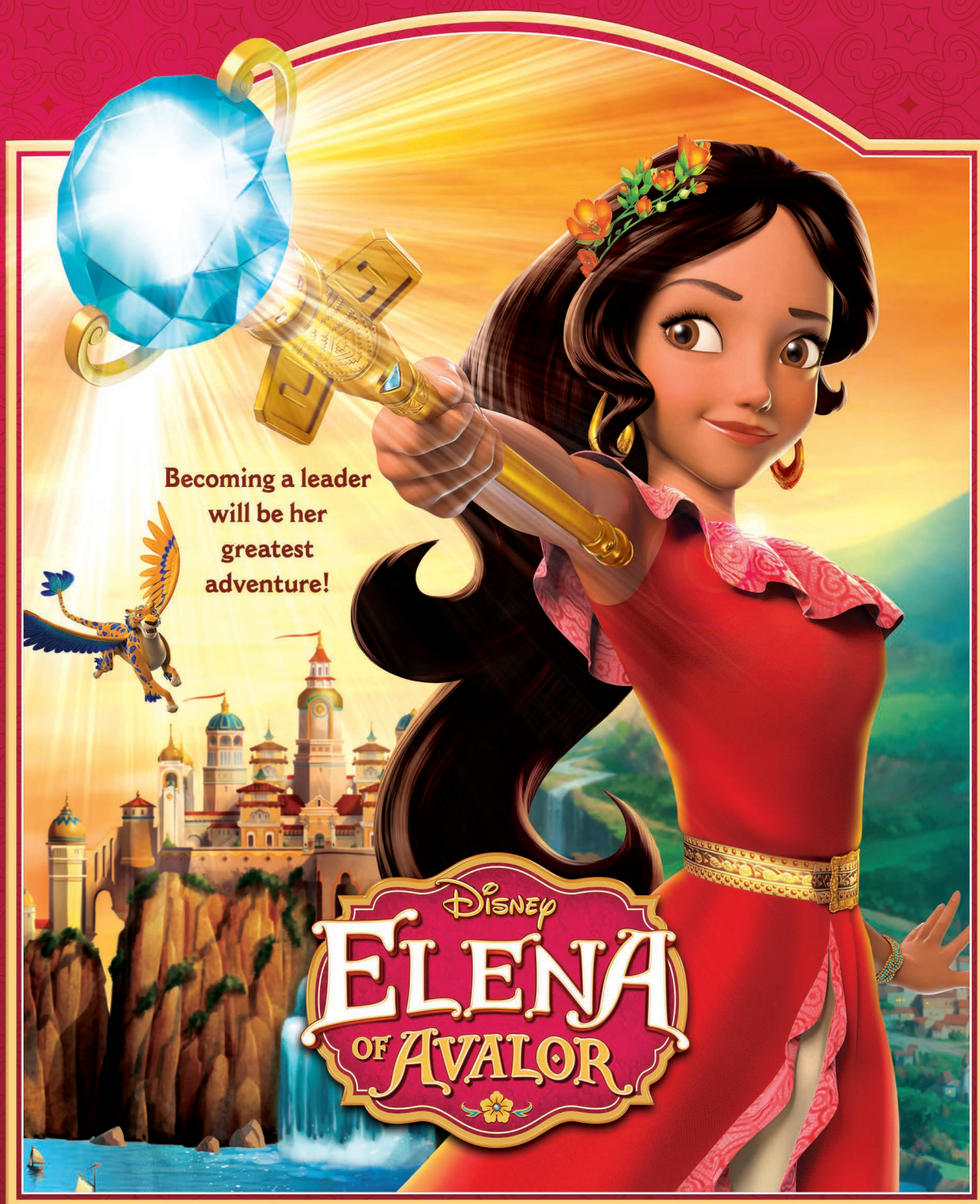




# LEADERSHIP GUIDE



Girl Scouts of the USA and Disney Channel share everyday ways to boost girls' leadership skills.



# Disney ELENA OF AVALOR

*Elena of Avalor is the story of Princess Elena, a teenager who has saved her enchanted, Latin American-inspired kingdom from an evil sorceress and now must rule as Crown Princess until she is old enough to be queen. Elena is an empowered princess who is learning to lead the kingdom of Avalor with the help of her friends and family. She is a strong and compassionate leader whose independent and curious spirit shines in each adventure she goes on. Elena's Royal Scepter, the Scepter of Light, can channel the power within her in order to help her kingdom and her family.*



Girl Scouts of the USA is the world's first and largest leadership organization that has been building girls of courage, confidence, and character for more than 100 years.

