



Courageous Girls

Curriculum Overview

Scope & Sequence: Years 1-9

Rooted In Grace



Year 1 Plugged into the Vine (2nd/3rd)

Lesson	Title	Key Point	Key Scriptures	Discussion Topic Point	Suggested Activity/Craft
Retreat	Deeply Loved	God's plan starts with knowing how loved we are	1 John 4:19 Ephesians 3: 16-21	Defining God's love Building CG relationships	Courageous pillowcases Love frames Spa time
1	Getting Established: Fruits of the Vine	Jesus is the Vine. We are the branches.	John 15:5	Defining CG, outcome, expectations	CG notebooks
2	Fruit of Love	Love Languages	Galatians 5:22-23 Galatians 5:25 1 Corinthians 13:1-13	Gary Chapman's 5 Love Languages Specific praying	Love language cards Praying cards
3	Fruit of Peace	Channeling Strong Emotions	Galatians 5:22-23 1 Peter 5:7	Labeling & caring for our emotions Finding comfort for hard emotions	Feelings chart Emotional thermometer
4	Fruit of Patience	A Season of Giving & Living with Contentment	Galatians 5:22-23 Galatians 6:9-10	Patience, gratefulness, contentment Selfishness/jealousy Serving others	Blessing bags Heart check-up
5	Fruit of Kindness	Inclusion of All God's Creations	Galatians 5:22-23 Proverbs 11:16-17 Philippians 4:13	Behaviors that impact relationship Being a good friend Heating up & cooling down	Good friend handout Act it out scenarios Bookmarks
6	Fruit of Joy	Loving Ourselves Well	Galatians 5:22-23 John 15:11	Loving ourselves as God made us to be	Mom interview questions Dove interview
7	Fruit of Self-Control	Light in the Darkness	Galatians 5:22-23 Ephesians 5:8-13	Self-control Light vs. darkness Secrecy	X-ray activity Shining light on our darkness Shining light questions
8	Fruit of Goodness & Faithfulness	Relying on God	Galatians 5:22-23 Psalms 26:3 Psalms 23:6	Perfectionism <u>You are Special</u> , Max Lucado Responding to hurts & affirmations	If I was a Wemmick Mom/daughter pact



Year 2 The Amazing Female (3rd/4th)

Lesson	Title	Key Point	Key Scriptures	Discussion Topic Point	Suggested Activity/Craft
Retreat	My Identity is Rooted in Christ	Growing confidence in what God says about us	1 Peter 2:1-3	Shame vs our true identity Resolving conflict: red, yellow, green-light people Cultural definition of identity	Blanket activity Role-play scenarios
1	Amazing Girls	God's intentional and perfect design	Psalms 139:13-14	God's intentional design for girls Key attributes of God Messages we hear from our culture	Looking within handout CG journals
2	Mirror, Mirror	Whose image do you bear?	Genesis 1:27	Being created in God's image Characteristics from parents Characteristics from God	Women of the Bible cards Photo comparison activity
3	Marvelous Manners	Engaging with grace and garnering poise	Colossians 1:10	Using manners to give dignity to others Stories of Daniel & Esther	ABC's of manners-role play Table practice with dessert
4	Sacrificial Living	Loosening the grip of materialism with simplicity	Psalms 46:10	God's definition of great riches Listening for God with silence Sacrificing	Feet washing Video of man living sacrificially One-a-day challenge
5	The Holy of Holies	Your body's value to God	1 Corinthians 6:19-20	Our bodies are created by God and to glorify God How our bodies are a temple to God	Golden words Temple photos Personal hygiene bags
6	Firing on all Cylinders	Honoring God with our choices	Galatians 5:17	Practicing self-discipline to keep minds focused on God's plan for us Flesh, self-control, spiritual discipline Proper nutrition to fuel our bodies	Physical activity: mother/daughter challenge Healthy snack: smoothies or salads
7	What's a Fallopian?	Understanding your reproductive system and the miracle of creation	Psalms 139:13-14 Ephesians 2:20	Creation, bringing life into the world Truth and design of sex and our reproductive system Menarche and tools	Reproductive system handout Fallopian game Fetal development video
8	Purposeful Presence	Passionately pursuing your God-given purpose	John 8:12 Matthew 5:16	Fulfillment in holiness vs happiness Being a light in the world Parable of the sheep	Sardines game Heart craft



Year 3 Rooted in Identity and Community (4th/5th)

