



## Safer At Home Packet

### June 2020

We are Global G.L.O.W., a 501(c)(3) organization that creates and operates innovative programs to mentor girls to advocate for themselves and make their communities stronger.

We partner with more than 40 grassroots organizations and educational institutions in 23 countries around the world, including the United States. In response to the current threat from COVID-19, many of our partners have elected to temporarily pause or postpone programming in their local communities. The team at Global G.L.O.W. has compiled this **Safer At Home Activities Packet** using G.L.O.W. activities and open source materials to provide the club members with some light-hearted work to complete on their own time.

Global G.L.O.W. plans to release new **Safer At Home** packets monthly for the duration of the COVID-19 pandemic. This month's theme is **Hope**. To help inspire some **Hope**, this month we have included photos of GLOW girls participating in **Safer at Home** packet activities. We love seeing the beautiful artwork and reading the stories of the girls, we hope you enjoy them as well!

This month we are also spotlighting some of the GLOW Girl Representatives who had planned to join Global G.L.O.W. in New York for the 64th Commission on the Status of Women (CSW) in March. That trip and the full CSW were cancelled due to COVID-19 but we still felt you needed to meet these remarkable young women. We will be spotlighting other GLOW girls in future **Safer At Home** packets, you can also see the rest of the CSW Representatives spotlights in the May **Safer At Home** packet.

While many of the activities in this packet are girl-focused, we invite all youth (and even adults!) to partake in the fun.

Enjoy!

# Table of Contents

Page	Content
2	Monthly Theme: Hope
4	Photographs
6	Parent Corner
7	Writing Time
10	Poetry Party
12	Play Time
13	Drawing Time
16	Stress Relief Activities
18	Puzzles and Brain Teasers
21	Coloring Pages
23	Girl Spotlights

## This Month's Theme: Hope

Hope is a feeling that what is wanted can be had or that events will turn out for the best. Hope is one of the most important values a person can develop. Hopeful people are more resilient and able to see a positive future even if the present does not feel positive. It is normal to feel more or less hopeful during different times of your life. It can be difficult to feel hopeful during a really challenging time, but did you know that you practice being hopeful? If we think of hope not as an emotion, but instead as a way of thinking, then you can actually train yourself to think differently and be more hopeful! The next few activities will help you practice being hopeful and thinking positively about the future.

**Try this activity on your own and then you can share with a friend or family member.**

### Daily Gratitudes

Nothing creates optimism and hope as quickly as gratitude for what you already have. At the end of each day, write down three things you are thankful for. They can be things that went well, things you enjoyed, even very little things. Then, for each of these things, write down what you contributed. Seeing the role you played in the good things helps build optimism and a belief in yourself.

#### For example:

My three Good Things: "The sun was shining, my teacher gave me a compliment, and I had a really nice conversation with my mother."

My contributions: "I took the time to go out and enjoy the sun. I really persevered in doing a good job on my assignment, even when I was tired. I took the time to sit and really listen to my mother instead of rushing out the door."

#### Your turn!

List three Good Things from today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What did you contribute to making those good things happen?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Practicing Hope

**Set realistic goals** - This ensures that your hopes are attached to something achievable and that you are not setting yourself up for failure.

**Approach goals in a practical way** - Think about ways to achieve those goals and ways to deal with disappointment when things do not work right away! Take the time to think of alternative routes when needed. If you feel flexible in how you can achieve a goal, you will have more optimism and hope for completing that goal.

**Believe in yourself!** Talking with friends and mentors to also believe in you can give you a boost if you experience self-doubt.

## Set Small Goals

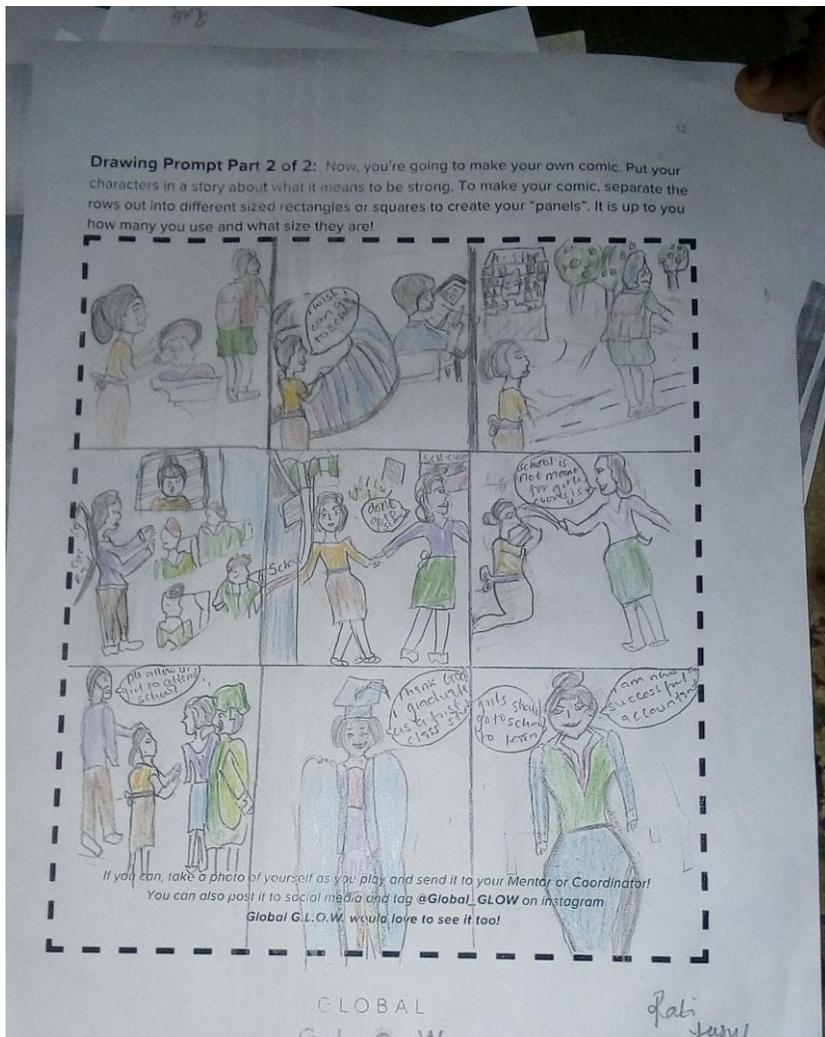
Setting small, manageable goals can help our brains feel in control and optimistic about the future. Some examples of small goals are: I will do 10 pushups a day for the next week, I will paint for 15 minutes a day, I will take a short walk by myself three times in the next week.