At Girl Scouts, leadership is about what you do. Through a variety of activities and experiences, Girl Scouts at each age learn how to overcome obstacles, problem solve, face fears, and inspire others.

So whether it's the first day of preschool or elementary school, with family or friends, at home or away, every girl at every stage is prepared to practice a lifetime of leadership like a **Go-Getter**, **Innovator**, **Risk-Taker**, and **Leader**.™

## INSIDE THIS GUIDE

**J**oin Girl Scouts of the USA and Disney Channel to explore what it means to be a leader. This guide includes everyday ways to help girls make a difference in their own lives and in the world around them.

After finding the age group of your girl from the list below, turn to the relevant section of the guide and read about the many strengths she has going for her already. Learn about leadership through Elena of Avalor's adventures, then help your girl recognize the leader within herself by completing the activities to follow.



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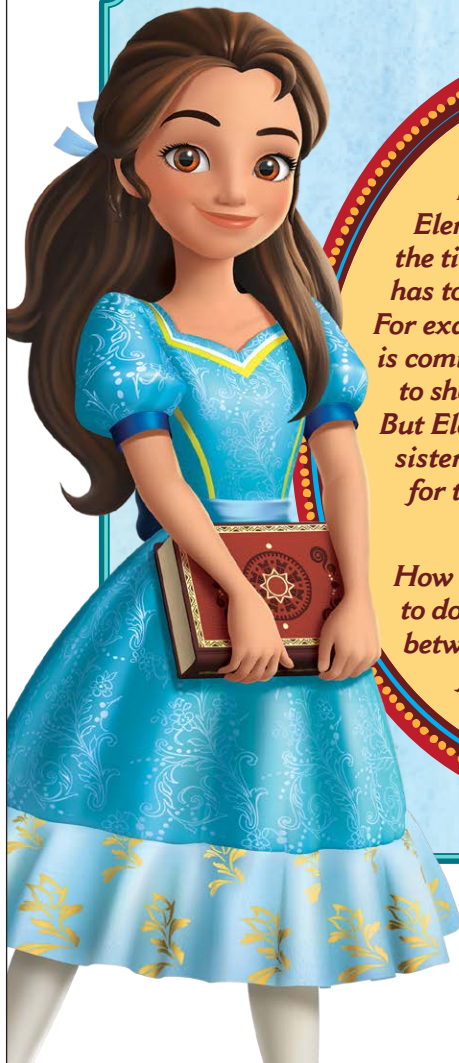


# Preschool

**Preschool is the perfect time to kick-off a lifetime of leadership. Here are a few tips and tricks to prepare your girl to lead like a Girl Scout!**

## About her:

- Her energy is limitless! That urge to run, play, move, and dance is great and can help her become an expressive, energetic leader with a contagious can-do attitude.
- She's a concrete thinker and is forming strong likes and dislikes.
- She's learning new ways of communicating and controlling her emotions. For example, she knows to use her words instead of her hands to resolve conflict and ask for what she needs.
- She follows simple directions and responds well to praise for a job well done!



*As the Crown Princess of Avalor, Elena makes decisions all the time. But sometimes, she has to make difficult choices. For example, an important king is coming to visit and she needs to show him around Avalor. But Elena promised to help her sister Isabel with her project for the Invention Fair that same afternoon.*

*How does Elena decide what to do when she must choose between helping Isabel and fulfilling her royal duties?*

## DECISION-MAKING

Let her make simple choices she'll feel proud of by explaining the trade-off in any given decision. For instance, if she wants to go to the zoo this afternoon, that might mean she won't be able to watch her favorite television show at home. Be sure to limit her options to two or maybe three choices at the most, as more options might overwhelm her at this age.

**ACTIVITY:** Discuss the idea of pros and cons—the good outcomes and disappointments that come with choosing one decision over another. Then, make a list of pros and cons for Elena's choices: showing the king around Avalor, or helping with her sister's project. Once you've finished your list and looked at the benefits and drawbacks for each decision, which choice does your girl think Elena should make? Why?

# Preschool

## SELF-AWARENESS

Boost her self-awareness by helping her understand what she's already great at, and where she has an opportunity to improve and grow. The goal is for her to feel comfortable sharing both.