Lesson	Title	Key Point	Key Scriptures	Discussion Topic Point	Suggested Activity/Craft
Retreat	We are Better Together	Community & conflict resolution	Hebrews 10:24-25 Romans 12:4-5	Defining community When we hurt one another & forgiveness Unhealthy community	Writing cards to group members
1	God Has a Plan for Me	Choosing our way or God's plan	Job 42:2 Malachi 3:6	What does and does not change God's plan is trustworthy	Decorating planters God's perfect strategic plan
2	My Core Value	God had plans for how He made me	Hebrews 13:21	Core Values Index (CVI): overview	How God made me sheets CVI skits Team challenge
3	Modesty Matters	Keeping the eyes of others on our hearts and souls	Proverbs 31:10 Romans 12:2a	Defining modesty, motivation behind dressing Compassion for others	Modesty flash cards Fashion doll design
4	Radical Generosity	Growing generosity as we grow in Christ	2 Corinthians 9:11	Defining radical generosity God's generosity towards us	Make a generosity plan (using CVI)
5	Love Thy Enemy	Practicing kindness & empathy	Exodus 23:2a 1 Corinthians 16:13-14	Define enemy: repentant vs unrepentant 3 colors of relationship: red, yellow, green Responding to enemies with strong love	Identifying enemies game Shield of protection craft
6	The Power of Words	Impacting others with our words	James 3:10 Ephesians 4:29	Holding our tongues Self-talk Wounding vs encouraging words How to share hard truth	Wounding vs Life-giving cards Wise words pledge
7	Celebrating & Honoring Others	Championing cheerleaders	Romans 12:10 1 Thessalonians 5:11 Romans 12:15	Feeling encouraged vs. forgotten Jealousy vs humility Knowing who we are and whose we are allows us to be happy for others	Movie clips Toasting & celebrating each other
8	Within the Circle of Grace	Asking questions and getting answers from our safe CG group moms	Romans 8:28 2 Corinthians 1:24	Safe circle of trust with CG group moms Approaching LGBTQIA discussion There is nothing that cannot be shared with moms	Q&A with moms, from girls



Year 4 Purity of Mind, Body & Soul (Middle School)

Lesson	Title	Key Point	Key Scriptures	Discussion Topic Point	Suggested Activity/Craft
Retreat	Purity of Mind, Body & Soul	Purity	1 Corinthians 10:13 1 Timothy 4:12	Purity Temptation, i.e. pornography Confession	Poo in water visual
1	Instaurators vs. Instagramers	Purity of our souls	Proverbs 4:23 James 1:19	Being purposeful in our exposure with technology Instaurator Communication tools	Charades Communication script Communication dialogue Door hanger craft
2	Confidence & Comparisons	Confidence in God and in who God made us to be	1 Corinthians 16:13-15 Proverbs 31:30	Confidence viewed by the world vs. by God Who has permission to speak into our lives	New CG journal
3	Boys, On-belay, Boys	Interest in boys	Proverbs 3:5-6 Song of Songs 2:7b, 2:16a	Analogy of rock climbing to boys Friendship with boys Dating	Rock climbing outing
4	Selfless Service	The gift of serving others	Proverbs 31:8 Matthew 20:27-28	The cost of serving others Seeing the unseen in our society	Service project in community
5	The Armor of God	Assertiveness and strength is beautiful	Ephesians 6: 14-18	Primary job of the enemy Using the Holy Spirit to fight the enemy Preparing for an attack by the enemy	Self-defense class
6	Standing Up	Standing up to mean girls and bullies	1 Corinthians 13:4-7	What bullying looks like How to handle bullying Being the mean girl	<u>You Are Special</u> , Max Lucado Role play scenarios with bully
7	Image Issues	Viewing our bodies with grace and love	Ephesians 2:10 Isaiah 64:8 Psalm 139:13-14	Good works vs. grace Eating disorders Healthy eating habits	Emotion map activity Eating a healthy meal
8	Living in the Light	Integrity, self-control and accountability	Ephesians 5:8-10 Psalm 139:23-24	Review of darkness and light Specific middle school topics that reflect darkness Define integrity, self-control and accountability	Story of King David Pizza/popcorn night



Year 5 Going Deeper: Inside & Out (Middle School)

