

Friends Club



Taming the Tongue

Additional Project Ideas

Write a letter. Pair up the girls. Have each set of girls pray together before writing. The letter should begin "Dear (name)." Let the girls know that you're putting 15 minutes on the clock and they should write for the entire 15 minutes. Talking or laughing with anyone other than their partners won't be tolerated during this activity. Have the girls write about two things that they appreciate about their partner and one area where their partner could improve. Instruct the girls on giving constructive criticism before the activity begins. If the girls run out of things to say about their partner, encourage the girls to ask questions of the other person or write about themselves. Have the girls exchange letters and talk about what they've written. After the girls have shared with each other, encourage them to discuss what they learned and how they felt with the group. Encourage the girls to pray for their partner throughout the unit.

Say thank you. Have each girl think of an authority figure who has had a positive influence in her life. Provide the girls with stationery and have each girl write a note to the authority figure thanking them for the positive influence they've had in her life.

Tell the story. Have the girls write a "choose-your-own-adventure" story. Encourage the girls to focus the theme of the story around how our words can build each other up or get us into trouble. The girls could write a story individually or collaborate with a small team of other girls. Coordinate with the sponsor of a younger club to have the girls share the story with the younger club.

Build each other up. Put each girl's name at the top of a piece of paper. Pass the papers around and have the girls write at least one positive comment about the girl on her piece of paper. Keep passing the papers until each girl writes something about all of the other girls in the club. Encourage the girls to keep their papers somewhere safe. This exercise will be a great encouragement to the girls for years to come.

Invite guests. Ask a mature Christian couple to come and talk with your girls about how they handle conflict in their marriage. Ask them to talk about what they expected from marriage, what their first fight was like, and how they've learned to handle disagreements over the years. Ask the couple to share some of the most influential things their spouse has said throughout their relationship. Be mindful that many of the girls in your group haven't experienced the model of a healthy marriage relationship in their home, so allow time for questions.

Movie night. Watch a movie together as a club. Pop popcorn and have the girls bring their favorite snacks and drinks. Choose a movie that exhibits words that build up and words that tear down. Whenever a character says something important, pause the movie and talk about the weight of the words spoken. Encourage the girls to point out what they did well and what they could have done differently to have a better outcome.

Read about it. Read the book *Mean Girls* or *Mean Girls Gone* by Hayley DiMarco as a club. These books are easy to read and have a fun layout. Leader guides and discussion starters are also available.

Resource Ideas

- *The Peacemaker: Student Edition* by Ken Sande and Kevin Johnson, Baker, 2008.
- *Mean Girls, Revised and Updated* by Hayley DiMarco, Revell, 2008.
- *Mean Girls Gone: A Spiritual Guide to Getting Rid of Mean* by Hayley DiMarco, Baker, 2005.
- *Soul Sister, Connect: The Lowdown on Friendships and Relationships* by Kendall Payne, Gospel Light 2005.

Additional Discussion Questions

Discovery #1

- What are some examples of influential words people have said to you?
- How does it make you feel when someone encourages you?
- How does it make you feel when someone uses their words to cut you down?

Discovery #2

- How do your words destroy others?
- Why are the words you say to your friends important?
- Has anyone ever been joking around with you and said something funny that really hurt your feelings? How did you respond?

Discovery #3

- What do the words you use say about you?
- How do your words communicate love?
- Is it always good to tell the truth all the time?

Discovery #4

- How should we use our words?
- How do you think Paul's words affected Timothy? If you were Timothy, how would you have felt?
- How can you hide God's Word in your heart?

Discovery #5

- When you've been gossiped about, how did it make you feel?
- Have you ever been caught gossiping? How did it make you feel?
- Why is gossiping so hurtful?

Discovery #6

- What are some ways you can encourage those around you?
- What are some things you praise God for?
- What can we learn from David about praising God?