**ACTIVITY:** Give her a paper and crayons and ask her to draw a picture showing an activity she's mastered—something she feels she is really good at, and could even teach others. On the other side of the paper, have her draw another picture representing something she'd like to learn to do better. Get in on the action by drawing your own two pictures. After you're finished, show each other your drawings and explain the skill you feel most confident in, and the one you'd like to improve upon. Knowing that you are still learning and growing will help your girl understand that nobody's perfect, and that's normal!

## CURIOSITY

Embrace her curious spirit and encourage her to ask questions to learn more about her world. The best leaders are lifelong learners and never stop questioning or exploring.

**ACTIVITY:** The next time you go to the park, for a walk, or even to the store, play a game with her where you see just how many things you can learn while you're out and about. Whether it's the name of an exotic fruit at the market or counting how many swings your local playground has, there are tons of exciting things to discover all around you. If it helps, take along a small note pad to keep a tally or write down all your new discoveries. Later in the day over dinner or before bed, talk about the new things you learned.

Which was the one that surprised each of you the most?



# Kindergarten- 1st Grade

**Starting school for the first time is a big step in her leadership development. Here are a few tips and tricks to prepare your girl to lead like a Girl Scout!**

## About her:

- She's a natural creator and a limitless builder—what an imagination!
- Her mind is very centered in the “here and now,” which makes her eager to take action and get things accomplished quickly.
- She's developing friendships on her own based on common interests and personalities.



## COLLABORATION

Encourage her to work in teams and to really listen to and think about what others have to say. Your girl already has strong opinions, which is a major strength, but to truly lead, she'll need to be able to team up to accomplish group goals.

*Elena is learning to lead, but there's a lot she doesn't know. As Crown Princess, she must get help from a Grand Council who gives her advice on major decisions. Elena asks her grandparents and her uncle to be on the Grand Council because they know a lot about ruling the kingdom of Avalor. She also chooses her friend Naomi, who knows all about the harbor and ships. How can Elena get help from the Grand Council and become a great leader?*

**ACTIVITY:** Talk to your girl about how Elena brought together a team of people with unique talents and strengths. Then, ask her which people she'd pick to be on her own “Grand Council” to help her make big decisions in her life or accomplish a goal. Each person she chooses should have a special skill, knowledge area, or way of thinking she could learn from. After she decides on her dream team, give her paper and crayons to draw a picture of them all together with their “titles” underneath each one. For example, her big sister would be “The Homework Hero” if she's helped your girl through tough assignments, and her aunt might be “The Sports Star” if she knows so much about soccer and is always there to cheer her on or show her a new technique on the field. Once she's drawn the portrait of her crew, hang it in her room to remind her of the amazing team she has to help her be her best. It's a great reminder that although we can be good on our own, we're always greater together.

# Kindergarten- 1st Grade

## DIRECT COMMUNICATION

Be patient and help her find the words to explain her feelings and thoughts. Emotions can be complicated, but understanding how to be direct when communicating and handling conflict will take her far in life.

