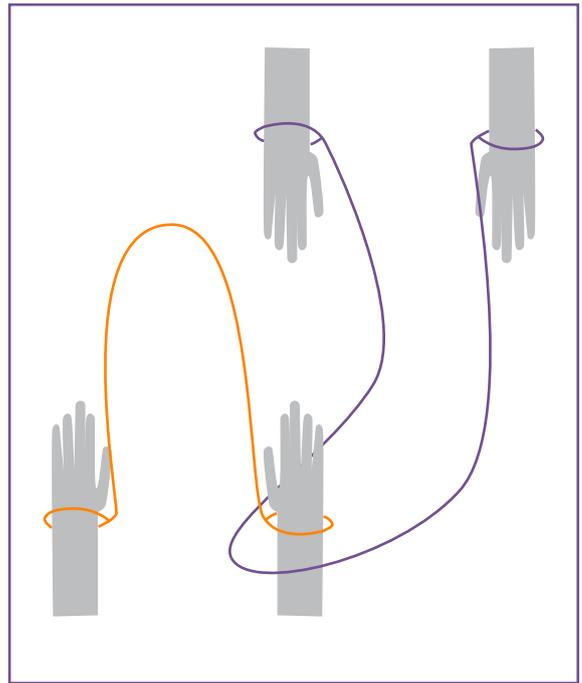


# Handcuffs Solution

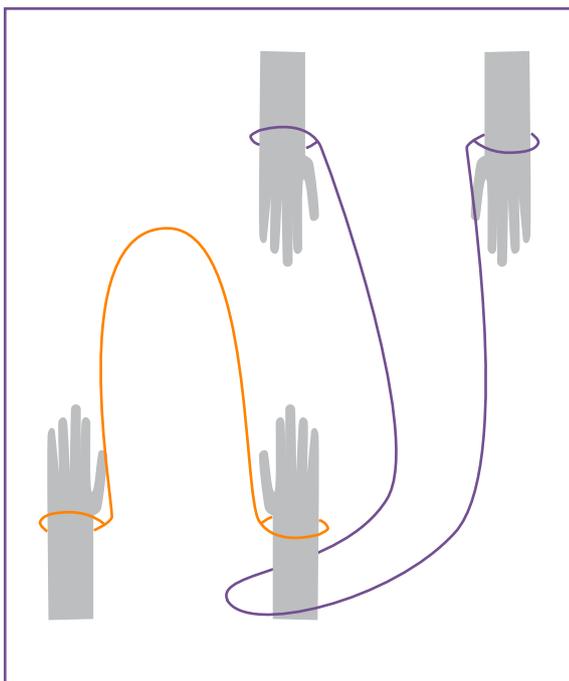
**STEP 1**



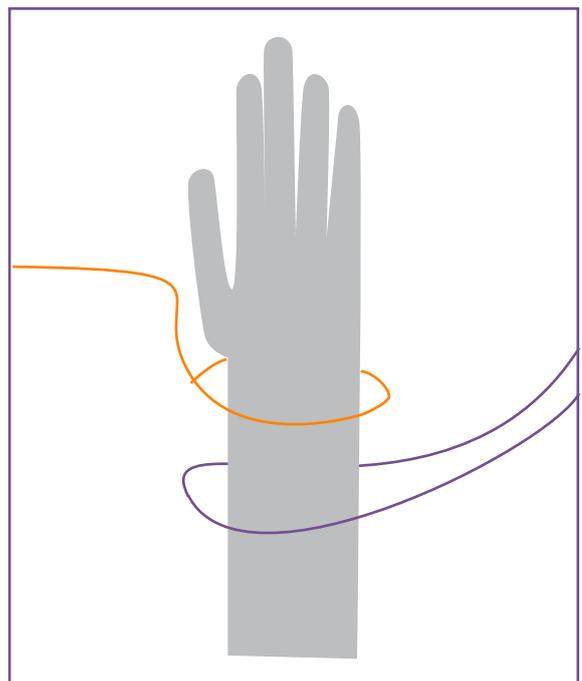
**STEP 2**



**STEP 3**



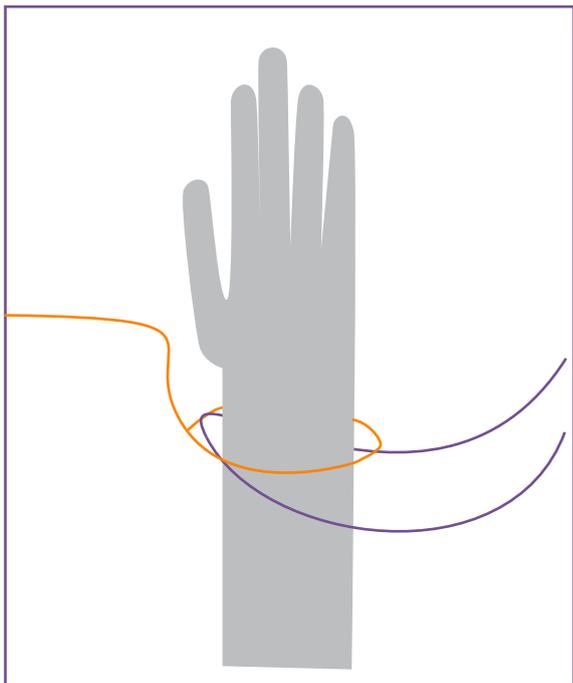
**STEP 4**



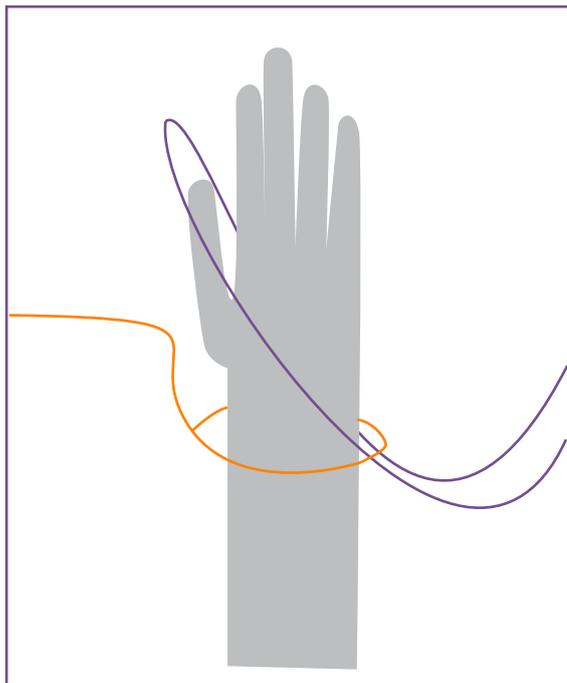


# Handcuffs Solution

**STEP 5**



**STEP 6**



**STEP 7**

