



The Sister Circle International Presents

THE GLOW PROGRAM CURRICULUM

GIRLS - LEADING - OUR - WORLD

www.oursistercircle.org

INTRODUCING

THE GLOW PROGRAM

Dear World Changer,

We are thrilled to introduce you to The Sister Circle's GLOW Program – Girls Leading Our World. This powerful initiative was designed to reach elementary and middle school girls with monthly sessions that inspire, equip, and empower them to grow in self-esteem, leadership, and mental wellness.

With your partnership, we can ensure that these girls not only hear positive messages but are also immersed in safe, supportive, and enriching environments that help them become the confident, capable young women they are destined to be.

We invite you to review this curriculum overview and consider joining us in lighting up the next generation of leaders.

With gratitude,



Executive Director & Founder
The Sister Circle International



GLOW PROGRAM CURRICULUM:

GIRLS LEADING OUR WORLD

LEADERSHIP, CONFIDENCE & COMMUNITY IMPACT

The GLOW Program is a 6 session mentorship and empowerment initiative designed to help girls build confidence, emotional wellness, leadership skills, and personal agency. Through interactive sessions, mentorship circles, and guided reflection, girls gain the internal tools needed to lead in their schools, homes, and communities.



MONTH 1:

I AM GLOW



Topic:

Identity, Self-Worth & Confidence



Core Objective:

Help girls discover their unique identity, build confidence, and recognize the strengths they already carry within them.

➤ Welcome Circle & Confidence Icebreaker:

Girls introduce themselves by sharing their name and one word that describes something they are proud of about themselves.

➤ Mini Lesson:

Discovering Your Inner Glow Facilitator leads a discussion about identity and how each girl has unique gifts, talents, and strengths.

➤ Interactive Activity – Glow Shield Creation:

Girls design personal “Glow Shields” representing their strengths, talents, dreams, and values, and begin reflecting on how they will confidently affirm these truths when they see themselves.

➤ Reflection Journal Prompt:

“Three things that make me strong are...”

➤ Affirmation Circle:

Girls share parts of their Glow Shields and the group offers positive affirmations.

➤ GLOW Challenge:

Practice saying your Glow Shield affirmations in the mirror every morning this week.

MONTH 2:

KINDNESS IS POWER



Topic:

Healthy Relationships, Bullying Awareness & Conflict Resolution



Core Objective:

Teach girls how to build positive friendships, recognize and respond to bullying, resolve conflict respectfully, and practice empathy.

➤ Welcome Circle & Compliment Chain Girls pass a compliment around the circle.

➤ Mini Lesson:

Understanding Healthy Friendships Facilitator discusses empathy, respect, and communication.

➤ Friendship Role-Play Activity:

Girls act out common peer conflict and bullying scenarios and practice healthy, confident responses.

➤ Reflection Journal Prompt:

How do I want my friends to feel when they are around me?”

➤ Kindness Wall Activity:

Girls create a visual wall displaying acts of kindness.

➤ GLOW Challenge:

Perform one act of kindness this week.



MONTH 3:

POLISHED & PROUD

**Topic:**

Confidence, Communication & Personal Presence

**Core Objective:**

Help girls build confidence through respectful communication, posture, and personal presence.

➤ **Welcome Circle & Confidence Walk:**

Girls practice walking with posture and purpose.

➤ **First Impressions Matter:**

Facilitator explains how body language, eye contact, and tone influence how people perceive us.

➤ **Interactive Activity:**

Introduction Practice Girls practice introducing themselves with confidence.

➤ **Reflection Journal Prompt:**

"What does confidence look like to me?"

➤ **Etiquette Challenge Game:**

Girls discuss real-life etiquette situations and respectful responses.

➤ **GLOW Challenge:**

Practice a confidence skill this week.

MONTH 4:

MY MIND MATTERS

**Topic:**

Mental Health, Emotional Wellness & Coping Skills

**Core Objective:**

Teach girls how to recognize emotions, manage stress, and practice healthy coping strategies.

➤ **Welcome Circle & Mood Check-In:**

Girls identify their current mood using colors or emojis.

➤ **Mini Lesson:**

Understanding Our Emotions Facilitator explains how emotions influence behavior.

➤ **Feelings Wheel Activity:**

Girls create visual charts identifying emotions and coping strategies.

➤ **Reflection Journal Prompt:**

"When I feel overwhelmed, something that helps me is..."

➤ **Guided Mindfulness Exercise:**

Girls practice breathing techniques and visualization.

➤ **GLOW Challenge:**

Practice one calming strategy during the week.



MONTH 5:

MY VOICE MATTERS



Topic:

Self-Advocacy, Personal Safety & Decision-Making



Core Objective:

Help girls learn how to speak up for themselves, set boundaries, and make safe decisions.

> Welcome Circle & Voice Exercise

Girls practice speaking a confident statement out loud.

> Mini Lesson:

Understanding Personal Boundaries Facilitator discusses safe vs unsafe situations and the importance of trusting their voice.

> Scenario Activity – Speak Up Practice

Girls practice responding to situations where they need to say no, ask for help, or advocate for themselves.

> Reflection Journal Prompt:

“One time I felt brave speaking up was...”

> Safety Circle Discussion:

Girls identify trusted adults and safe support systems.

> GLOW Challenge:

Practice using your voice to express your needs respectfully this week.

MONTH 6:

POWER IN MY PURPOSE



Topic:

Leadership, Community Impact & Future Vision



Core Objective:

Inspire girls to believe in their future and see themselves as leaders in their community.

> Welcome Circle – Dream Sharing:

Girls share something they dream of doing in the future.

> Mini Lesson:

Leadership Starts Now Facilitator explains how leadership begins with everyday choices.

> Vision Board Creation:

Girls create boards representing their goals, dreams, and future possibilities.

> Reflection Journal Prompt:

“My future self will be someone who...”

> Leadership Circle Discussion:

Girls discuss ways they can lead at school, at home, and in their community.

> Final GLOW Challenge:

Share your vision board with someone who encourages your dreams.



BONUS SESSION

THE ONLINE LIFE: ANCHORED & IN CONTROL



Topic:

Social Media, digital wellness & Responsible Decision-Making



Core Objective:

Help girls develop healthy digital habits and learn how to protect their self-image and online safety.

➤ Welcome Circle & Digital Word Game

Girls say the first word that comes to mind when they hear "social media." Facilitator leads a short discussion about positive and negative online experiences.

➤ Mini Lesson:

Real Life vs Online Life Girls learn about online pressure, filters, comparison, and digital footprints.

➤ Interactive Activity – "Glow or No?":

Girls review different digital scenarios and vote whether the behavior is healthy or harmful. Facilitator guides a discussion about safe choices.

➤ Reflection Journal Prompt:

"How does social media affect the way people see themselves?"

➤ Vision Statement Activity – "My Digital Voice":

Girls create a personal statement about how they want to represent themselves online.

➤ GLOW Challenge:

Unfollow or mute something online that negatively affects your mood.

Our curriculum aligns with SEL (social-emotional learning), helping students with self-awareness, emotional control, relationships, conflict resolution, and better decision-making. We also stay flexible to match each school or partner's specific goals.



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