



# ***Toolkit***

Brave Girls Gather



# Summer of Joy

## Leader Guide

Girls everywhere are getting out of school! Some are filled with excitement, while others might have some anxiety over what the summer holds! No matter where a girl is in her thoughts, there's one thing for sure – she could use some joy this summer! That's why we've put together this toolkit! We want to inspire you to create meaningful moments with the girls in your life that include plenty of opportunities to experience JOY!

What you'll find in this toolkit: inspirational Ideas, book club list, & conversation cards (and how to use them!)

### **How to Kick Off Your Summer of Joy**

1. Make a summer schedule for gathering. Start with a summer kick-off get-together!
2. Ask each girl to bring a favorite snack for sharing!
3. Use the *Summer of Joy* convo cards to have a meaningful conversation together
4. Make a big “anything goes within reason” list of things to do together over the summer that would bring them joy. You won't do all of these. It's simply to get ideas flowing!
5. Set-up “Summer of Joy” Bullet Journals together (See Bullet Journal Tutorial)



### **Tips for making your summer plan a win!**

1. Never go alone! Invite a co-leader to help you plan, prepare, and host
2. Meet up for coffee with moms of girls ahead of your *summer kick-off get-together*. Get their ideas and support!
3. Make a plan – include dates, or a weekly set gathering that you can fill with ideas! Fill in dates with ideas collected at your *kickoff get-together*.
4. Make a snack sign-up sheet or send out a Sign-Up Genius!



## Summer of Joy ideas!



- Kick-off party with convo cards+
- Bullet Journals+
- Pancakes or Pasta Together+
- Watercolor Scriptures+
- Book Club Meet-ups+
- Bake Together
- Pool Parties & Movie Nights
- Volleyball or Pickleball
- Picnic in the Park
- Attend a theme park or water park
- Shopping & Lunch
- Pajama Watch Party - teachings from a girls conference like [There4 Gathering](#)
- Beach or Lake Day
- Summer Suppers - board games & pizza
- Crafting or Thrifting

# SUMMER OF JOY BULLET JOURNAL



## Tutorial

### SUPPLIES

- [dot journals](#)
- [brush pens](#)
- [mildliner](#)
- [highlighters](#)
- summer stickers
- washi tape



### INSPIRATIONAL VIDEOS

[Quick and Easy Summer Checklist](#)  
[Theme Ideas and Doodles](#)  
[Bible Study Ideas](#)  
[Simple June Set Up Idea](#)  
[July Set Up Idea](#)



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### PAGE IDEAS

- “Summer of Joy” title page
  - Choose a color palette with brush pens
  - Summer bucket list
  - Monthly Calendar
  - Summer plans
  - About Me
  - Ways to grow closer to God this summer
  - Screen Free Activities page
  - June title page
  - Gratitude page
  - Prayer page
  - Journal pages
  - Mood tracker
  - Bible verse pages – consider encouraging girls to journal and study one verse from the [“A.W.E.S.O.M.E Gift of One Another” download](#)
  - July title page
- 

#### What is a bullet journal?

Instead of a book with lines and words, it contains pages with different headers, sections, & doodles you create to help you:

- process or celebrate
- assess or organize
- plan the future
- express gratitude
- inspire and encourage
- set goals
- take notes/bible study

#### Why do we love this idea for the “Summer of Joy?”

This engaging project is something you can start together but something girls can work on individually on their own as well! It allows them to creatively consider ideas to fill their summer with joy and journal their way through it, documenting moments of joy and gratitude, diving into God’s Word or meditating on Bible verses they write in their journal, and more...

#### How do you make the journal?

First, we want you to know there are no *rules* here. You should offer suggestions while allowing room for creativity. This tutorial includes some page ideas and video links to help get the ideas flowing!



