

People I'll Remember

Funniest _____

Easiest to get to know _____

Most talented _____

Most helpful _____

Talked way too much _____

Most inspiring _____

New friends _____

Most talented dancer _____

Most talented actress _____

Person I'd like to be like when I grow up _____

Person I could talk to when I was down _____

Person I will stay in touch with after camp _____

Special Thanks to...

Person	For...
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.



Global Girls 2022 Youth Performance Camp

"I'll never forget my camp experiences!"

My Memory Book

(Your name)

Global Girls, Inc.
The Global Studio
8151 S South Chicago Ave
Chicago, Illinois 60617
info@globalgirlsinc.org
www.globalgirlsinc.org

Global Girls Ceremony

AUTOGRAPHS

Deep Breathing

I know that the energy that creates worlds resides in me,
and that same energy resides in you.

Who are we?

Global Girls is a performing arts organization creating and presenting
socially-conscious, participant-driven theatre.

The Global Girl Promise

I promise that I will mindfully honor myself, my family and my community while
remaining true to the principles of the Global Girls law.

The Global Girl Basic Belief

We believe these three fundamental skills are our keys to success: mindful
communication, mindful leadership and mindful living.

Global Girls Values

*Integrity *Compassion *Curiosity *Courage

The Global Girl Slogan

Courageous, talented girls and (and guy allies) will change our world!

The Stomp

The Call and Response

I choose much more than self-esteem. I choose joy, abundance and my own dreams.
Knowing that I am one with this awesome universe, living in love is what I choose first.
And so, I love. You love. We love.

Namaste.

The light in me sees the light in you.

THE GLOBAL GIRLS LAW

My Attitude

I PROMISE MYSELF

to be so strong that nothing can disturb my peace of mind;
to talk health, happiness, and prosperity to every person I meet;
to make all my friends feel that there is something in them;
to look at the sunny side of everything and make my optimism come true;
to think only of the best, to work only for the best, and to expect only the best;
to be just as enthusiastic about the success of others as I am about my own;
to forget the mistakes of the past and press on to the greater achievements of the future;
to wear a cheerful countenance at all times and give every living creature I meet a smile;
to give so much time to the improvements of myself that I have no time to criticize others;
to be too large for worry, too noble for anger, too strong for fear, and
too happy to permit the pressure of trouble.

My Attitude is my LIFE

Ms. Rynn's Group
(3-6 year olds)

Jolei Bolton
Kynedi Cameron
Lauren Carson
Kelsea Davis
Peyton Davis
Joi Douglas
Nevah Gardner
Rylie Gills
Nova Henry
Jazelle Hill
Brionn Mayes
Javell Mayes
Javilla Mayes
Shavelle Mayes
Amiyah Pearson
Khloe Pendleton
Skylar Phillips
Ava Polk
Zayna Sparks
December
Thomas
Lauren Williams
Allyson Worrell
Kennedy Ingram
Aadiya Williams

Ms. Jaqui's Group
(7-8 year olds)

Jada Burnett
Kinley Cameron
Genesis Henry
Hannah McKinney
Ava Stanley
Lyric Trotter
Ashanti Wright

Ms. Adaija's Group
(9-11 year olds)

Araiah Barker
Alysha Lewis
Gabriella Jackson
Moriah King
Leandra Lendor

Arieana Mayes
Brielle Mayes
Lily Stewart
Hailey Stewart
Simayah Tatum

Ms. Caria's Group
(12-15 year olds)

Skylar Anderson
Kendall
Brewton
Shamar Cousins
Alaysia English
Andree'Ina Jenkins
Taylynn Long
Kaylee Love
Grace Lymon
Alaya Phillips
Taytum Poinsette
Madison
Raickett
Anyah Ross
Zaria Spanks
London Walker
Kayla Williams
Janessa Young
Talia Williams

Mr. Gabe's Group
(Boys 5-10 year olds)

Austin Brown
Kenton Davis
Zakariah Dillard
Exavion Hood
Damontae Prior
Micah Raickett
Juney Quiles

