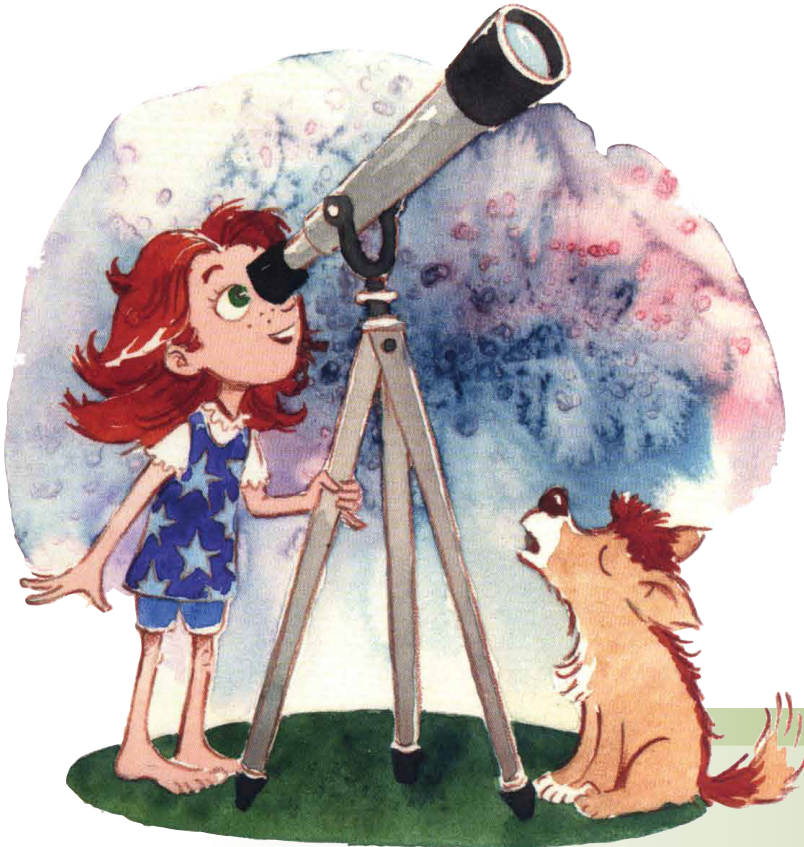




A two-part program from *Frieda B. Meets the Man in the Moon* about conflict resolution.



Imagine. What would the world look like if all of us treated others the way we want to be treated? That's the foundational question of the book *Frieda B. Meets the Man in the Moon*, the story upon which the Free to B. True (FBT) Program is based. In the story, Frieda B. takes an imaginative trip to the moon "for she just had to know what it's like where the rockets and astronauts go." But when her bed crash-lands and hurts The Man in the Moon, how does she respond? How does he?

Based on *Man in the Moon* and Luke 6:31 (The Golden Rule), the FBT Program for AHG Troops and families presents an engaging and relevant two-part biblical approach for *all ages* to exploring conflict resolution.

In part one, you'll explore what it means to be True to Yourself, how to deal with inner conflict, and how to trust in God as your guiding North Star. **In part two**, you'll learn techniques for dealing with external conflict and being True to Others, such as "The 3 A's" to adhere to when you've hurt someone, and "The Ephesians 4 Approach" to use when someone has hurt you. You'll learn how, ironically, conflict can make our lives, and our stories, sweeter... and how to embrace (with Zilla!) the adventure God has planned just for you.



FBT Resources

Whether you're planning an individual activity, an event just for your Leaders and/or a full Troop event, we've taken great care to guide you through, step by step. You'll find all of these printable resources at FriedaB.com/AHG/FBT

- ★ This **FBT Program Summary**. Just like it says, a summary of the FBT Program and all related resources.
- ★ **Free to B. True to Yourself Guide (Part One)**. Here you'll find everything you need to explore what it means to be True to Yourself. Activities include making fun FBT Tins, and Story-Journaling.
- ★ **Free to B. True to Others Guide (Part Two)**. Here you'll find everything you need to explore what it means to be True to Others. Activities include creating a Troop Conflict Resolution Credo, and preparing for whatever conflict/adventure comes your way by packing an Adventure Bag and creating your own "Make and Take Zilla."
- ★ **FBT "Just for Leaders" Event Guide**. This resource is designed to offer a meaningful approach for Leaders to exploring and modeling conflict resolution.
- ★ **"Make and Take Zilla"** activity template and instructions (explained in FBT to Others Guide).