## **EASY FLUFFY PANCAKE RECIPE**

*\*pairs well with the Summer  
of Joy conversation cards*

12 servings

### **Ingredients:**

- 2 cups of all-purpose flour
- 2-3 tablespoons of sugar
- 4 teaspoons of baking powder
- 1/2 teaspoon of baking soda
- 1/4 teaspoon of salt
- 1 and 3/4 cups of milk
- 2 eggs
- 2 tablespoons of melted butter
- 1 teaspoon of vanilla extract
- Butter or oil to grease pan



### **Method:**

- Whisk the dry ingredients together in a large bowl
- In a separate bowl, whisk the wet ingredients: the milk, eggs, melted butter and vanilla extract.
- Combine the two mixtures gently, until it is lumpy. Do not overmix.
- Grease a skillet or griddle with butter or oil and preheat to medium heat.
- Pour 1/4 cup of batter for each pancake. Cook on one side until you see bubbles forming and popping. (This will be about 2 minutes.) Flip the pancake over and cook for an additional 1-2 minutes. Let them turn golden, girl! Enjoy!

Tip for keeping warm: preheat the oven to 175-200°F and keep a baking sheet in the oven. Place the pancakes on the baking sheet to keep warm!

***We recommend making these WITH the girls in your life, rather than ahead of time. For example: One person can mix the wet ingredients while another can mix the dry. They can each take turns flipping. Someone can be in charge of washing the fruit, displaying the toppings, and setting the table!***

*Try these toppings:  
Fruit, Maple Syrup, Powdered  
Sugar, Chocolate Chips or  
Whipped Cream!*

# LETS MAKE PASTA!



## INGREDIENTS

- 3 cups (15oz/426g) all-purpose flour
- 4 large eggs\* (or 5 small eggs)

\*6 servings

## DIRECTIONS

- On a large flat clean surface place the flour in a mound.
- Crack all 4 large eggs into the center of the mound of flour creating a well to hold the eggs.
- Using a light hand, break the yolks of the egg and gently bring the flour into the center of the well using your fingertips.
- Keep incorporating the flour into the eggs until all the flour has been absorbed. This will be a messy process, but it is well worth it! Once the dough starts to form, bring it together with your palms and knead into a smooth yellow dough. This will take roughly 5 minutes. Note: If your dough is on the dry side you can add a little SLASH of water to bring it together.
- When the dough forms a ball, cover tightly with cling wrap and refrigerate for 30 minutes to allow the dough the rest and the gluten to develop.
- After resting, remove the dough from the fridge and cut it into 4 equal pieces. Set aside and cover with a towel to stop it from drying out.
- Flour your work surface and rolling pin and roll 1 ball of dough at a time into a large thin sheet. I don't give dimensions for this part as it varies but my one note would be to get it as thin humanly possible. Like paper-thin.
- Once the dough has been rolled out, fold it over itself several times. Cut the roll of pasta into strips roughly 1/4 inch thick depending on what pasta you are making. Then dust some flour over the sliced strips of dough and unravel them to reveal your fresh pasta! Repeat this process with the remaining dough.
- Set out pasta aside on a tray and leave it out at room temperature to cook-off or cover and place in the fridge to be cooked later.
- Place a medium pot over medium-high heat and boil 8 cups of water. Once the water is boiling salt it and place the fresh pasta in the water.
- Add the pasta and allow to cook for roughly 2 minutes or until tender. When the pasta floats to the top of the pot it is ready.
- Strain the water off the pasta and serve as desired.
- Top with your favorite sauce of choice!



*Put on the summer  
of joy worship  
playlist in the  
background, light  
some candles, and  
chat with the girls in  
your life while you  
make this yummy  
dinner together!*

# ***Watercolor Scripture Painting***

## ***Materials***

- paintbrushes in various sizes
- cup of water
- watercolor paints
- Pencils
- art paper or cardstock



We found some great inspirational content for this project by Jenna Parde @scribblinggrace

YouTube  
scribblinggrace.com

Instagram  
instagram.com/scribblinggrace

Blog  
facebook.com/scribblinggrace

## ***Directions***

Encourage girls to close their eyes and imagine while you slowly read the scripture aloud to them. Then invite them to begin painting what they saw. They can start by sketching with a pencil first if they prefer. Remind them that these will be unique for each girl!