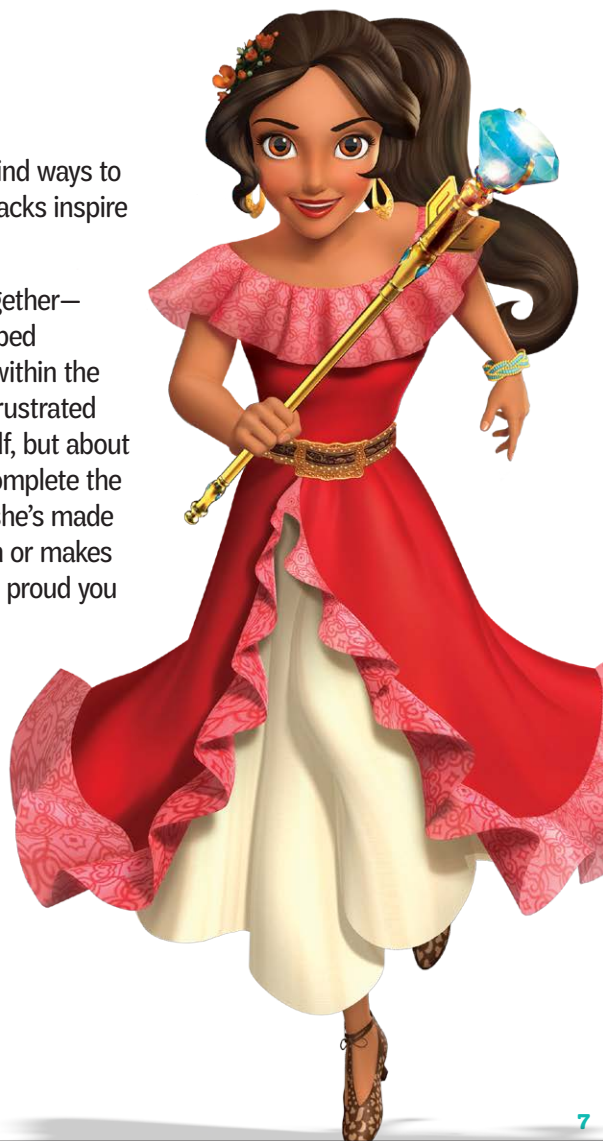
**ACTIVITY:** Set up some role-play time with your girl. Using her toys, your voice, and nonverbal cues, act out different scenarios in which her stuffed animals or dolls might “feel” happy, lonely, excited, worried, sad, and even angry. Ask your girl to guess how the doll is feeling. If she doesn’t have the name for the feeling, offer some examples. Talk to her about those feelings, ask what makes her feel those emotions, and discuss how she lets others know when she experiences them. Then, have her stuffed animals act out that scenario and “talk about” their feelings together. There really is a lot your girl can learn from her teddy bear!

## GRIT

Help her embrace moments of failure, realize they’re normal, and find ways to learn from them. Great leaders know how to let adversity and setbacks inspire them to dream bigger and try harder.

**ACTIVITY:** Go to the playground and choose a challenge together—maybe the trapeze rings or a taller jungle gym than she’s ever climbed before. The key is for this to be something she likely won’t master within the first few tries. On her first, second, or sixth attempt, she may get frustrated or nervous, and that’s alright—this exercise isn’t about the goal itself, but about learning perseverance and determination! Each time she tries to complete the activity, celebrate her efforts and make sure to note any progress she’s made since last time. When she finally reaches the top of that jungle gym or makes it across the rings, remind her how far she’s come and tell her how proud you are that she stuck with it!

Or switch it up by choosing a book that’s just a little above her reading level. At first, she may only be able to sound out a few words and will need a lot of help to get through it—but little by little her reading skills will improve and she’ll be able to finish the whole book on her own. Ask her what made her stick with the book and how it felt to keep working at it. Now that’s a story of real success!