In the space below set three goals that you can complete over the next week. Try doing this exercise every week!

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Photographs

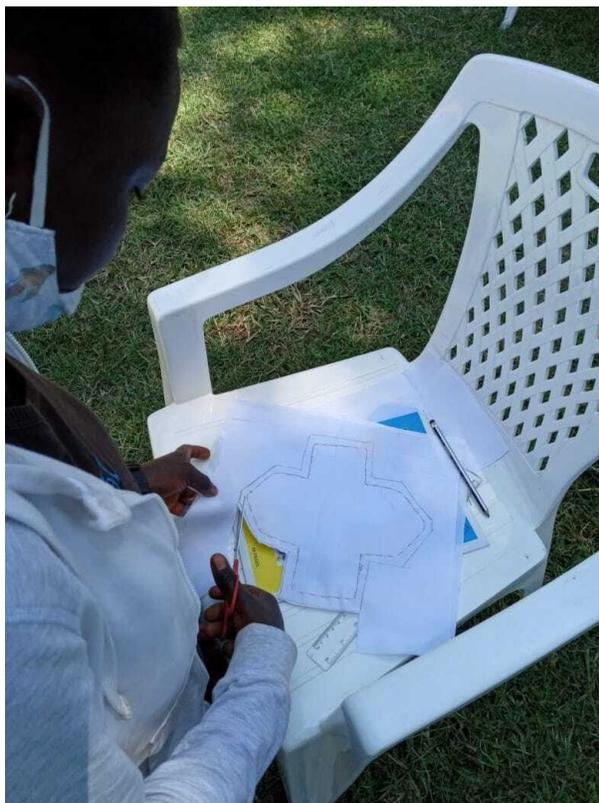
HAFAI, Nigeria



Art of the Child, Uganda



**Rift Valley Reading Association, Kenya**  
**Making reusable sanitary pads**



**Aschiana, Afghanistan**



## Parent Corner

Dear Global G.L.O.W. parents and guardians,

From our local community partners and the mentors working with your daughters, we have seen and heard stories of parents and guardians going above and beyond to continue to support their childrens' education and enrichment. We understand that COVID-19 and the "Safer at Home" orders have not been easy and that everyone has been affected by the pandemic in some way. We are so proud of the response we have seen from the communities surrounding the girls in our programs.

From the bottom of our hearts, we wish to say THANK YOU. Thank you for supporting your daughters always, but especially now. Thank you for participating in these Safer at Home packets with your girls (and boys). Thank you for allowing them to use your family phones to complete activities and also for sending us photos of the fun you are having with them!

Global G.L.O.W. partners around the world are finding creative ways to continue programming through these packets, via WhatsApp, phone calls and even home visits. While the specifics of future Global G.L.O.W. in-person club sessions remains uncertain, please know that we are committed to you, your daughters, and your communities.

This month we are happy to introduce "Parent Corner" as a regular portion of our Safer at Home packets. This page will include resources and activities that you can do both with and without your daughters. As adults, we need to process our thoughts too so we can be stronger for our families and communities. We hope you can take a moment to enjoy these new activities.

All the best,

The Global G.L.O.W. Team

### **Parent & Family Activity**

#### Hopeful Journal

Think of a moment of **Hope** you have had during the pandemic. Take a few minutes to write down your thoughts and reflect on that moment.

- What happened that made you feel hopeful?
- How did you feel BEFORE and AFTER that moment?

If you want, talk with your friends or family and ask them what has made them feel hopeful as well.





*If you were granted three wishes, what would they be? You can wish for anything and your wishes do not have to make sense in reality.*

*Be creative and imaginative!*

### **Quick Writing Prompts**

- Write three things you are grateful for.
- Write down all the feelings you have felt today.



## Poetry Party

### **Dare to Dream by Wendy Silva**

Close your eyes and let  
Your imagination fly away  
See a picture of where  
You wish to be one day

Let the colors of your  
Heart take command  
To paint the picture of your  
Dream and place it in your hand.

Hold tightly and nurture it,  
But allow it room to grow.  
When you reach your dream,  
Open your hand and let it go.

Close your eyes and search for,  
Another, caring for it as before  
Never stop searching, achieving and  
Letting go, for that's what dreams are for

### **Just Wait for the Sun by Lisa Marks**

When everything's darkness  
And you feel so alone,  
When the rain doesn't stop  
And you can't make it home,  
When it feels all is lost  
And you just want to run,  
It can't rain forever.  
Just wait for the sun.

When family is pain,  
When friends can't be found,  
When you just want to scream  
But you can't find the sound,  
When it's all your fault,  
And you feel like you're done,  
Just wait for the sun.  
The sunshine will come.