Lesson	Title	Key Point	Key Scriptures	Discussion Topic Point	Suggested Activity/Craft
Retreat	Real Relationship: Sex, Waiting & Why	Regulating our sexuality	Song of Solomon 6:3 2 Thessalonians 3:5	Purity: paper heart example Why God designed sex Ideas of sex at school, in the world Definitions of sex, masturbation, pornography	<u>The Princess and the Kiss</u> Optional songs
1	Time Management: God's Timing	Using time wisely and with His purpose in mind	Psalm 90:12	Time management, including saying "No" Time with God, rest, family, friends, quiet	Time budget wheel Priority circles
2	Belonging & Cliques	Balancing community with being exclusive	Ecclesiastes 4:9-10	Belonging, cliques Being or seeing the "leper", being on the outside	Role play
3	Digital Dilemma: the Good, the Bad & the Ugly	Slowing down and being present	Psalm 46:10	Positives and negatives about using our devices Struggles with devices	Video about technology Digital device etiquette
4	Privilege, Inequity & Racism	Speaking up for the voiceless and using privilege to help others	Galatians 3:28 John 13:34	Defining privilege, inequity and racism God does not show favoritism Loving others regardless of what culture tells us	The tissue experience <u>Best of All</u> , Max Lucado Stories of Esther & Samaritan Woman
5	Rooted in Grace	The choice to choose Him	Ephesians 2:8-9	Grace and the Fall	Story of Adam & Eve Video Celebration party
6	Broken: Inside & Out	How we struggle and are comforted by God	2 Corinthians 1:3-5	Seeing hurting kids Emotions & coping strategies Emotions & healthy comfort strategies	Emotion act-it-outs Inside Out movie & popcorn
7	Boundaries	Living within the Lines of Who I am	Psalm 16:5-8	Boundaries: none vs. healthy Example of boundaries in life Respecting others' boundaries	Tea cup analogy
8	Conflict Resolution	Repair & Restore	Philippians 2:1-4	Types of conflict Taking responsibility Apologizing vs asking forgiveness CVI conflict strategies and resolution skills	Practice repair



Year 6 I Am Courageous (Middle School)

Lesson	Title	Key Point	Key Scriptures	Discussion Topic Point	Suggested Activity/Craft
Retreat	Discernment & Self-control	I am discerning & have self-control with my mind, words, body & social media	Proverbs 25:28 2 Timothy 1:7	Discernment, self-control Enjoy & dislike about social media Lip balm analogy Temptation	Marshmallow experiment video Marshmallow activity Homemade lip balm Obstacle course Skits
1	I Am Never Alone	We are never alone	Deuteronomy 31:6	Alone: the truth vs the lie Fighting back God's presence	Sardines Love letter from God
2	I Am Known	I am known and can trust God and others with who I am	Proverbs 3:5-7	Being known: the truth vs the lie God's trustworthiness CVI communication styles	"Trust in You", Lauren Daigle
3	I Am Loved	We are accepted and loved as we are	Romans 8:37-39	Messing up: the truth vs the lie The prodigal son application	Mirror messages Moana video clip
4	I Am Forgiven	I am forgiven and I can forgive	1 Timothy 1:14-16	Reason for Christmas season Sin: the truth vs the lie Joseph and his brothers application	Dirty/clean shirt activity Keith Green song
5	I Am Beautifully and Wonderfully Made	Decreasing envy and comparison	Psalms 139:14	Make-up Beauty: the truth vs the lie Being knit together	Mom picture share Make-over activity
6	I Am a Steward of God's Resources	Using our resources for God's greater purpose	1 Peter 4:10	Stewardship, resources: the truth vs the lie Participating with God in loving others CVI contribution & communication styles	Candy resource activity Stewardship video Group stewardship plan
7	I Am Courageous	Being courageous to live life on God's terms	Romans 8:11 Romans 8:28	Courage: the truth vs the lie David & Goliath application	Bethany Hamilton video "Ezer" activity
8	I Am Able to Dream	Dreaming about the future	Jeremiah 29:11 Psalms 37:3-4	Dreaming big: the truth vs the lie Trusting God with our dreams and in the waiting	Dream boards



Year 7 I Am Courageous (High School)

Lesson	Title	Key Point	Key Scriptures	Discussion Topic Point	Suggested Activity/Craft
Retreat	My Story is a Part of God's Greater Story	Unique stories/spiritual journey: not complete until we meet Jesus	1 Corinthians 10:23 Acts 26	Defining testimony & story	Sharing Stories Trust Walk
1	Hope: God Uses All Things	God uses all things (good & hard) and has a plan & purpose for our life	Romans 8:28 Job 5:18	Dreams: when life doesn't go as planned God's role in suffering Seeing God's hand in good and hard	SUFFERING acronym Sardines
2	Hope: We Are More Than Conquerors	How do we move through suffering?	Romans 8:35-37	Defining healing	Photo Share
3	Hope: Nothing Can Separate Us From His Love	Hope + being rooted in who God is = handling hardship	Romans 8:17 Romans 8:38-39	Gratefulness Defining suffering; 3 origins	Hope Collage
4	Beauty: God's Gifts	Taking the credit vs. pointing to God's good gifts	James 1:16-17	Cultural sayings vs what God does Whose influence will steer you?	Tribute Activity Tutorial Video
5	Beauty: You, Friendship & More	We are made in the image of God; we are beautiful and relational	Genesis 1:27 John 15:18-19	Defining beautiful Image of God Defining true friendship	I am a child of God Poster Clothing swap
6	Beauty: Courageous Girls Are Moldable	When we trust Him, God shapes and guides us	Jeremiah 18:4	Obedience The world's dreams vs God's dreams Leaning into your CVI	Clay Moms share a passion
7	Healthy: Handling Shame	Shame keeps us from receiving God's free gift of love	Isaiah 61:3b-4 Isaiah 61:7a	Defining shame, hopelessness Discerning trustworthiness: red/yellow/green-light relationships Boundaries	Healthy Relationship Inventory
8	Healthy: You're Not Enough, but God is Enough!	Choosing relationships that reflect His love	2 Corinthians 12:9	Dating & relationships Thorn in the flesh Confusing sex for love (practical tips on waiting)	Mom engagement story