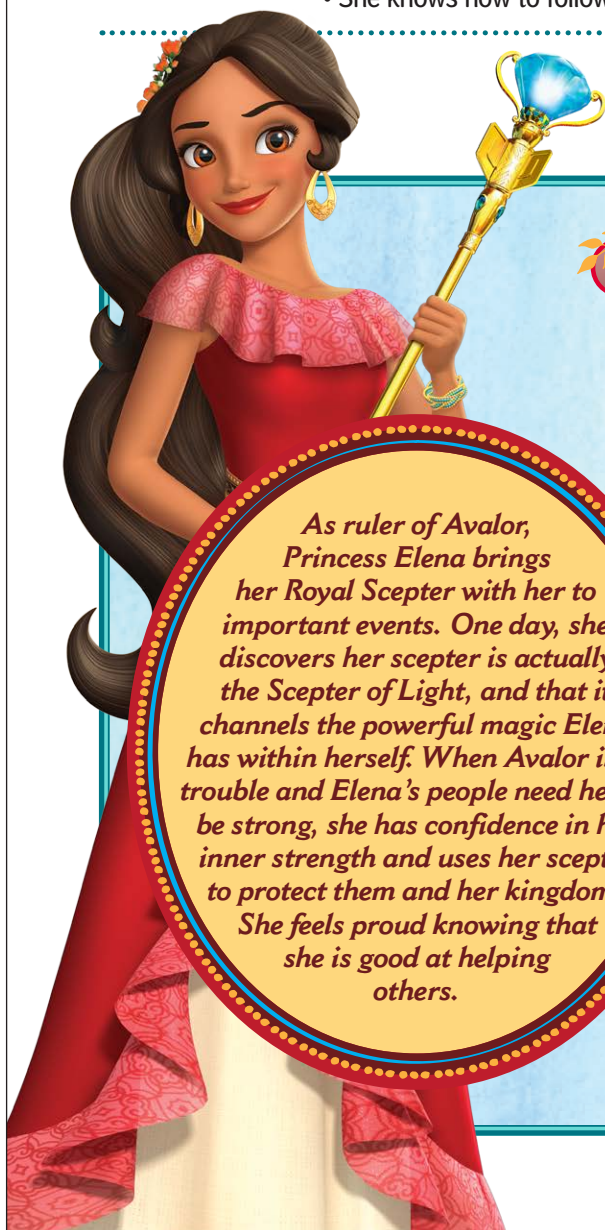


## 2nd-3rd Grade

**Exploring interests through different activities is an opportunity for her to start practicing self-empowerment. Here are a few tips and tricks to prepare your girl to lead like Girl Scout!**

### About her:

- As her social skills have sharpened, so has her ability to work well in groups.
- She's still a fairly concrete thinker—meaning she takes things at face value—but is on the verge of understanding more abstract ideas and complex thoughts.
- She's eager to play a part in activities, loves to be helpful, and feels proud when she's done a good job.
- She knows how to follow rules, listen to others, and follow-through.



### CONFIDENCE

Compliment her not just on her abilities, but also on how hard she works, and on how kind she is to others. Even if she has all the confidence in the world right now, don't take it for granted. Help her feel proud and positive by recognizing her unique strengths, allowing her to do things for herself, and cheering her on from the sidelines.

*As ruler of Avalor, Princess Elena brings her Royal Scepter with her to important events. One day, she discovers her scepter is actually the Scepter of Light, and that it channels the powerful magic Elena has within herself. When Avalor is in trouble and Elena's people need her to be strong, she has confidence in her inner strength and uses her scepter to protect them and her kingdom. She feels proud knowing that she is good at helping others.*

**ACTIVITY:** Help your girl recognize and feel pride in all the great things about herself. Get a notepad and create an "Elena Is..." list with your daughter, writing down the qualities she admires in Elena. Then create an "I Am..." list, writing down all the things your girl likes best about herself. Younger kids may focus on physical attributes rather than abilities or inner qualities, so help her identify the less tangible areas of strength you see in her—like the way she can make anyone laugh or how hard she works at school. Those are the kinds of strength she should feel the most proud of! Once you've filled up a page of things your girl loves about herself (it won't be hard!) have her make a card for herself, reminding herself of the specific skills and abilities that make her so awesome. She can keep it in her backpack or by her bed—and read it anytime she needs a boost.

## 2nd-3rd Grade

### CRITICAL THINKING

If a leader wants to make a good decision or solve a problem, she has to think about the opinions and feelings of the people involved (not just her own), and also of the facts of the situation. Being able to tell the difference between facts and opinions—her own and others—will help your girl make smart, thoughtful choices in every area of her life.

**ACTIVITY:** Grab your girl, a pack of index cards, and some colorful markers. On each index card, write a fact (something that can be proven to be true) about something or someone in your home on one side, and then on the other side, write an opinion about the same object or person. One side might say, “Our dog is smarter than any other dog” (an opinion, since other girls might think *their* dogs are smarter) while the other side would say, “Our dog can sit and shake hands” (a fact you can prove by showing what he can do). Make five or six of these cards with your girl, then make another five or six on your own to add into the mix. Use them as flash cards, asking your daughter to shout out “fact!” or “opinion!” She’ll get the hang of spotting which is which, and will soon be able to tell fact from opinion in all areas of her life.

### GOAL-SETTING

Inspire her to set goals and then support your little go-getter as she follows through and reaches them. Anyone can have a dream, but it takes a real leader with determination to make that dream come true!

**ACTIVITY:** What’s your girl’s dream? Does she want to score ten goals for her soccer team, read 100 books over summer, or save up to buy a new video game? Whatever she wants to go for, set her up for success by discussing the goal she has in mind and how she might get there. Create a sticker or crayon chart with dates and “to-dos,” to mark her progress. Hang it in her room or on the refrigerator so she’ll see it every day and remember to stay focused. Take notice of (and applaud!) her mini-milestones to keep her motivated along the way, then think of a fun way to celebrate when she’s reached her goal!

