

CHICK Chat by HGNA

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Bring a fun, activity-packed full-day workshop to your community where 4th - 6th grade girls can learn to be their true best selves



Why Chick Chat?

- Easy to follow curriculum, organized by grade-level that provides girls with inspiration, guidance, and perspective about the changes they are encountering in their lives and relationships.
- Aligns with many of the Social-Emotional Learning standards that are being adopted by school districts across the country. Chick Chat is an ideal tool to provide additional, complementary support to parents and communities.
- The two-track, grade-specific curriculum focuses on "Being Your Best Self" and "Friends, Frenemies and Fiascos." The day includes crafts, small group lessons, yoga and fun, active, team-building activities.
- Chick Chat is a fun day completely focused on helping girls navigate adolescence!

visit
HGNA.org
to learn more



HGNA is a 501(c)(3) not-for-profit corporation

A Snapshot of the Day at Chick Chat:

- **Welcome session with ALL girls** (30 minutes)
Welcome girls and get the energy going with a large group activity
- **Small, grade-specific group session: "Be Your Best Self"** (90 minutes)
Includes an introduction ice breaker activity, a craft, a discussion, and wrap-up
- **Yoga Class** (45 minutes)
A relaxing break focused on relieving stress and anxiety
- **Lunch break** (20 minutes)
A healthy lunch break in a large group setting
- **Chick Chat Challenge** (45 minutes)
An active break filled with fun team-building activities
- **Small, grade-specific group session: "Friends, Frenemies and Fiascos"** (90 minutes)
Includes an introduction ice breaker activity, a craft, a discussion, and wrap-up



Your purchase of Chick Chat includes:

- **A complete curriculum organized by grade-level** *Step by step guide for facilitators, detailed craft and activity instructions.*
- **An operations guide to running your own Chick Chat** *Timelines, supply lists, volunteer suggestions, expert tips and more.*
- **Three consultation hours provided by an experienced Chick Chat chairperson** *(via email and/or telephone)*

Visit our website – www.chickchatbyhgna.org

to learn more about HGNA and Chick Chat and to see sample pages from the actual Chick Chat curriculum.

