

aMUSE: It's Your Story Tell It!

Supplies Lists for Leaders

Session 1

A) Flurry of Roles

Pre-prepared sticky notes with 1 role on each. (Feel free to add more roles.)

athlete
pilot
lawyer
veterinarian
new reporter
princess-in-training
artist
dancer
scientist
insect expert
ice skater
songwriter
astronaut
cartoonist
surgeon
dolphin trainer
world traveler
writer
skydiver
businesswoman
friend
inventor
actor
band leader
chef
fashion stylist
game creator
coach

B) Artist stations

as needed if artists are invited.

C) Take the Stage

Hat or Bag
Pre-prepared slips of paper with 1 active role on each.

ballerina
painter
traffic officer
drummer
karate teacher
orchestra conductor
baseball coach
dog walker
builder
theatre usher
referee

D) Inside the Prop Box

Large Box
Magazines
craft paper
fabric
hats
spatulas
galoshes
jump rope
goggles
medical bag
beads
yarns
markers
craft glue
scarves
mirrors
umbrellas
books
bike helmet
arcylic paint
flashlights
binoculars
candles
paintbrushes
aprons
sunglasses
gardening tools
briefcase
team jacket
wooden spoon
compass

Any other props an actor would use in a role.

Sandwich Role-Ups

lavash bread/flour tortillas/whole wheat loaves
yogurt cheese/hummus
shredded carrots
shredded zucchini
shredded turkey
roasted red peppers
shredded lettuce
shredded arugula
plastic wrap

1) Remove bread crusts & slice horizontally.

2) Spread yogurt cheese/hummus on bread/tortillas, top with desired fillings, roll tightly & cover with plastic wrap.

3) Slice rolls like a jelly roll when ready to serve.

Can be pre-prepared or each girl can play the role of chef and assemble their own.

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Session 2

A) **Logs & Leaders**

girls' books
pens/pencils

B) **Quick Draw**

drawing paper
pencils
erasers

C) **Role-Play Switcheroo**

Pre-prepared
stickies with dots.

1 per person of
each color

sticky notes
red dots
blue dots

D) **Closing Ceremony**

new props for box

Quick-Draw, Open-Face Sandwiches

pesto
fruit purees/sauces
vegetable purees/sauces
whole grain bread/rice cakes
squeeze bottles or
bowls & small kitchen brushes

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Supplies Lists for Leaders

Session 3

A) Opening

new props
prop box

B) Casting Call Check-In & "I Wonder..."

photos of women
in real life roles

C) Reaching Out

copies of planning
sheet

invitations

D) Closing Ceremony

new props for box

Green Goddess Dip & Veggies

½ cup fresh mint
½ cup fresh parsley
½ cup fresh basil
2 garlic cloves, chopped
2 scallions/green onions, chopped
1½ tablespoons lemon juice
pinch of salt (optional)
½ cup olive oil
½ cup crumbled feta cheese
½ cup plain Greek yogurt
raw chopped veggies for dipping

Place mint, parsley, basil, garlic, scallions & lemon juice in a food processor or blender and process until the ingredients are finely chopped.

Add olive oil and continue to process until the mixture is combined well. Add feta and yogurt, and process until smooth. Taste dip and add a pinch of salt, if you like. If you add salt, process mixture again.

Serve immediately with your choice of fresh veggies like: broccoli, cauliflower, celery, carrots and red, green or yellow bell peppers. Or cover and refrigerate until ready to serve.

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Supplies Lists for Leaders

Session 4

A) Panel Discussion or Prop Box

B) Ads Assume

10-20 ads and/or
packaging prod-
ucts marketed to
ages 9-12 (should
include photos of
kids)

drawing paper
scissors
glue
pens
markers

C) Reach Out! Award Ceremony

Reach Out! Awards

Mini Popcorn Balls

1 cup maple syrup
2 tablespoons butter
1 teaspoon vanilla extract
½ cup popcorn kernels (or 2-3 bags
unflavored microwave popcorn),
popped

optional mix-ins:
mini chocolate chips
sweetened dried coconut

Combine maple syrup and butter
in a heavy saucepan over medium
heat (cook to 260°F on a candy
thermometer).

Remove from heat, add vanilla, and
stir it well. Pour over popcorn and mix
with a big wooden spoon. Add in any
optional mix-ins desired.

Shape into ping-pong size balls
carefully and place on parchment
paper until cool. Store in airtight
container until serving.