Global Girls Staff

Marvinetta Penn, Executive Director
Pat Davis, Managing Director
Vaines Mbaga, Tanzanian Vol-

unteer

Rynn Gloster, Program Manager/Teaching Artist

Adaija Shepard, Teaching Artist

Caria Henderson, Teaching Artist

Jacui Logan, Teaching Artist

Gabriel Hawkins, Teaching Artist

Isaiah Gilbert, Teaching Artist

Destiny Haynes, Teaching Artist Assistant

Melanie Williams, Teaching Artist Assistant

Mara Mitchell, Teaching Artist Assistant

Erica Jordan, Teaching Artist Assistant

Ashari Coolie, Teaching Artist Assistant

Serenity Givens, Teaching Artist Assistant



Daily Words

Excellence	Consequences	Constructive Criticism
Intentional	Compassion	Curiosity
Commitment	Strength	Gratitude
Epiphany	Reciprocity	Resilience
Authenticity	Personal Responsibility	No judgement
Mindset	Self-Confidence	Harmony
Grit	Kindness	Risk

Daily Thoughts

1. *Early is on time. On time is late!*
2. *We can't always control what happens to us, but we can control how we react*
3. *I accept full responsibility for all my actions and their consequences*
4. *Change the way you think and the things you think about change*
5. *People won't remember what you said or did, but how you made them feel.*
6. *Be here now knowing the past and future have no power over you. Youth should stay present in the moment as they walk the community, noting what is beautiful and what they would like to change. If you point out a flaw, you must take responsibility for making the difference and rallying others to help you.*
7. *If you always do what you've always done, you'll always get what you always got.*
8. *Growth is not linear.*
9. *Everyday is your preparation for life.*
10. *"Some people grumble that roses have thorns; I am grateful that thorns have roses."*
11. *The way you do one thing is how you do everything*
12. *Ultimately, your grit will have more to do with your success than your IQ and other inherited gifts put together*
13. *Tough times don't last. Tough people do.*
14. *No excuses, just results.*
15. *What you think, you become. What you feel, you attract. What you imagine, you create.*
16. *Proper preparation prevents poor performance.*
17. *First you visualize. Then you materialize.*
18. *Your outer beauty will capture the eyes; Your inner beauty will capture the heart.*
19. *You should take responsibility for your actions. But you should not be hung up on your looks, whether you consider them good or bad, because looks are not actions or achievements.*
20. *"Compassion and tolerance are not a sign of weakness, but signs of strength." Dalai Lama*
21. *"When people talk, listen completely. Most people never listen." Ernest Hemingway*
22. *Everything you put out comes back 10-fold.*
23. *We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face ... we must do that which we think we cannot.*
24. *Everyday is your rehearsal for the rest of your life.*
25. *Be more concerned about how you treat others than how they treat you.*

Lessons to Remember

Self-Love

There's lots of help for building healthy relationships with others But, we don't hear nearly as much about the most important relationship in our lives: the one with ourselves.

- Your relationship with yourself is the foundation of everything.
- Having a good relationship with yourself gives you important insights into your life.
- Having a good relationship with yourself improves your relationships with others.

Emotions

It is important to pay attention to your emotions and to practice figuring out what you are feeling. This will help you to solve problems and to feel better faster when you are feeling bad. It also helps to ask yourself what you have learned from times when you've felt sad, or scared, or angry, and how you would handle similar situations if they happened again

How to be happier

- 1 Breathe deeply
- 2 Become your own best friend
- 3 Break up big tasks into bit-sized pieces
- 4 Make a plan and stick to the plan.
- 5 Stay present in each moment
- 6 Move your body – dance, walk, stretch
- 7 Find something you love and do it!
- 8 Listen to your favorite upbeat music
- 9 Laugh at yourself
- 10 Tell yourself, "I feel GREAT!"

