



FREE TO B.

RESILIENT

Patch Program from




FriedaB.com/AHG/FBR

Activities Guide

1. Frieda B. Armor of God Printable

THE ARMOR OF GOD DISCUSS EPHESIANS 6:10-17. IDENTIFY EACH PIECE OF ARMOR BY COLORING IT THE SAME AS ITS MATCHING BOX. MAKE A WRITTEN NOTE ABOUT WHAT EACH PIECE OF GOD'S ARMOR IS FOR - USE BACK SIDE OF PAPER IF NEEDED.



Sword of The Spirit

Breastplate of Righteousness

Belt of Truth

Helmet of Salvation

Shield of Faith

Feet Fitted with Readiness

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THE ARMOR ISN'T COMPLETE WITHOUT PRAYER! EPHESIANS 6:18. "PRAY IN THE SPIRIT AT ALL TIMES AND ON EVERY OCCASION. STAY ALERT AND BE PERSISTENT IN YOUR PRAYERS FOR ALL BELIEVERS EVERYWHERE."

Download and print for free at FriedaB.com/AHG/FBR

2. Group Game: Simon Says Fight or Flight



Here's a resilient take on an old favorite... a group game to help girls better understand and internalize their options when responding to conflict.

Just as with the classic game, one person is designated as Simon, the others are the players. Standing in front of the group, Simon tells players what they must do. The players must only obey commands that begin with the words "Simon Says" ... those who act on commands not preceded by "Simon Says" are eliminated. Last girl standing wins.

Caveat: in this game, there are only 4 commands...

- *FIGHT. Participants must act as if fighting.
- *FLEE. Participants must turn 180° and run in place.
- *FREEZE. Participants must stand still as statues.
- *FACE. Participants are to walk forward, in place.

Two points of discussion: 1. The action of Facing is the only action that has forward motion. In life, facing conflict one step at a time is how we choose to be resilient. 2. We always can rely on God and His Word to help us do the next right thing. We shouldn't make a move without Him.

3. Frieda B. Hands Activity



Walk girls through the Hands Activity as detailed on pages 15-25 in "Frieda B. Knows It's True... You Are Free to Be YOU". Ask each girl to create a list of things she believes she's good at, and a list of things she cares about (this can be part of the Storybook Activity, below!). Lead a discussion about how these areas of strength can help each of us to be more resilient.

4. Frieda B. Storybook Activity

*"Let's start with you, here right now, here today.
Let's get your own storybook off on its way..."*



* Start by choosing or creating a book of blank pages.

*First things first: There are as many ways to make a storybook as there are people in the world; there is no right or wrong way to make yours. Don't worry about coming up with an order for how the pages flow. Don't worry about making mistakes. Simply create what comes to you, as it comes to you. Enjoy the process and let it all unfold day by day, week by week.

*Next, and very importantly, set aside a number of pages in your storybook for capturing the things you're good at and the things you care about. Write them down, draw them if you like; you can add to these pages anytime. This is the single most important step; it's the foundation of your story.

*Take some time to capture discussions and realizations you've had about resilience... stories that inspire you, experiences you've had, how you look differently at challenges now.

*The rest of your book is open to telling your story, however you like. You might like to journal, to draw, to doodle. You might enjoy including memorabilia that has great meaning to you. You might feel led to include memories, or current events, hopes, challenges, dreams for your future.

*The only "rule" (if there is one) is this: What you capture in this book should always reflect who YOU are. It should help to tell and encourage your one-of-a-kind, God-authored story.

THE STORY ON WHICH FBR IS BASED:

Summary: You, dear reader, are free to be the one-of-a-kind, never-before-told, amazing and very important story you carry right inside you.

Within the other Frieda B. books, Frieda shares her own story and dreams and adventures with you. But in this book, Frieda wants to celebrate the story of YOU. So come along as she and we embark on an adventure better than any other... discovering, exploring, dreaming about - and capturing in your very own storybook - who YOU uniquely are free to be.

BOOKS CAN BE PURCHASED IN HARDCOVER OR POWERPOINT IN THE ONLINE STORE AT WWW.FRIEDAB.COM.



THE PATCH



To earn an FBR Patch, a girl must: work through all 4 steps and prayer in the FBR Main Guide, and complete at least two of the activities listed in the FBR Activities Guide.

BOOKS, PATCHES & EXTRAS CAN BE PURCHASED IN THE ONLINE STORE AT WWW.FRIEDAB.COM.

EXTRAS



10-Pack of 3"x3" "Say Can!" Cards

Frieda B. Storybook Activity

