

AVA MAX

Making Music



Dream Team, welcome to the Barbie Podcast Activity Guide! This guide is part of the Barbie Dream Gap Project. The Dream Gap is anything that comes between us and our limitless potential. Everybody, even pop stars like Ava Max, can experience fear and self-doubt on their way to success. These Activity Guides remind us that “You can be anything” by practicing our dreaming skills together. Practicing these skills helps us build confidence. Confidence and connection are the fuel that make dreams possible.

By doing this activity together girls and their adults will:

- Deepen their learning from Ava Max’s story;
- Connect with each other through self expression; and
- Practice standing up for themselves.

EMOTIONS CHECK-IN

Ava Max said that she expressed her feelings through music.

If your feelings were a song, what song would express how you are feeling right now?

Both adults and youth should share songs that express what they are feeling at the moment. It doesn’t have to be just one song, because it is rare that we are feeling just one feeling. You can offer up a mash-up of two related songs, or two contrasting songs, like classical music and punk rock. If you have time, try playing each other’s songs so that you can experience how the other person is feeling.

CHECK-IN QUESTION

Ava, Barbie “Malibu,” and Barbie “Brooklyn” all like to express themselves through music, not everyone prefers it. That’s okay, all that matters is that we all have some way of getting our challenging feelings out, feelings like anger, frustration, or sadness.

When you are feeling challenging (and important!) feelings like anger, sadness, disappointment or frustration, how do you like to get those feelings out? Why is this your favorite approach?

- Write or sing a song
- Paint or draw a picture that expresses your feelings
- Run around or exercise
- Dance it out to some loud music
- Vent to someone who will listen
- Scream in the car
- Write a letter for your eyes only (you can rip it up later)

ACTIVITY

Band of Friends was being teased by someone for being in a band. Barbie “Malibu” and Barbie “Brooklyn” gave great advice to go to an adult for help if speaking up directly wasn’t working for them. The first step, speaking up to a peer, can feel harder than it seems. So we are going to practice speaking up, also known as self-advocating, together.

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ACTIVITY continued

First, figure out what you want. Sometimes when we react to other people, we express what's going on for us, but we forget to make a clear request of what we need or want. One thing that gives challenging conversations the best chance of success is simply knowing and saying what you want.

For example:

- If someone is teasing you about being in a band, then you want them to stop making fun of you and your activities.
- If someone didn't acknowledge all your hard work, then you want them to celebrate your effort.

Second, practice asking for what you need. When we are uncomfortable, sometimes we don't express ourselves clearly and add words like, "maybe, ...just, ...sorta." By practicing our words, we can get more direct and confident.

Third, practice your volume and tone of voice. When we are not confident in what we are saying our voice can become quiet, or we sound like we are asking a question when we want to make a statement. Practice asking for what you need and see if the other person can hear every word, and if your tone sounds like you mean business.

Next, work on body language. How we hold ourselves can make a big difference. The most effective body language is stable, with two feet firmly on the ground or seated, relaxing your hands at your side, and not fidgeting or hiding your hands in your pockets.

Lastly, know how to walk away. Sometimes, even when you try everything, you still don't get the outcome you were hoping for. When this happens, and especially if someone is being mean or teasing you, it's important to walk away. You don't want to stay in a conversation that isn't safe. This is when you put the advice from Barbie into action and go find an adult to support you. You can feel great knowing that you tried everything you could to self-advocate.

CLOSING

Pick one situation from life where you could use practice asking for what you need, and practice with each other. This can be a situation with a family member, someone from school or work, from sports, or with a friend.

Take turns going through:

- 1) Figuring out what you are asking for,
- 2) The words you want to use to make this ask,
- 3) Your tone of voice that communicates your confidence,
- 4) Your steady body language, and
- 5) How to walk away if you need to.

The more you can practice with each other, the more prepared you will be.

Congratulations on practicing standing up for yourself. You are both so lucky to have a buddy to flex your self-advocacy muscle with! Tune into the next Barbie podcast episode to learn about other inspirational changemakers, and to have fun learning together.