The storm always passes.  
It won't last forever.  
The rain always stops and gives way to good  
weather.  
The brightest and warmest of days still to  
come.  
Please wait for the sun.  
The sunshine will come.

People who need you,  
People who still love you  
Can warm up your soul like the sunshine  
above you.  
You're never alone,  
No matter what's done.  
Wait for the sun.  
Just wait for the sun.

Dark clouds always pass.  
I promise you, hun.  
We're all waiting with you.  
Just wait for the sun.

**Write down your thoughts about these poems or write a poem of your own:**

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## Play Time!

Have some fun with these games and activities!

**1. Rock, Paper, Scissors:** This hand game is usually played between two people, in which each player simultaneously forms one of three shapes with an outstretched hand. These shapes are "rock" (a closed fist), "paper" (a flat hand), and "scissors" (a fist with the index finger and middle finger extended, forming a V).

**Rock**



**Paper**



**Scissors**



A player who decides to play rock will beat another player who has chosen scissors ("rock crushes scissors", but will lose to one who has played paper ("paper covers rock"); a play of paper will lose to a play of scissors ("scissors cuts paper"). If both players choose the same shape, the game is tied and is usually immediately replayed to break the tie.



**2. Would You Rather?:** The game works by having people choose their fate of "this, or that". You can play this between two people or with a group. Each person can take a turn asking their partner or the group which they would "rather" do. For example: Would you rather have three arms or three legs? Would you rather only be able to whisper or only be able to shout? Before you start playing it could be a good idea to write down several "would you rather" choices!

**3. I Spy:** "I spy" is a guessing game where one player (the "spy" or "it") chooses an object within sight and announces to the other players that "I spy (or see) something beginning with...", naming the first letter of the object. Other players then attempt to discover what the object is by asking "yes" or "no" questions. The "spy" or person who is it may also say "I spy something that is (name a color)". Take turns guessing with friends or family members and see who can guess the object fastest!

*If you want, take a photo of yourself as you play and send it to your Mentor or Coordinator!*

*You can also post it to social media and tag @Global\_GLOW on instagram*

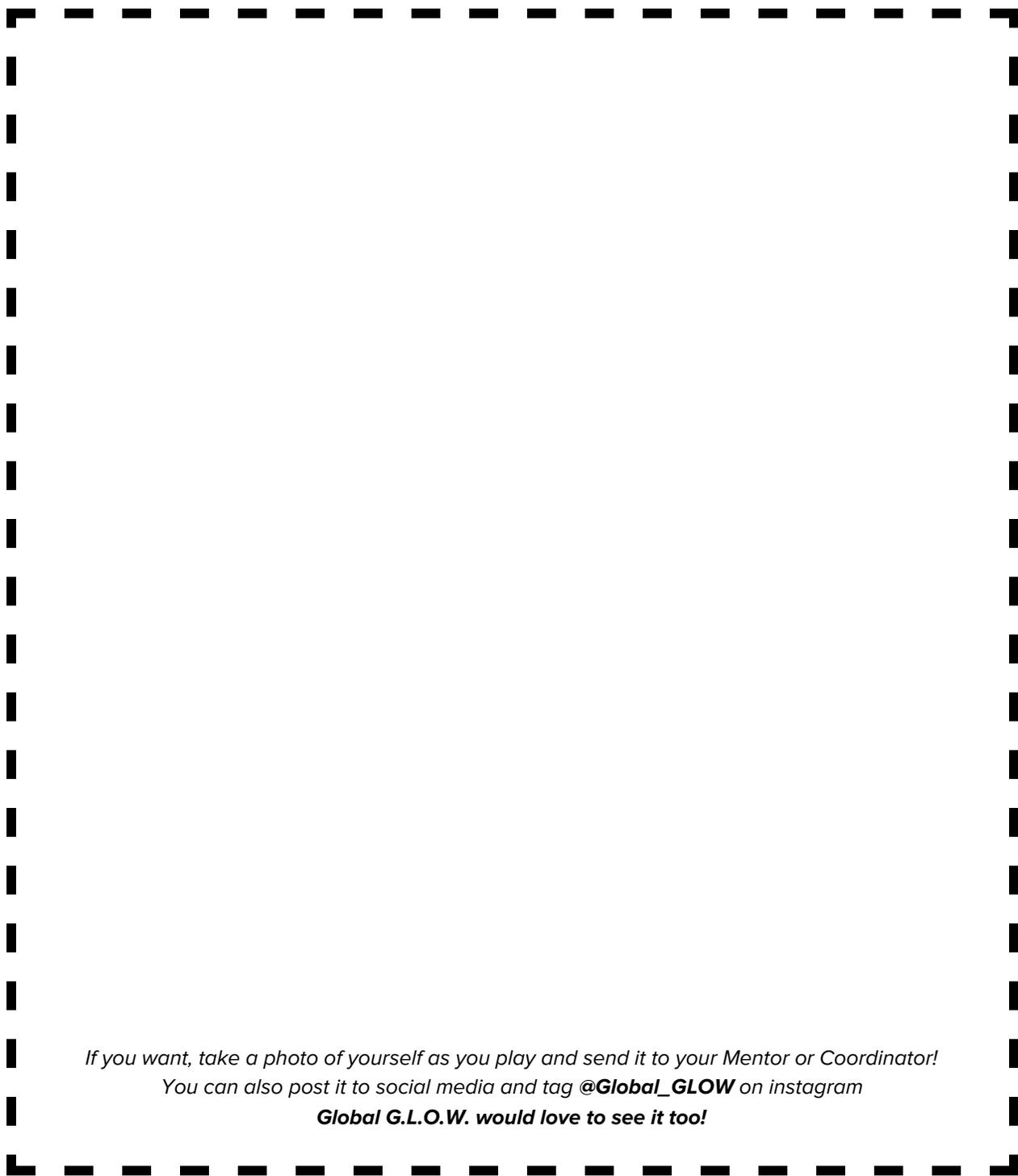
**Global G.L.O.W. would love to see it too!**

**Drawing Prompt :** Think about the goal from the set small goals section. What will you look like when you accomplish that goal? What will you feel? Will anyone else be with you?