Ask each girl to share about her painting before your time is over to allow space to share what is on each heart!

## ***Suggested Scripture***

Philippians 4:4-9

You know the girls in your life best! We invite you to choose a different verse for your specific group if you feel led.

# Book Club List

Book titles are clickable links. We encourage you to preview a book yourself before making a final selection to ensure it aligns with your group's goals.

## TWEENS/YOUNG TEENS

### [The Forest Before the Field+](#)

Weaves modern tales, literature, & biblical wisdom for developing cultural discernment.

### [The Lies Girls Believe and the Truth that Sets Them Free +](#)

Help girls walk in freedom each day by replacing lies with truth.

### [Glory Girl +](#)

Help girls understand their God-given gifts and walk in them.

### [Growing in Godliness +](#)

Help girls establish practices that lead to a lifelong pursuit of looking more like Jesus.

### [God's Smuggler](#)

Real-life story of a young man who risked his life smuggling Bibles across closed borders

### [You Are Not Alone](#) (releases June 11th)

Helping young girls overcome anxious thoughts and believe what is true.

## TEENS/YOUNG ADULTS

### [Image Restored+](#)

Tear down shame and insecurity to experience a healthy body image.

### [In My Feels +](#)

Bible study: Helping girls understand 8 core emotions and how to draw near to God in them

### [This Changes Everything+](#)

Help girls move past the status quo and go deeper in their faith,

### [Do Hard Things](#)

Help girls redefine their teen years and map a clear trajectory for long-term fulfillment and eternal impact.

### [Created to Hear God](#)

Help girls understand and discern how God's voice in their lives.

### [Untangle Your Emotions](#) Older Teens/Young Adults

Gaining a richer understanding of your emotions and how they connect us to God and others.

### [Women of the Word +](#)

Help girls engage with God's Word in a way that trains their mind and transforms their heart.

### [Wonderfully Made +](#)

Help girls establish a healthy view of themselves by understanding their identity in Christ.

### [Lies Young Women Believe and the Truth that Sets Them Free\\*](#)

Help girls walk in freedom from everyday struggles by replacing lies with truth.

### [Something Needs to Change](#)

Help girls move from talking about their faith to living it.

### [Kisses From Kate](#)

Biography: An 18-year-old girl gives up everything and moves to Uganda to care for people.

### [Real Not Perfect](#)

Fiction. Inspire girls to deepen their relationship with God and solve problems in God-honoring ways.

### [The Delusion](#)

Fiction. An intense, eye-opening story revealing the impact of the unseen world. Helping teens and young adults grasp the reality of spiritual warfare.

+Books that contain reflection/discussion questions within the book.



## SUMMER OF JOY CONVO CARDS

BI

In what ways did this school year go as you originally imagined? What are some ways it didn't go as planned?

1

BI

If you could live or do one thing over from this school year, what would it be and why?

2

BI

What are some of your hopes for the summer?

3

BI

What would it look like to incorporate joy into your summer?

4

BI

What are some practical ways you can grow closer to God and others this summer?

5

BI

What are you taking away from this conversation that you need to remember tomorrow? What is one thing God is leading you to do?

6



## How to Use Convo Cards



1. Place cards where everyone can see them.
2. Direct the girls to each pick up a question they would like to answer first.
3. Invite someone to "be brave" by being the first to share their question and answer.
4. Before moving on, encourage the rest of the group to answer the same question.
5. Continue until all the questions have been answered.



### ***Making it a safe & engaging space***

1. Before girls arrive, spend time in prayer.
2. Read the Brave Girls Gather Guardrails for brave conversation before sharing begins.
3. Don't try to "fix" a girl who is struggling.
  4. Lean in and listen well.
5. Point out the places you hear godly thinking or character.
6. Model authenticity. Be open and honest in your own sharing.
7. Share hope, encouragement, and Truth in your answers.

## ***Summer of Joy Worship Playlist***



Know what brings us tremendous joy? Girls knowing Jesus and ministry partners who help us keep making tools like this one! If you found this toolkit useful, please consider making a gift on our [Give](#) page.