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

PROGRAM SUMMARY



Author Renata Bowers
and Frieda B., LLC

What would the world look like if all children dreamed big and believed in their stories? It's that single question that defines/drives the work of children's author and speaker Renata Bowers, and the company she's co-founded, Frieda B., LLC.

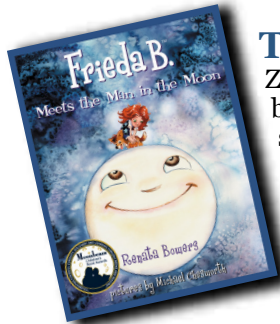
Author of the Frieda B. children's book series, Renata created fictional character Frieda B. to encourage children to Dream Big and Believe they, too, are free to be their own one-of-a-kind, very important story.

It's in her work with Christian audiences that she shares the full scriptural foundation of her books: that

God wrote a unique story and purpose for each of us (Jer. 29:11) and that when we dream big and believe in it, God turns that story into something better than we ever could have imagined (Eph. 3:20).

Renata co-founded Frieda B., LLC with dear friend Paula LaJoie, to provide a growing line of books, curriculum, products and services created to encourage and inspire the story within.

They count this partnership with AHG among their greatest blessings, and pray for the opportunity to help lead many girls into a deeper understanding of their God-given story.



The Story on which the FBT program is based... *Frieda B. Meets the Man in the Moon*. Frieda B. and Zilla take a trip to the moon "to see what it's like where the rockets and astronauts go." But when Frieda's bed crash-lands and hurts The Man in the Moon, how does she respond? How does he? A fun yet tender story of adventure, friendship and The Golden Rule, *Man in the Moon* encourages us to see the valuable story in others and do what's necessary to honor it. In doing so, we honor and further our own. *Man in the Moon* is available in both the hard cover book as well as a downloadable PowerPoint presentation to use with larger groups. Both can be purchased in our online store at FriedaB.com and in the AHGstore.

FBT Program Patch. To earn a Free to B. True Patch, a girl must: read/discuss *Frieda B. Meets the Man in the Moon*; complete at least one activity from each of the program's two parts; and demonstrate or document how to use "The 3 A's" and "The Ephesians 4 Approach". FBT activities also can assist in earning a Social Skills & Etiquette badge. Find FBT patches at FriedaB.com and in the AHGstore.



Skype with Frieda B. author (and FBT creator) Renata Bowers! Renata would love to be part of your FBT leader and/or Troop event, via Skype. Whether it be a book-reading, an FBT discussion, and/or Renata sharing her passion and experiences with story-journaling – you can request whatever topic(s) you'd like. For details, visit "Skype Visits" at FriedaB.com/AHG/FBT. Or just email us at AHG@FriedaB.com.

AHG Group Book Sales. Renata will sign and dedicate any Frieda B. book ordered through an AHG Troop Group Sale - and we'll ship all books for free! Find full details at "Group Sales" at FriedaB.com/AHG/FBT.

Frieda B. Goods. For everything you might want for your Troop activity or event, visit our online store at FriedaB.com. Here you'll find copies of *Man in the Moon* (hard cover and PowerPoint), FBT Patches, Stickers for FBT Tins, and lots of other fun stuff!

SHARE! We love the kitchen table. And coffee. Join us (with your imagination)! Pull up a chair and share with us. What do you like about FBT? What would you change? How have you made FBT your own? Please, share pictures too! We're always here.

Email: AHG@FriedaB.com
Facebook: [facebook.com/FriedaBHerself](https://www.facebook.com/FriedaBHerself)