A large dashed rectangular box, intended for a drawing. The box is composed of thick black dashed lines forming a square shape. The interior of the box is empty, providing space for a student to draw their response to the prompt.

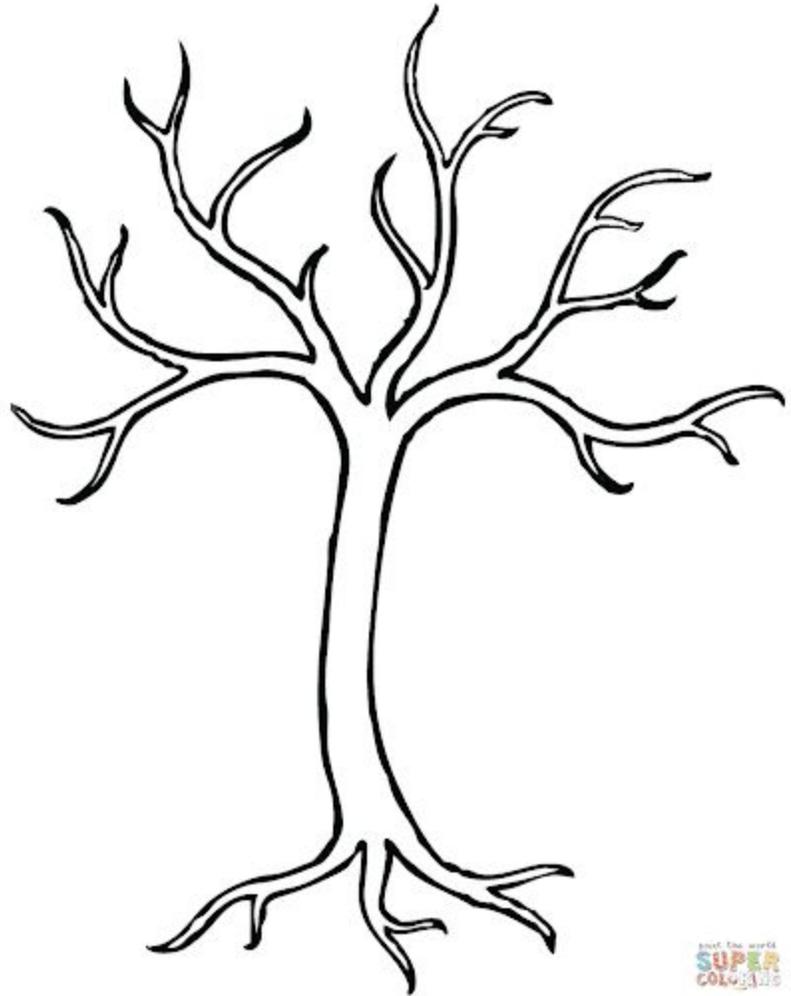
If you want, take a photo of yourself with this completed page and send it to your Mentor or Coordinator!  
You can also post it to social media and tag **@Global\_GLOW** on instagram  
Global G.L.O.W. would love to see it too!

**Drawing Prompt:** Draw a picture of what gives you hope. It can be anything! For example, it could be a mentor, your pet, going to school, your friends, people you admire, your plans for your future food, a quote, or anything you can think of. Put this somewhere you can see it regularly to remind you what gives you hope!



*If you want, take a photo of yourself as you play and send it to your Mentor or Coordinator!  
You can also post it to social media and tag **@Global\_GLOW** on instagram  
**Global G.L.O.W. would love to see it too!***

## Tree of Hope



Decorate this tree with leaves. Write your answers to these prompts inside your leaves:

- Positive words to describe yourself
- People you can rely on for support
- Things you look forward to in the future

Just the world  
SUPER  
COLORING

## Quick Drawing Prompts

- Drawing prompt: write down a list of adjectives, then write down a list of nouns. Rip the list of adjectives into strips and put them in one pile. Do the same thing with the nouns. Pull one word from each pile, and start a drawing from that idea!
- Drawing prompt: Trace your hand. Give each finger a different personality and outfit.
- Ask a friend or family member if there is something they would like you to draw. Or, if you know something they really like, draw a picture of that for them. Once you're done, give it to them as a present!
- Draw the next greatest invention. What does it do? How does it work? Who is it for?

## Stress Relief Activities

### Mindful Tip of the Month

When you are feeling frustrated or find yourself upset and out of touch with the present moment, a popular mindfulness exercise known as S.T.O.P. can be helpful.

- **S: Stop.** Just take a momentary pause, no matter what you're doing.
- **T: Take a breath.** Feel the sensation of your own breathing, which brings you back to the present moment.
- **O: Observe.** Acknowledge what is happening, for good or bad, inside you or out. Just note it.
- **P: Proceed.** Having briefly checked in with the present moment, continue with whatever it was you were doing.

[\(New York Times\)](#)

### Whole Body Listening

Sometimes it is good to take a moment to observe yourself and what is happening around you. Pausing to experience your surroundings can be very calming and help you feel connected to yourself and your environment.

