



## Superpower Cookies

The purpose of today's activity is to use our creativity to imagine and design a cookie that will help make the world a better place! This activity is for all levels, including adaptations for older girls looking for an added challenge. Read through the entire activity before you begin.

Materials needed:

- Paper
- Markers, Crayons, Colored Pencils or Water Colors
- Optional:
  - Clay
  - Playdough
  - Cookie Dough

Introduction

- In today's activity we will be creating a cookie. This is not your ordinary cookie however. This cookie, when eaten, will grant you a special superpower.
- Take some time and think about what superpower you would like to gain through eating this cookie. Will you be able to see through walls or fly through the sky?
- Next create your cookie. You can make it look any way you would like but use the below question to help you get started:
  - Does your cookie look like an ordinary cookie or is it shaped or colored in a way to reflect that it is a special cookie?

Designing

- Now that you know what your superpower is and what you want your cookie to look like, start drawing, coloring or painting!
- Make sure to write your superpower on your paper also.
- For extra fun:
  - Do you have playdough or clay that you can form your cookie out of?
  - Or with an adults help, can you bake real cookies that look like the ones that you drew?

Reflect

- What would you do in real life if you had this superpower?
- As Girl Scouts our mission is to make the world a better place. Can you think of a way to use your superpower to do that?
- Can you think of a way to the make the world a better place without this superpower? If you can, try it out!

Adaption for older girls:

Instead of a superpower think of a trait, characteristic or skill you can attain by eating your cookie. Make it something that you want to achieve in real life like, patience, bravery, becoming a faster runner or anything else you would like to become or achieve. Then, create a recipe for your cookie and decide upon all the ingredients that would go into achieving that trait, characteristic or skill. After that, write out some directions of how you may achieve your new trait, characteristic or skill. For example:

### **Courageous Cookies**

Ingredient List:

1 Cup Integrity (know what is right from wrong)

1 Cup Not being afraid to fail

¾ Cup Discovering what I am afraid of

¾ Cup Trying new things

½ Cup Patience

½ Cup Perseverance

¼ Cup Humility

¼ Cup Confidence

Directions:

- 1.) Make sure you have all of the ingredients. If you don't have them don't worry! Do a little bit of research about what each ingredient is and where you can get them. **(Many times growing in a certain area of our lives means growing in many other areas as well. Find out what each of your 'ingredients' means and see if you have any of those qualities already. If not that's okay! It just means you get to grow in more ways than one!)**
- 2.) Mix the ingredients together to make the dough. Don't over-mix or your dough may become tough or breakdown. **(Remember to not be too hard on yourself when working toward your new goal. Progress and growth happens slowly sometimes and that is okay! If you can take small steps each day you will have made much progress in a year's time!)**
- 3.) Bake at 325 degrees for 10 minutes. If they don't come out the way you want them to, that's okay. Keep trying until you get them right. If they don't look exactly like you thought they would that doesn't mean you didn't do it right. It may mean that you found a new or better way to make the same cookie! **(Many times when we are trying to achieve a new goal there will be some failures along the way. Don't let this stop you from continuing on. Use anything you see as a 'failure' as an opportunity to learn more about yourself so you can do things a little better next time.**
- 4.) When in doubt, talk to a professional baker to get tips and tricks on how to improve your cookie. **(If you know someone that has the trait, characteristic, or skill you want, talk to them and get their advice. With a parent or guardian's help you can also look up a video online that may help you get more information).**

Reflect

- Have you ever set a goal to grow or become a better person? How did you reach it?
- Do you think this activity will help you achieve your goal?
- If so, try it out and see if you see a change in yourself or your skills in a month