Year 8 I Am Courageous (High School)

Lesson	Title	Key Point	Key Scriptures	Discussion Topic Point	Suggested Activity/Craft
Retreat					
1	Rhythms for Our Soul: Going to the Truth Teller	Learning to recognize lies and replace them with truth requires practice and on-going grace for ourselves	John 8:31b-32 John 8:44	Identifying the counterfeit or lies: narrative of serpent tempting Eve Creating healthy habits for getting into God's Word Feeding our souls: i.e. feeding our bodies	Prayer Journal or Dream Board
2	Rhythms for Our Mind: the Truth Teller Train	Deepening our understanding of how to help our thought lives	Romans 12:1-2	Choosing the voices to listen to Thought lives	The Train Exercise
3	Yoga Pants and other hot topics!	Choosing how to dress or move our bodies; honoring our bodies	1 Corinthians 6:12, 19-20	Cultural expectations on women's clothing/style Legalism & Pluralism Discussion of yoga	Yoga Principles of Modesty
4	Rhythms for Our Heart: Caring for Our Emotions	God made us with emotions; leading them with wisdom	1 John 3:18-20	Analogy of car to emotional dashboard Definition and discussion of emotions Leading our emotions with wisdom	Song/emotion activity She Feels it to Heal it
5	Emotions Can Be Our Friends: Shame, Fear, Anger, Sadness, Jealousy	Re-wiring of the teen brain and regulating emotions	Phillipians 4:4-8	Defining specific emotions Flipping our Lids	Teen Brain video Flipping Lid video Practice Dialogue
6	Trusting God with His Design: Male and Female	LGBTQ+ transgenderism	Jeremiah 17:5-8	Confusion about gender topic Truth statements Enemy attacking our identity Rapid Onset Gender Dysphoria (ROGD)	Jackie Perry videos
7	Rhythms for Caring for Our Bodies: Embracing Imperfections	Understanding God's creative design of us	2 Corinthians 12:9	Thorn in Paul's flesh Insecurity of women	Stewarding My Body Kintsugi Spa day or clothing exchange?
8	Daughter, Go In Peace: Understanding the Flow of our Cycles	The dignity of being a woman	Luke 8:40-48	Hormones, cycle symptoms Story of bleeding woman	Infradian Cycle video The Chosen video



Year 9 Preparing for the Future (High School)

Lesson	Title	Key Point	Key Scriptures	Discussion Topic Point	Suggested Activity/Craft
Retreat					
1	The Meaning of Life: To Know and Love God	The Meaning of Life	John 17:3	Learning to stay focused on what life is really about Paul's conversation with the Epicureans and Stoics in Athens (Acts 17:16-34)	Headstone images Journal Prompts I Am Not Ashamed movie
2	Don't Be Two Faced: How do we confront a friend who isn't walking their talk?	Living With Integrity	Galatians 6:1-2	Integrity - what it really is Why, how, and when to confront someone who is not living with integrity	Charades Journal Prompts
3	Why does going to church and having community even matter?	Community	Ecclesiastes 4:9-12	God's design for us - relationship and community The benefits and struggles of community	Making Paper Rope/Cord Journal Prompts
4	Seeing Beyond Myself In A Self-Absorbed Culture: Teens, Social Media & Jesus	True Humility	Philippians 2:1-4	Humility - what it is and where it comes from False humility	What Do You Notice? Journal Prompts
5	Don't Date A Dud: What Do Healthy Relationships Look Like?	Healthy Relationships	Matthew 2:37-39	Markers of healthy relationships Healthy boundaries The greatest commandment	Mirror Activity Journal Prompts
6	Distractions: How To Keep Jesus First	Keeping Jesus First	Revelation 2:3-4	Distractions and learning to prioritize our relationship with God	Darts Fill the Cup Journal Prompts
7	Letting Go: Trusting God When He Prunes Our Lives	Trusting God - Pruning	John 15:1-4	Understanding the concept of "pruning" Learning to trust God as the gardener	Blind Taste Test Journal Prompts
8	Trusting God: Direction & Big Life Decisions	Trusting God - The Future	Jeremiah 29:11	Understanding the concept "the will of God" and tools to help us discern Learning to trust God with the future	The Game of Life Journal Prompts