1. Find a comfortable place to lay down, sit or stand for a few minutes.
2. You can do this activity alone or with others, try it both ways and see how you feel afterwards.
3. As you sit, take in the space around you, concentrate on all the ways your body is experiencing the space.
  - a. **Ears** - What do they hear? Are the loud sounds that are very close? Are there quiet sounds that are further away?
  - b. **Eyes** - What do they see? Is it very sunny and the colors seem extra bright? Is it cloudy and everything looks soft behind a fog?
  - c. **Nose** - What does it smell? Cut grass? Cooking food from a distance?
  - d. **Hands** - Where are they placed? What are they touching?
  - e. **Feet** - Are they touching the ground? What does that ground feel like - gravel or grass, carpeting or a wooden floor? Are they touching something else or dangling in the air?
  - f. **Mouth and Jaw** - Are you smiling? Frowning? Is your jaw clenched and tight or relaxed?
  - g. **Back and Torso** - Are you laying down, sitting up straight or slouched? Is your body relaxed or tense or something else?
  - h. **Brain** - What are you thinking about? Let your mind drift away from checking in on your body and think about whatever it wants.

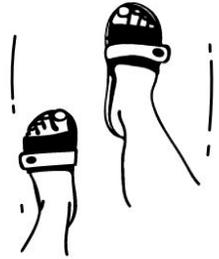
## **Thankful with Every Step**

We often associate mindfulness with being calm and slowing or stopping our bodies from moving. If that seems difficult to do, try moving your body instead!

1. Find a place (indoors or outside) where you can walk around safely and comfortably.
2. Begin to take slow steps. With each step you take, think of something or someone you are thankful is in your life or in the world.
3. You can walk for as little or as long as you like!

### **Variation ideas:**

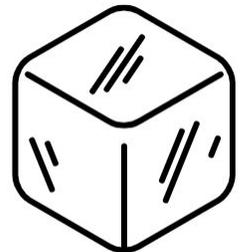
- Try saying the thankful things out loud
- Walk with a friend, take turns saying what you are thankful for to each other.
- Try running or jogging!
- Pick one particular person and with each step say all of the qualities of that person you are thankful for.



## **Melting Ice**

Holding a cube of ice can help us learn the difference between a feeling and a reaction.

1. Prepare by getting a few cubes of ice, and finding a space where getting a little wet won't be a problem. Notice how you feel. What thoughts are you having? What are you feeling in your body?
2. Pick up a piece of ice. It might feel uncomfortable, but it's safe and won't hurt you.
3. If it feels uncomfortable, take a few deep breaths and relax your hand and arm. Notice how the ice feels in your hand as it melts. Do you like how it feels? Do you want to drop it?
4. After 30 or 60 seconds, notice how your hand feels now. Does the feeling keep changing? What about your thoughts?
5. Squeeze the ice, shift it around or move it to your other hand, noticing what happens with each change. Did your thoughts change as the ice melted?



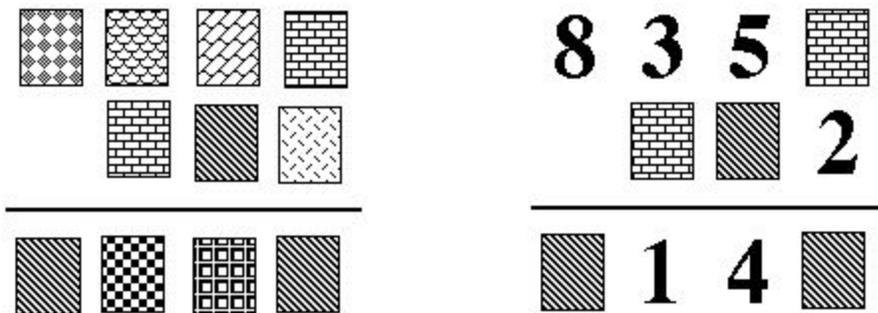
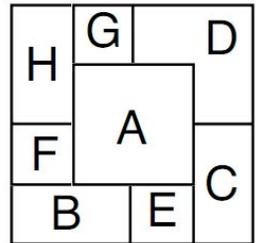
**(New York Times)**

## Puzzles & Brain Teasers

(from [mathisfun.com](http://mathisfun.com))

Can you solve these puzzles? Try finding the differences yourself or challenge a friend or family member to a race! (The answers will be on another page of this packet.)

- Placing Sheets Puzzle (at left):** Eight squares of paper, all exactly the same size, have been placed on top of each other so that they overlap as shown. In what order were the sheets placed?
- Sticker Puzzle (below):** The **addition sum** below is a puzzle I've been trying to solve. The idea is that each type of sticker stands for a different number, but that this number is the same wherever that sticker occurs. So far I've got it to the picture shown in the second diagram. Can you finish it off for me?



- HARD! Algebra Puzzle:** Replace letters with digits and have the answer be true. A,B,C,D and E are all different digits.

$$ABCD \times E = DCBA$$

### Riddles

- I am neither inside nor outside but I am in every house. Who am I?
- I am born tall, but I die very short. I am used inside the house. Who am I?
- Who is taller when he sits than when he is standing?