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Supplies Lists for Leaders

Session 5

A) **Opening Ceremony**

ball of yarn

B) **First the Stereotype**

chart paper
whiteboard
markers

C) **Next, the Story Line**

paper
pencils/pens

D) **Closing Ceremony**

graham crackers
hershey bars
marshmallows
toaster oven/oven

S'Mores

graham crackers
hershey bars
marshmallows
toaster oven/oven

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Supplies Lists for Leaders

Sessions 6 & 7

A) Time to Create!

art supplies as dictated by girls' project

copies of story-board form (p 70)

B) What's My Role?

copy of Speak Out project planner

copy of sign-up sheet

copies of invitation

C) Bringing a muse to life

art supplies as dictated by girls' project

Musie Smoothie

1½ cups fresh/frozen berries
(strawberries, blueberries, raspberries, mixed)
½ cup low-fat plain yogurt (or rice milk)
¼ cup orange juice
1 tablespoon honey
½ teaspoon vanilla extract

Place all ingredients in a blender and blend until smooth.

(makes 2 cups)

Break A Banana Split

bananas
sorbet (or low-fat frozen yogurt)
chocolate syrup
whipped cream
strawberries
chocolate sprinkles

For each banana split, slice a banana in half the long way. Place in a long, narrow dish or bowl. Put small scoops of sorbet between the halves. drizzle a little chocolate syrup and add a dollop of whipped cream. Add strawberries or chocolate sprinkles.

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Supplies Lists for Leaders

Session 8

A) Showtime!

whatever the girls
need to present
their story to the
selected audience

B) Speak Out Award Presentation

Speak Out! awards
for each girl.

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Supplies Lists for Leaders

Session 9

A) **Defining Real Beauty**

art books with a range of images

sticky note pads
whiteboard
writing implements
color pencils
paints
paper
construction paper
bits of fabric
foil
wrapping paper
buttons
found objects

B) **Picture This!**

selection of portraits of women & girls in any medium

C) **Mirror, Mirror**

hand mirrors (1 per girl)

drawing paper
pens
markers
paint
clay
found materials
digital camera

D) **Arty Party**

finished self portraits

tape

E) **Closing Ceremony**

sm slips of paper
pencils

Arty Party Snack

fruits
meats, cubed
cheeses, cubed
kebab sticks

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Supplies Lists for Leaders

Session 10

A) **Our Bodies**

10-20 photos of women/girls of a variety shapes, sizes, ethnicities, etc doing something active.

B) **Dancing Hands**

large full length mirror

C) **Dance Party**

music cd's
cd player

D) **Planning Final Celebration**

large paper
easel
whiteboard
markers
paper
pens

Get-Up-and-Go Gorp

variety of nuts
variety of seeds
dried fruits
bite sized treats
individual cups/bags
muffin tins

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Supplies Lists for Leaders

Session 11

A) Try Out! Awards

Try Out! awards for each girl.

Team Prop Box

anything else the girls want for their celebration.

B) Autographs All Around

girls' books
pens

Amuse-Bouche

Chicken Broth w/ veggies & noodles

chicken broth
onions, dices
carrots, diced
sm noodles
expresso cups

Cook noodles and warm up broth with the veggies. Serve together in a small cup.

Mushroom Cap Pizzas

white mushrooms
mozzarella, shredded
roasted, diced
tomatoes
fresh basil
fresh oregano

Remove stems from shrooms & sprinkle with cheese, tomatoes, basil & oregano. Heat @ 350° until the cheese melts.

Stuffed Figs

figs, halved
cheese
frozen juice concen

Halve the figs & stuff with a teaspoonfull of cheese. Make the reduction using a can of frozen juice concentrate bioled over high heat for about 10 min., until it thickens. Be sure it cools thoroughly before you drizzle it. You can also top the stuffed figs with roasted, chopped almonds.

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Supplies Lists for Leaders

Girls' Book Activities

Role Model Dolls

page 20

pipe cleaners
large buttons
yarn, diff. colors
glue
eyes
felt

All My Roles Paper Dolls

page 22

paper
crayons
colored pencils
markers
bits of fabric
sequins
odds & ends to
decorate
scissors

Give a Picture a New Story

page 48

A family photo with
you in it.

Now, Head Out in a Hat or Scarf or...

page 69

a fun accessory
that catches
people's attention

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Supplies Lists for Leaders

Craft Supplies Complete Listing

sticky notes
Hat or Bag
slips of paper
Large Box
Magazines
craft paper
fabric
hats
spatulas
galoshes
jump rope
goggles
medical bag
beads
yarns
markers
craft glue
scarves
mirrors
umbrellas
books
bike helmet
arcylic paint
flashlights
binoculars
candles
paintbrushes
aprons
sunglasses
gardening tools
briefcase
team jacket
wooden spoon
compass
drawing paper
pencils

erasers
pens
red dots
blue dots
invitations
drawing paper
scissors
glue
pens
ball of yarn
chart paper
whiteboard
paper
sticky note pads
whiteboard
writing implements
color pencils
paints
construction paper
bits of fabric
foil
wrapping paper
buttons
found objects
drawing paper
paint
clay
found materials
digital camera
tape
sm slips of paper
pencils
lg. full length mirror
music cd's
cd player
large paper

easel
whiteboard
pipe cleaners
large buttons
yarn, diff. colors
eyes
felt
crayons
colored pencils
bits of fabric
sequins
odds & ends to
decorate
scissors
photos of women
in real life roles