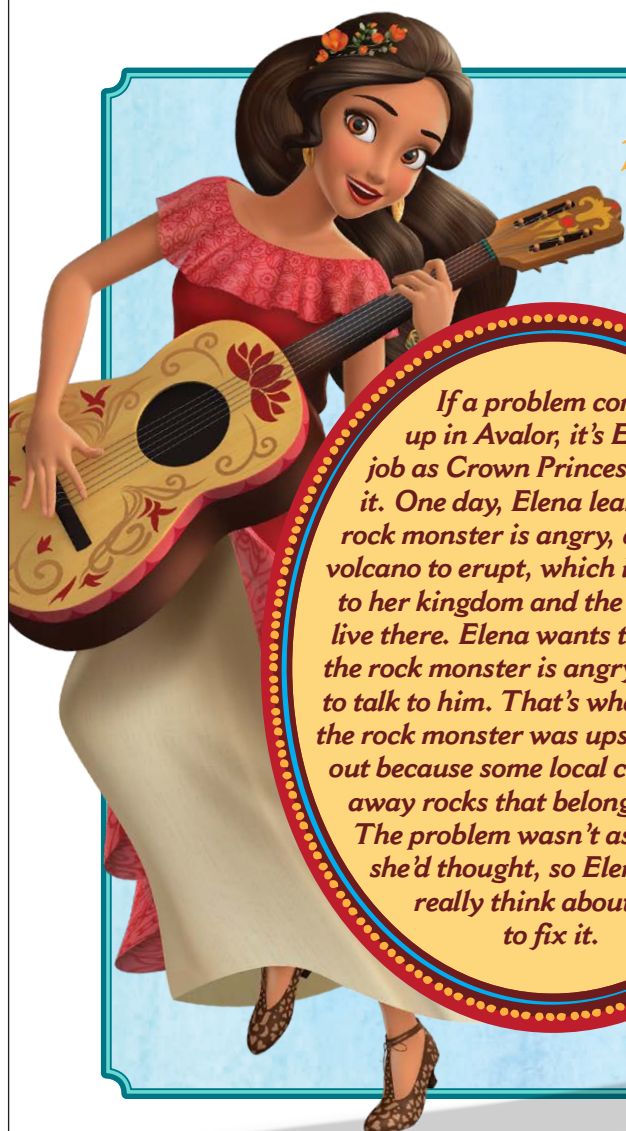


## 4th-5th Grade

**Encouraging new experiences can inspire her self-confidence in elementary school. Here are a few tips to prepare your girl to lead like a Girl Scout!**

### About her:

- She's got plenty of opinions and likely wants to make them known.
- She understands the concept of equity and believes in being fair.
- Her critical thinking abilities are growing, which makes her able to more easily consider and process the perspectives of other children and adults.



### PROBLEM SOLVING

There's almost always more than one solution to any given problem, and a true leader is able to think about them all and see which one will be most effective and permanent.

*If a problem comes up in Avalor, it's Elena's job as Crown Princess to solve it. One day, Elena learns that a rock monster is angry, causing the volcano to erupt, which is dangerous to her kingdom and the people who live there. Elena wants to learn why the rock monster is angry, so she goes to talk to him. That's when she learns the rock monster was upset and acting out because some local children took away rocks that belonged to him! The problem wasn't as simple as she'd thought, so Elena had to really think about how to fix it.*

**ACTIVITY:** To solve any problem once and for all, you need to learn what's causing the issue in the first place. Then, you need to think of all the possible solutions and what effect they would have on the situation. Talk with your girl about Elena and the rock monster. Can she come up with more than one solution to the problem? If Elena only asks the rock monster to stop erupting the volcano, he might stop for a while, but there's still the chance that he'd do it again if the kids returned and took more of his rocks away. Should Elena make a rule in the kingdom about not taking things that don't belong to you? Would it help to ask the children why they were taking the rock monster's rocks in the first place? Think of all the possibilities of what Elena could do to solve the problem and discuss the benefits and challenges with each one. Then ask your girl to tell you what she would do to solve the problem if she was in charge, and why!

## 4th-5th Grade

### CHALLENGE-SEEKING

Suggest she try new activities or signs up for a class or club that pushes her out of her comfort zone. Successful leaders take risks all the time. Not all of them lead to something great, but when they do, the payoff is well worth it!

