

DREAM BIG AND DO

Event Guide



Free to B. a Blessing

Everything you need to put together a Troop event that starts with Dreaming and ends with Doing.

The objectives of this “Dream Big and Do” Troop Event are to first lead girls through the process of identifying their own dreams in order to explore the one-of-a-kind story God wrote for them. Next, they’ll be guided through the steps of creating and carrying out a service event that uses their unique gifts and passions to be a direct blessing to others.

Note. There is a lot of freedom in this event guide. Pick and choose what activities work best for you and your girls. Make it a weekend event, evening event, a sleepover. Note that the service project(s) you choose to do as a result of this event will likely take place on another date. If you’d like to incorporate an element of service into this event, you might consider asking girls to bring items to donate to a local need-based organization. Finally, it’s important to know that even though *Frieda B. Herself* is a children’s book, its message – and the activities within this program – are entirely appropriate for all ages. In fact, the discussions and activities can enable poignant and important discussions for older girls around the topics of purpose and leadership.



To Enhance Any FBAB Event

- **The Story** on which the FBAB program is based, *Frieda B. Herself*, is available in both the hard cover book as well as a downloadable PowerPoint presentation to use with larger groups! Both can be purchased at **FriedaB.com**.



- **Group Book Sales.** As long as she’s able to keep up with demand, Renata will personally sign and dedicate any book ordered through an AHG Troop group sale - and we’ll deliver them right to your door! For more details, visit “Group Sales” at **FriedaB.com/AHG/FBAB**.

For full program details:
FriedaB.com/AHG/FBAB

Free to B. a Blessing Patch.



To earn a Free to B. a Blessing patch, a girl must: read/discuss *Frieda B. Herself*; complete one or more of the program activities; and carry-out a service event related to her gifts and passions. Patches can be found in the online store at FriedaB.com or in the AHGstore. FBAB activities also can assist in earning a Daughter of the King badge.



Free to B. a Blessing

1. Decorations.

Set the stage for dreaming and doing. Make big paper or cardboard clouds to tape around the room and hang from the ceiling. On each, write inspiring messages and scripture, such as: Dream, then Do; We're each Free to B. a Blessing!; Jeremiah 29:11; You Have a Unique God-Given Story; Ephesians 3:20; God Can Do More than All We Imagine!; Who are You Free to B.?; Dream Big!; All the Color and Music Inside, Set it Free!; You Don't Have to be Frieda to be Free-to-Be; Matthew 5:16; Let Your Light Shine. Compliment the clouds with streamers, balloons, lots of pillows, billowy curtains or sheets - anything to foster the dream theme.

2. As Girls Arrive.

Have music playing to create a sense of fun and anticipation. If you'd like, hand each girl a copy of the "Frieda B. U." booklet (available in the online store at FriedaB.com) that she can work on as you wait for all to arrive. Place colored pencils on tables for girls to use.

3. Start with Prayer.

Dear Heavenly Father. Thank you for bringing us together today. Jeremiah 29:11 tells us that you've written a one-of-a-kind story for each of us. What a blessing it is to dream big together about who You created each of us to be – then to use our unique gifts and passions to find ways to be a blessing to others. Please bless our time, thoughts and actions today according to Your will, that all we accomplish here may be to Your glory. Amen.

4. Bake a Cupcake.

How are your girls' stories like cupcakes? Find out. Refer to the FBAB **Go Light Your World Event Guide** for the fun "Story in a Cupcake" activity. But don't decorate yet; that comes later.



5. Time to Talk about Story.

Gather girls in a comfortable setting, suitable for discussion. Have your Bible handy, as well as a copy of *Frieda B. Herself*. Using the FBAB **Main Guide**, talk through the introduction with them, then turn to the back side and work your way through "You, Too, are Free to B.", "What happens when you tell your own story", and "Your story, in the center of a servant's heart."



6. Dream Big Activity.

Using what you've just discussed, girls will work on a project that helps them dream big about the story God wrote just for them. The key is to help each girl identify and explore the things she's naturally good at and cares about; these are clues to her story. Choose either the Dream Board or the Sweet Dreams Pillowcase activity explained in the FBAB **Main Guide** (full instructions can be found at FriedaB.com/AHG/FBAB).

7. Do.

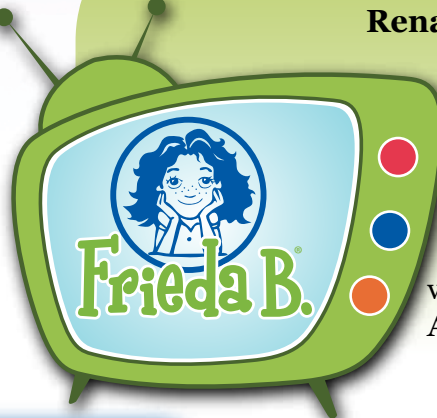
Using the "Free to B. a Blessing" portion of the FBAB **Main Guide**, work with the girls to identify a service project that incorporates some of their key gifts and passions. Or encourage each girl individually to create her own. Discuss how/when/where your service project(s) will be carried out.*

8. Decorate, Celebrate, Be a Light.

Time to decorate the cupcakes and celebrate all God has taught us through this event. Refer again to the FBAB **Go Light Your World Event Guide**. Start with decorating the cupcakes and follow it through to the end. If your event is not taking place on/around the AHG National Day of Service, modify the celebration part to celebrate AHG and the fact that we are, indeed, Free to B. a Blessing and a light to the world.

* When it comes time to carry-out your chosen project(s) be sure to complete and leave copies of the Free to B. a Blessing Card, to share the joy of your servant's heart with others. (Printable cards can be found online at FriedaB.com/AHG/FBAB.)

Skype with Frieda B.
author (and FBAB creator)
Renata Bowers!



Renata would love to be part of your FBAB Leader and/or Troop event, via Skype. For more details, including pricing and booking, visit "Skype Visits" at AHG@FriedaB.com.

Don't Forget to Share! We want your stories, pictures, ideas on how you made this event your own – so we can share them with other AHG Leaders and Troops. Please send an email to us at AHG@FriedaB.com.

