

SESSION 1: BEAUTY IS SOUL DEEP

Circle Set Up

Sit in a circle, preferably with mother...daughter...mother...daughter. Since you will break out into groups of mothers and daughters later, start with everyone together and make it a point to have the mothers and daughters sitting next to each other, even if it is uncomfortable at first. Explain to them that this is part of the course and gently force the mother and daughter to sit next to each other.

Create an altar that reflects the theme: Beauty is soul deep. Bring in a beautiful candle or chalice, use a beautiful altar cloth; find things of beauty to display. Mirrors are also good for this session, because we are all beautiful!

Chalice Lighting

Some Mothers Have Daughters
All Daughters Have Mothers
Our Spirits Are One Of A Kind

Introductions

Start with the leaders. Explain the matriarchal lineage method of introductions, which is used by many women's groups as a way of honoring our feminine past. For example:

MOTHER: *Connie, mother of Erin, daughter of Odell, daughter of Olivia, daughter of Sarah, daughter of Mary.*

DAUGHTER: *Erin, daughter of Connie, daughter of Odell, daughter of Olivia, daughter of Sarah, daughter of Mary.*

Evaluation

See evaluation form on next page.

Pass out the evaluation form. Have each participant fill out this personal evaluation, so that at the end of the six sessions they can see how they have changed and what they have learned.

NOTE: *This form is not handed in. It is important that participants spend a few minutes in evaluating where they are, so they can see where they need to work. Rather than have participants share this information. Make this a self-evaluation tool. Becoming aware of where they think they stand will be adequate.*

EVALUATION

Use the following categories for reflecting on how you feel today. The items are listed 1-5 with the *Best* being 5 and the *Worst* being 1. If you rate *Best*, it means you think you are doing the *Best* you can do. If you rate *Worst*, it means you think you are doing the *Worst* you can do and have lots of room for improvement.

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|--|---|---|---|---|---|
| 1. Yourself
(in relation to mother/daughter) | 1 | 2 | 3 | 4 | 5 |
| 2. Communicating
(with mother/daughter) | 1 | 2 | 3 | 4 | 5 |
| 3. Listening
(with mother/daughter) | 1 | 2 | 3 | 4 | 5 |
| 4. Empowering
(each other) | 1 | 2 | 3 | 4 | 5 |
| 5. Personal Boundaries
(between mother/daughter, in particular) | 1 | 2 | 3 | 4 | 5 |
| 6. Self Care
(how you take care of yourself) | 1 | 2 | 3 | 4 | 5 |

Read or Tell Story

- Problems/Traits of Teens
- “Perfect” Images that you want for your teen
- Letting go of the “Perfect” Image
- Accepting your daughter as a friend, teen, and human

Teens Discuss:

- Problems/Traits of Self
- “Perfect” Images from Parents
- Letting go of the “Perfect” Images
- Accepting yourself for who you really are

Activity

Materials:

Two balloons for leaders.

FIVE POSITIVE THINGS ABOUT YOU

The leaders act as referees. They have balloons and they should hit either party with the balloon, if they say ANYTHING NEGATIVE. (NOTE: Leaders should hit participants on shoulders with balloons and avoid the face area!)

Mother/Daughter team one by one sit knee to knee inside the circle. First the mother says five positive things about her daughter. Then the daughter says five positive things about her mother.

Continue until all Mother/Daughter teams have completed the activity.

Sing Song

Cutting the Apron Strings

CHORUS:

Some mothers have daughters
All daughters have mothers
Our spirits are one of a kind.
(after fourth verse repeat last line)

VERSE 1:

Oh daughter mine, Oh daughter mine
Tie tight those apron strings
For I do worry you will stray
If loose you do become.

VERSE 2:

O mother dear, Oh mother dear,
Take care your apron strings
For I do carry shears with me
To cut myself from you

CHORUS

CHORUS

VERSE 3:

Though you may go your separate
way,
I'll love you every day.
I've taught you to be strong, daughter.
I trust you to be you

VERSE 4:

Though I have strewn from you, my
mother,
I hear you night and day.
I need your guiding hand, mother.
I need you night and day.

CHORUS

Homework

For the next week, find five positive things about each other each day. You may say them or write and post them where the other one can easily see them. Try to find five new things each day, but if you are not able...make sure you at least find five each day by repeating them. If you write your five positive things in a note, you must write a new note every day. By repeating them either orally or written, you are practicing seeing the other person in a new way.