10-20 ads and/or packaging products
marketed to ages 9-12 (should include
photos of kids)

selection of portraits of women & girls in any
medium

10-20 photos of women/girls of a variety
shapes, sizes, ethnicities, etc doing
something active

art books with a range of images

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Supplies Lists for Girls

Journey books
Props for box

photos of women in real life roles

10-20 ads and/or packaging products
marketed to ages 9-12 (should include photos
of kids)

whatever the girls need to present their story
to the selected audience

10-20 photos of women/girls of a variety
shapes, sizes, ethnicities, etc doing something
active.

A family photo with you in it.

a fun accessory that catches people's
attention

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Recipes

Mini Popcorn Balls

1 cup maple syrup
2 tablespoons butter
1 teaspoon vanilla extract
½ cup popcorn kernels (or 2-3 bags unflavored microwave popcorn), popped

optional mix-ins:
mini chocolate chips
sweetened dried coconut

Combine maple syrup and butter in a heavy saucepan over medium heat (cook to 260°F on a candy thermometer).

Remove from heat, add vanilla, and stir it well. Pour over popcorn and mix with a big wooden spoon. Add in any optional mix-ins desired.

Shape into ping-pong size balls carefully and place on parchment paper until cool. Store in airtight container until serving.

Sandwich Role-Ups

lavash bread/flour tortillas/whole wheat loaves
yogurt cheese/hummus
shredded carrots
shredded zucchini
shredded turkey
roasted red peppers
shredded lettuce
shredded arugula
plastic wrap

Remove bread crusts & slice horizontally.

Spread yogurt cheese/hummus on bread/tortillas, top with desired fillings, roll tightly & cover with plastic wrap.

Slice rolls like a jelly roll when ready to serve.

Can be pre-prepared or each girl can play the role of chef and assemble their own.

<http://www.lacydesign.net>

Green Goddess Dip & Veggies

½ cup fresh mint
½ cup fresh parsley
½ cup fresh basil
2 garlic cloves, chopped
2 scallions/green onions, chopped
1½ tablespoons lemon juice
pinch of salt (optional)
½ cup olive oil
½ cup crumbled feta cheese
½ cup plain Greek yogurt
raw chopped veggies for dipping

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Add olive oil and continue to process until the mixture is combined well. Add feta and yogurt, and process until smooth. Taste dip and add a pinch of salt, if you like. If you add salt, process mixture again.

Serve immediately with your choice of fresh veggies like: broccoli, cauliflower, celery, carrots and red, green or yellow bell peppers. Or cover and refrigerate until ready to serve.

Quick-Draw, Open-Face Sandwiches

pesto
fruit purees/sauces
vegetable purees/sauces
whole grain bread/rice cakes
squeeze bottles or
bowls & small kitchen brushes

S'Mores

graham crackers
hershey bars
marshmallows
toaster oven/oven

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Recipes

Musie Smoothie

1½ cups fresh/frozen berries
(strawberries, blueberries, raspberries,
mixed)
½ cup low-fat plain yogurt (or rice
milk)
¼ cup orange juice
1 tablespoon honey
½ teaspoon vanilla extract

Place all ingredients in a blender and
blend until smooth.

(makes 2 cups)

Break A Banana Split

bananas
sorbet (or low-fat frozen yogurt)
chocolate syrup
whipped cream
strawberries
chocolate sprinkles

For each banana split, slice a banana
in half the long way. Place in a long,
narrow dish or bowl. Put small scoops
of sorbet between the halves. drizzle a
little chocolate syrup and add a dollop
of whipped cream. Add strawberries or
chocolate sprinkles.

Arty Party Snack

fruits
meats, cubed
cheeses, cubed
kebab sticks

Get-Up-and-Go Gorp

variety of nuts
variety of seeds
dried fruits
bite sized treats
individual cups/bags
muffin tins

Stuffed Figs

figs, halved
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frozen juice concen

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full of cheese. Make the reduction
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10 min., until it thickens. Be sure it
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You can also top the stuffed figs with
roasted, chopped almonds.

Chicken Broth w/ veggies & noodles

chicken broth
onions, dices
carrots, diced
sm noodles
expresso cups

Cook noodles and warm up broth with
the veggies. Serve together in a small
cup.

Mushroom Cap Pizzas

white mushrooms
mozzarella, shredded
roasted, diced tomatoes
fresh basil
fresh oregano

Remove stems from mushrooms & sprinkle
with cheese, tomatoes, basil & oregano.
Heat @ 350° until the cheese melts.