The 4 Agreements by Don Miguel Ruiz

1. Be Impeccable With Your Word.
2. Don't Take Anything Personally.
3. Don't Make Assumptions.
4. Always Do Your Best.

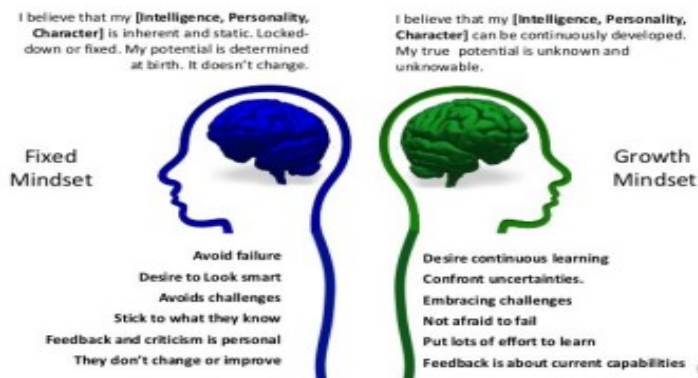
My Future Me

The Keys to Building a Better Future

1. Stay curious. The world is too interesting for you to ever be bored.
2. Focus on what you are doing while you're doing it.
3. Clearly communicate your ideas.
4. Become an expert in a subject area.
5. Express your inner creativity and imagination.
6. Dream great dreams and then work to make them come true!

Fixed Mindset vs. Growth Mindset

Based on the work of Dr. Carol Dweck



Word Search

Q D F L C V U R N E D B S M R
I K E O B E A A V M A B E I H
M N I R C N Z R I O N H E G G
K Y T S M U V E A T C E V L K
I P A E W D S M M I E Y V O V
N F F W G A T H W O P E T B S
D Z I A A R H W E N O C A A H
N E V X U R I I L S S O N L O
E P E E X T E T L M T N Z G W
S H G O K F V N Y I U T A I C
S R R E X W T Q E R R A N R A
U Q I S A I U X G S E C I L S
R I T U A L S Y N D S T A S E
F R E S P O N S I B I L I T Y
A N P B O G B E H E R E N O W

responsibility	danceposture	integrity	five
awareness	eyecontact	kiswahili	rare
globalgirls	showcase	rituals	grit
focus	beherenow	emotions	
tanzania	kindness	iamwell	



My Memories of...

Skating Trip:

Trip to the park:

Community Cleanup:

Film Festival:

Walks to performances:

Guest Presentations:

Beach Trip:

Friday Presentations:

The Showcase:

My Teaching Artist Assistant:

My Teaching Artist:

The Global Studio:

The Office Staff:

The Meals:

Self Talk

Even though you might not know it, you're already practicing self-talk. Self-talk is your inner voice, the voice in your mind which says things that you don't necessarily say out loud. Often self-talk happens without you even realizing it and can be a continuous conversation in the background of your mind. REMEMBER: What you say in your mind determines a lot of how you feel about who you are.

The Big Five

- 1** Make eye contact with the person you will greet and smile.
- 2** Hi hello/hi/good afternoon/good evening. How are you? I'm well, thank you for asking.
- 3** When asking permission, say "May I," not "Can I."
- 4** Say "Please" when making a request and "Thank You" when someone does something for you.
- 5** Say "excuse me" when passing in front of others or in between others or when you want to interrupt or if you burp in public.

Noblesse Oblige

To whom much is given, much is expected. As Global Girls, we are obligated to help other girls, our families and our communities through volunteering, being kind, sincere, dedicated and following our heart.

Track of Love vs Track of Fear

Just as your body is made by cells, your dreams are made by emotions. There are two main sources of those emotions: One is **fear**, and all the emotions that come from fear; the other is **love**, and all the emotions that come from love. We experience both, but the one that rules in most people is **fear**.

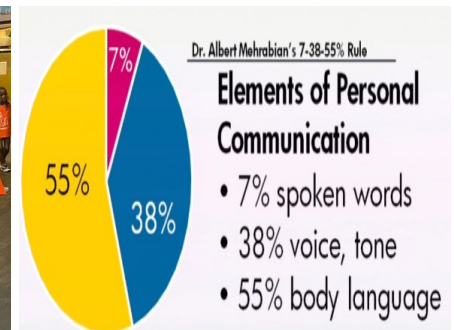
In order to understand these emotions, we can describe certain characteristics about love and fear called the "**Track of love**" and "**The track of fear.**" These divisions help us have more control of the choices we make. REMEMBER: Love is not about concepts; love is about action.

L.A.D.D.E.R.S

Remember LADDERS to help you become a better listener

- L** Look the other person in the eye
- A** Ask questions
- D** Don't interrupt
- D** Don't change the subject
- E** Emotions under control
- R** Responsive listening
- S** Sensitive participate

My favorite lesson was _____ because...





Bria
Maye SB