**ACTIVITY:** Make an adventure plan with your girl! First, work with her to think of 12 activities she's never tried because they make her a little nervous. If she has trouble starting the list, let her know an activity that might top your own list. It's helpful for her to know that adults sometimes feel nervous taking on a challenge or trying something new. These activities could include entering a local talent show, learning to skateboard, baking a cake from scratch, or running for class president. Next, have her write each one down and think about which month of the year would be a good time to try each adventure. Collect all of them from her except for the adventure for the current month, which she should get started on before the month is over. On the first day of each month, give her the next challenge she came up with (along with a pep talk!) and then she'll have the month to complete it. Some activities will be a huge success and may even inspire a new hobby, while others won't work as well, but the point is that she learns to be open to challenges and gets excited to stretch beyond her comfort zone.

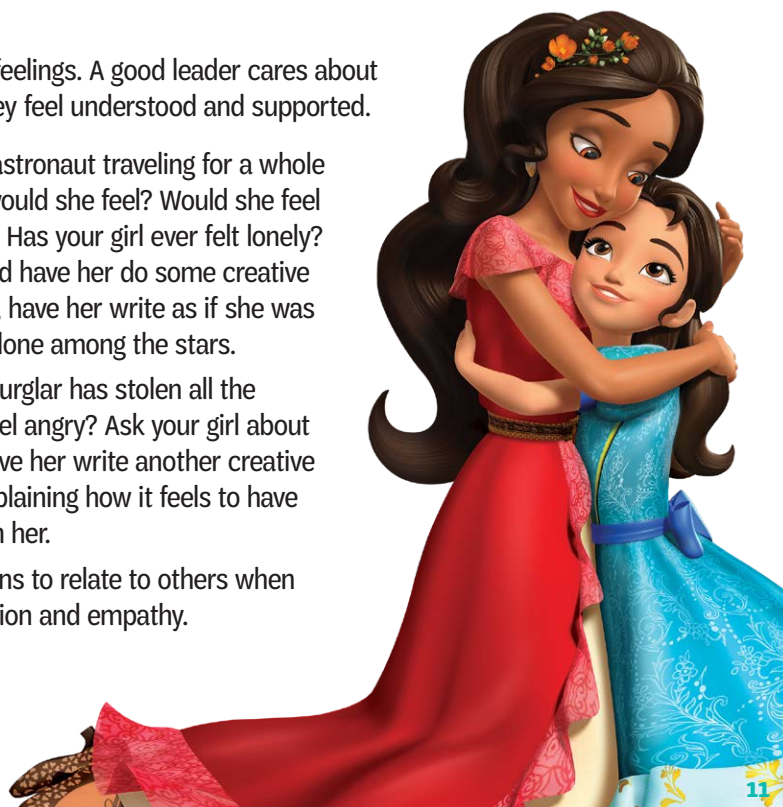
### EMPATHY

Remind her to be mindful of others' thoughts and feelings. A good leader cares about the emotions of her teammates and make sure they feel understood and supported.

**ACTIVITY:** Have your girl imagine she's an astronaut traveling for a whole year in space without anybody else around. How would she feel? Would she feel lonely and wish there were other people with her? Has your girl ever felt lonely? What was that like for her? Give her a notebook and have her do some creative journaling—using her own knowledge of loneliness, have her write as if she was that astronaut, explaining how she feels being all alone among the stars.

Next, have her imagine she's an artist, and that a burglar has stolen all the paintings she's worked hard to make. Would she feel angry? Ask your girl about a time she felt angry and what it was like. Then, have her write another creative journal entry, this time as if she was that artist, explaining how it feels to have something she worked so hard on taken away from her.

Being able to use her own experiences and emotions to relate to others when they are struggling will help her lead with compassion and empathy.





# Disney ELENA OF AVALOR



Girl Scouts of the USA is the world's first and largest leadership organization proven to build girls of courage, confidence, and character since 1912. Girl Scouts has prepared more than 60 million girls, parents, and professionals for a lifetime of leadership.

Find more information on raising G.I.R.L.s at

**[girlscouts.org/  
raisinggirls](http://girlscouts.org/raisinggirls)**



Disney Channels are 24-hour kid-driven, family-inclusive television networks that tap into the world of kids and families through original series and movies. They currently include Disney Channel, Disney Junior, and Disney XD. Available on basic cable throughout the U.S. and to millions of other viewers on Disney Channels around the world, Disney Channels is part of the Disney | ABC Television Group.

**[Disney.com/Elena](http://Disney.com/Elena)**



Together, we are more than the sum of our parts. By inspiring kids and families to join in and take action, we can truly create a better tomorrow.

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