## Sudoku Puzzles

(from <https://www.puzzles.ca/sudoku/>)

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

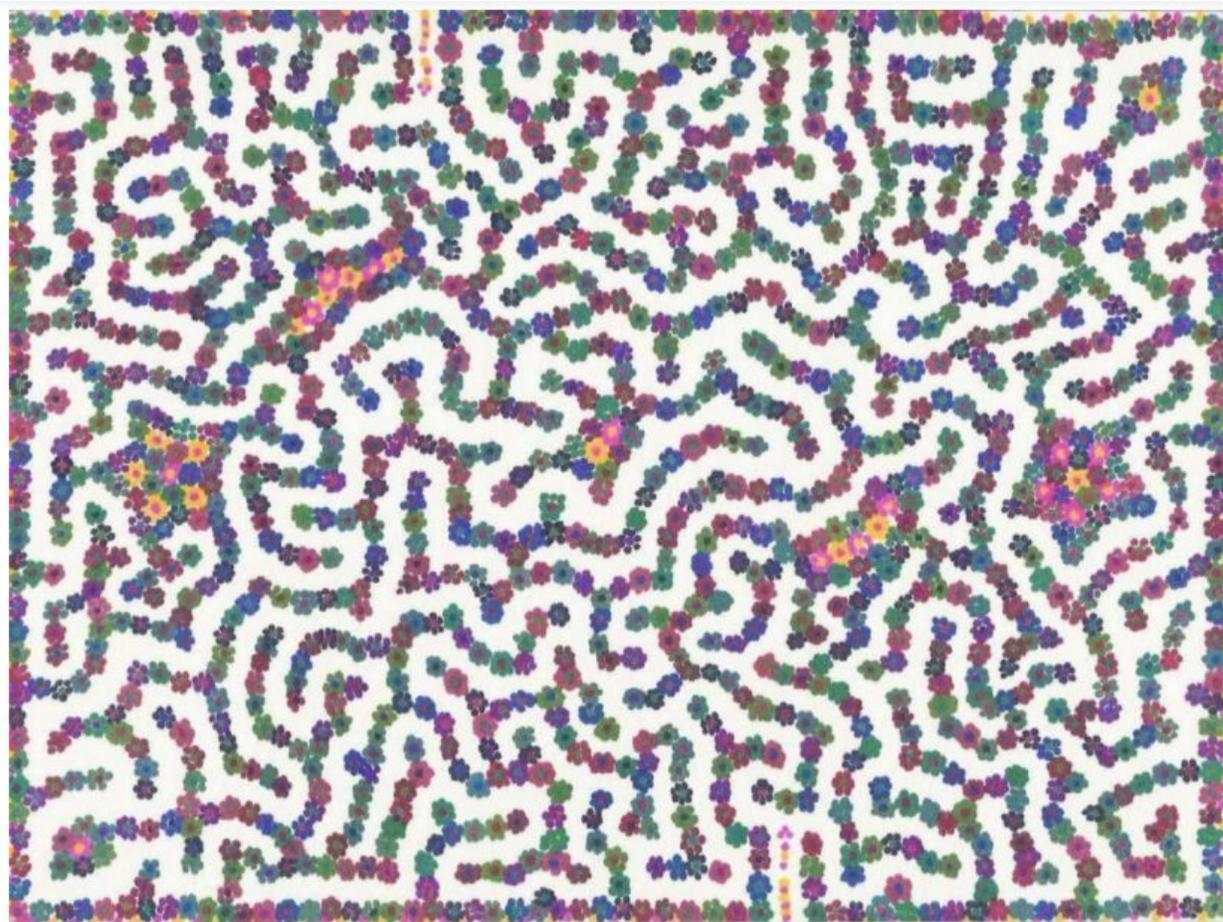
8				1			2
				4			1
2	3		6	8	7		
							7
7			3		1		4
	6			9		3	
2		6					3
			2	7			
5		6			9		

		6		2			
8			9			6	5
		4			8	7	
							9
	6	7	8		9		
				4		2	
3	7						
	5				3		1
				5			9
							2

## Maze

(from [puzzleprime.com](http://puzzleprime.com))

Can you find your way through this maze of flowers?



### Solutions to Riddles and Puzzles:

1. Placing Sheets Puzzle: CEBFHGDA
2. Sticker Puzzle:  $8357 + 792 = 9149$ :  
*The only numbers which haven't been used so far are the 0, 6, 7, and 9. The first one to work out is the brick wall, which has to be the 7, since none of the others fit, which means the shaded square is the 9*
3. HARD! Algebra Puzzle:  $2178 \times 4 = 8712$

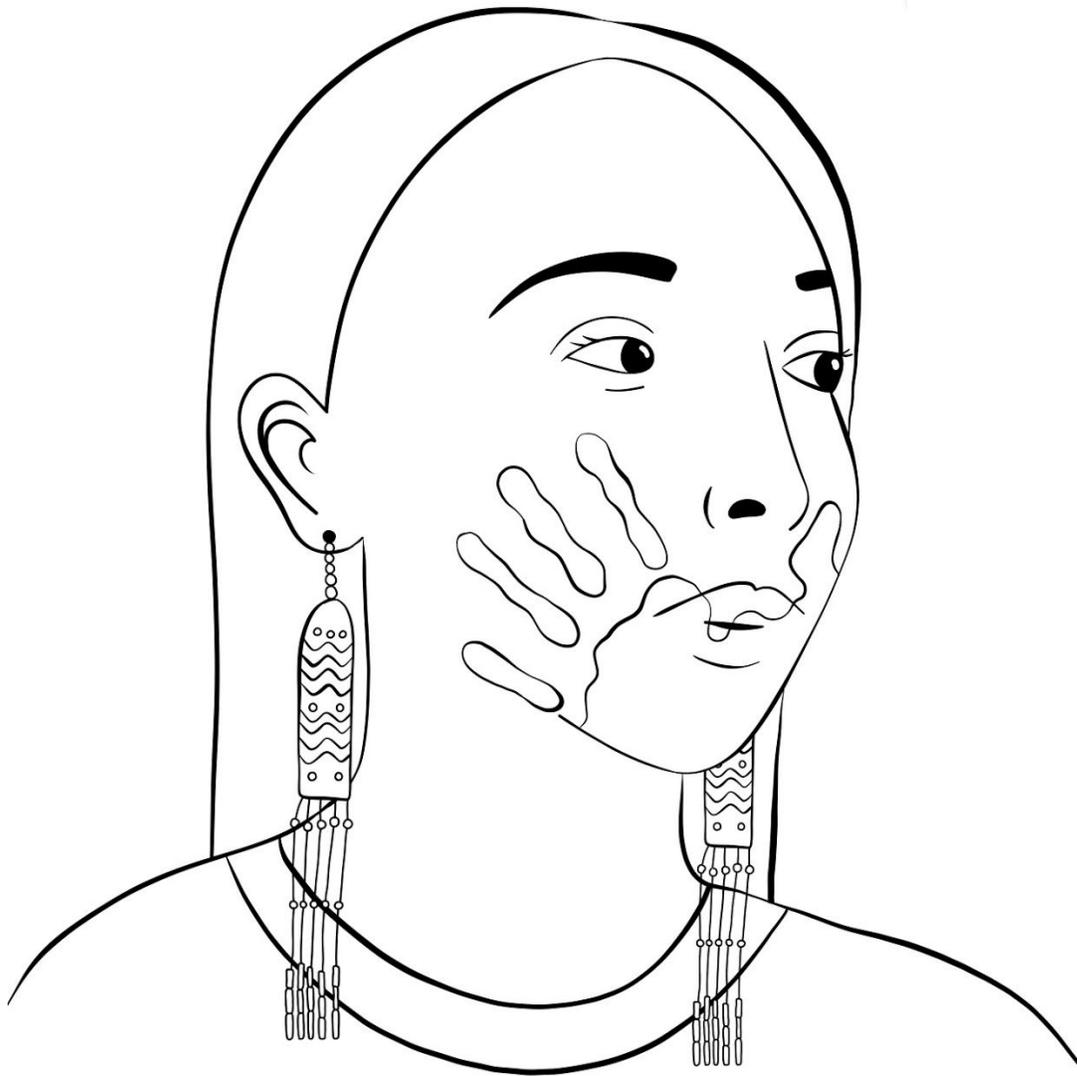
### Riddles:

1. A door
2. A candle
3. A dog

### Sudoku Puzzle answers

6	8	4	7	9	1	3	5	2	5	1	6	3	2	7	9	4	8
5	7	9	3	2	4	6	8	1	7	8	3	9	1	4	6	2	5
1	2	3	5	6	8	7	4	9	9	2	4	5	6	8	7	3	1
3	4	2	1	5	6	8	9	7	1	4	5	2	7	6	8	9	3
7	9	5	8	3	2	1	6	4	2	6	7	8	3	9	1	5	4
8	6	1	4	7	9	2	3	5	8	3	9	1	4	5	2	6	7
2	1	6	9	8	5	4	7	3	3	7	1	4	9	2	5	8	6
9	3	8	2	4	7	5	1	6	6	5	2	7	8	3	4	1	9
4	5	7	6	1	3	9	2	8	4	9	8	6	5	1	3	7	2

## Coloring Pages



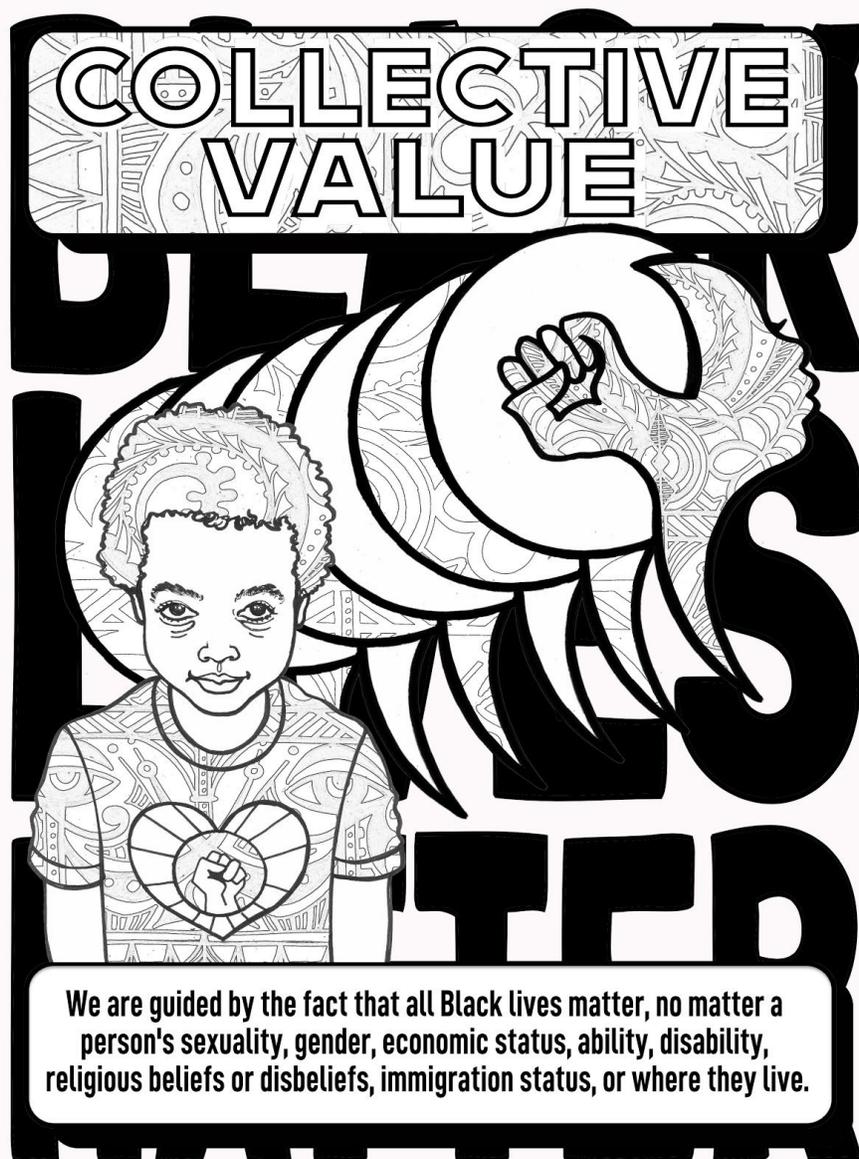
**Rosalie Fish** is a Native American runner, member of the Cowlitz Tribe and a senior at Muckleshoot Tribal School. Fish made international headlines in 2019 when, at age 18, she painted a red handprint over her mouth during a competition, the fingers extending across her cheeks to honor the lives of missing and murdered Indigenous women and to create awareness for the violence Indigenous women have been subject to for centuries.

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*If you want, take a photo of yourself as you play and send it to your Mentor or Coordinator!*

*You can also post it to social media and tag **@Global\_GLOW** on instagram*

**Global G.L.O.W. would love to see it too!**



**We are guided by the fact that all Black lives matter, no matter a person's sexuality, gender, economic status, ability, disability, religious beliefs or disbeliefs, immigration status, or where they live.**

Text reads: We are guided by the fact that all Black lives matter, no matter a person's sexuality, gender, economic status, ability, disability, religious beliefs or disbeliefs, immigration status, or where they live.

Black Lives Matter is an activist movement founded in 2013 by three Black women in the United States to combat police violence against Black people. Today, Black Lives Matter is still trying to achieve that goal and are "imagining and creating a world free of anti-Blackness, where every Black person has the social, economic, and political power to thrive". Imagining and planning for a brighter future is a way to keep hope.

*If you want, take a photo of yourself as you play and send it to your Mentor or Coordinator!  
You can also post it to social media and tag @Global\_GLOW on instagram*

*Global G.L.O.W. would love to see it too!*

## **Girl Spotlights! Part 2**

*We at G.L.O.W. are very sad that the COVID-19 pandemic prevented our incredible GLOW representatives from presenting at the 64th Commission on the Status of Women, but we feel very proud to spotlight these young leaders here.*

### **GERNEVIL DJENIFERT LORIE, Carradeux, Haiti**



My name is Gernevil Djenifert Lorie, I'm 13 years old. I am Haitian and I am living in Carradeux with my mom and her sisters who take care of me in a very courageous way. I love to have fun in my free time like dancing and watching TV every Saturday.

In Carradeux, there are several primary and secondary schools. What I like most is that there is a national school for destitute children. There is a dispensary to care for the sick, a market where my mother goes shopping and a church that I go to every Sunday with my mother and sisters. It is a very livable and very peaceful community because our neighbors contribute in one way or another to make this place in peace although there are many families who live in poverty and that young girls and women do anything to survive in misery.

Girls and women don't have much self-esteem because they think boys are better than them. There are also cases of rape in the community. Despite all this, I love my community because there are also good things like my litclub which teaches us to have self-confidence to become a good leader. In the litclub, I learn the seven (7) strengths and I learn a lot from our mentors Fignola and Paola. This space also allows me to have fun and share my hobbies with my friends.

For the future, I want to become a feminist like Danielle Magloire. I also want to become a pediatrician and dancer because I like music and I really like children.

**I would like the girls in my community to believe in themselves, to be able to defend their rights and to become leaders like Nadine LOUIS.**

## **SHABNAM KAKAR, Kabul City, Afghanistan**



My Name is Shabnam Kakar, I'm 13 years old and born in eastern part of Afghanistan, a province called Nangarhar. I live with my family in Qala-e Zaman Khan Area of Kabul city. The community I live in is not so much safe and friendly for women and girls, beside that there is much have done in last two decades for women empowerment, but yet there are more to be done. As of the cultural barriers, girls are not allowed to go to schools, even in my own family, my older sisters remained illiterate. But I have convinced my family to allow me be educated and continue my studies in the public school and ASCHIANA center. Our reality today is that girls may dream of their future, but in most of Afghanistan the phrase "girls and school" is a joke treated with contempt. More than sixty percent of our population lives in villages. For decades and decades the people have been involved with agriculture and the livestock business. For most of these villages education is a culture that includes boys, not girls. The thirty years of war made it more difficult for families to adapt to the idea that education is also good for females.

Our security is also getting worse each day in many provinces. The people themselves cannot ensure their own safety for their families, so the only thing they can do is keep their kids safe at home. As a result, we return to the days when girls can only dream their big dreams. But I want to take the small steps towards achieving my dreams, nothing can stop me of going to school and finishing my studies to the highest possible level. Besides the studies, my hobby is cooking, I would love to be a chef in the future and have my own restaurant with only female employees there, in order to enable other girls and women to be economically independent and to participate in the social rehabilitation of our community even more. As of today's situation which Coronavirus hit the globe, our city is in lockdown and my school and ASCHIANA clubs are close, therefore I'm cooking at home with the available materials I have in hand at home. I'm sharing the homemade cooking with my neighbors which is in critical situation due to the lockdown.

**I think I must represent not only my voice and beliefs, but the voice of all Afghan women. I want to stand up for their rights, and represent the voices of those who have been silenced in**

our society, on a global level. To show the world that there are women in Afghanistan and all around the world that are able to speak in any field they want to.