



## **Safer At Home Packet**

### **August 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 **Community & Helping Others**. To help inspire your **Community** spirit, 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 great work being done by partners and girls even during the pandemic.

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: Community & Helping Others
3	Photographs
4	Parent Corner
5	Writing Time
8	Poetry Party
10	Play Time
11	Drawing Time
14	Stress Relief Activities
15	Puzzles and Brain Teasers
18	Coloring Pages
20	Girl Spotlights

.

## This Month's Theme: Community & Helping Others

Helping others feels good! Knowing that you are helping to make your community or the world a better place just feels good and is good for you. Studies have shown that the human brain releases chemicals that help you feel happier, less stressed and more calm while engaged in helping others.

Research has shown that there are strong correlations between helping others and happiness and that those who are happy are more likely to be inclined towards assisting others. Numerous studies have documented the effects of helping others on people of all ages, students and working professionals. Because giving of ourselves makes us happier and happiness makes us give more, it's a never-ending cycle of feel-good virtue!

### How Can I Help?

Putting the following strategies into action will connect you more deeply with yourself and with those around you.:

1. **Find what you care about:** If you are going to spend your time working towards something, it should be something you actually care about. Are there others in your community working towards something you feel strongly about? Volunteering your time with a worthy organization is a great way to help others.
2. **Group project:** Many enjoy volunteering or giving back to the community in groups of other like-minded people, not only is this more fun, it also amplifies the good you can do all by yourself. While working in groups is more challenging during COVID-19, many have found good safe ways to come together as a community. See what local organizations are doing to stay active and safe.
3. **Find what fits:** Giving back is about finding a fit between your passions and how they can meet a need. There are as many ways to contribute as there are problems to solve, so take the time to find what works. Find an area of philanthropy that speaks to you.

**What is something you care about that you could volunteer time to help out with?**

---



---



---



---



---

## Photographs

In the spirit of community, we want to highlight the girls of **Holy Cross Social Service Society** of the Srikakulam District, Andra Pradesh, India! They celebrated the **International Day of the World's Indigenous Peoples** on August 9th.



## Parent Corner

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

One of the most satisfying, fun, and productive ways to unite as a family is in working together to better the community. Helping others together sets a good example for your kids while also helping the community. It is also a good way to learn about what is important to your children and for you show them what is important to you.

All the best,

The Global G.L.O.W. Team

### **Here are some ways volunteering enriches a family:**

1. **Working side by side provides opportunities for connection and talk.** Whether repairing a wall, cleaning up a trail, or delivering goods to homebound individuals, there is something very satisfying about working together. The conversation, laughter and problem-solving can go on to strengthen and deepen family relationships.
2. **The job goes better if people work as a team.** Making a community meal, planting a garden or cleaning animal cages all go more smoothly with teamwork. Working as a team on a task reinforces a family's ability to work as a team at home.
3. **Kids and parents get to see each other in a different light.** When the whole family participates on a project, parents and children get to see and appreciate each other's skills and competence.
4. **Service activities often require problem-solving.** Volunteer jobs often require people to figure out where to put things, how to fix things, or how to be more efficient. Finding real solutions to real problems can be a source of enormous satisfaction for everyone involved.
5. **Volunteering increases the family's social network and safety net.** Volunteering is a low-pressure way to get to know new people and perhaps to make new friends. Some of those friends may become part of the inner circle who know and love your kids, just as we know and love theirs. Families who survive and thrive when they encounter challenges, even trauma, are families who have multiple people they trust to turn to.





## Community

උත්‍යාජයක් ලෙස ඔබගේ ප්‍රජාවේ සාමාජිකයෙක් ලෙස ඔබට ආධාර කිරීමට අවස්ථා ඇත. ඔබට ආධාර කිරීමට අවස්ථා ඇත. ඔබට ආධාර කිරීමට අවස්ථා ඇත.

ආදායම් ලැබීමට අපහසු වීම හේතු වන පරිදි ඔබට ආධාර කිරීමට අවස්ථා ඇත. ඔබට ආධාර කිරීමට අවස්ථා ඇත. ඔබට ආධාර කිරීමට අවස්ථා ඇත.

## Quick Writing Prompts

- Who have you helped in your community during the COVID-19 lockdown? Describe the experience helping them.
- Why is it important to help others, especially in times of crisis?





## Poetry Party

### My Community

My Community  
Is a place  
Where people work and live  
My community  
Is a place  
Where people take and give

My community  
Is a place  
Filled with people I know  
My community  
Is a place  
Where I learn and grow

My community  
Is a place  
That everyone can share  
My community  
Is a place  
Where people show they care

My community  
Is a place  
Built for you and me

My community  
Is a place  
Where I always want to be

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

---

---

---

---

---

---

---

## Play Time!

Have some fun with these games and activities!

**1. Creeper:** The entire group stands in one long line with their legs apart and eyes shut. The person at the end of the line must crawl through the legs of the other players without touching them. Once they do so, they stay at the front of the line. Anyone who touches another player is out. The winner is the last player left.

**2. Mother May I?:** This game can be played by multiple people even while observing social distancing. Find an open space where everyone can spread out safely.

Choose one player to be the “Mother” who will give directions to the other players. Mother stands at one end of the playing area facing away from the other players. The children take turns asking the Mother for permission to make a movement, beginning each question with, “Mother, May I?” If Mother answers yes, the player begins making the requested movement toward Mother. If Mother says no, she makes a suggestion prefacing it with, “No you may not, but you may \_\_\_\_\_.”

The child that reaches the Mother first becomes the next player to be Mother. Since Mother’s back is turned, she does not know who is getting close or who is asking the question.

Some movements that work well for this game are:

- “Walk like a crab for 5 seconds”
- “Hop like a frog 4 times”
- “Take 3 giant steps”
- “Take 15 baby steps”

Ask for any movement you like, get creative!

**3. Make up your own game!** What is it called? How many people can play? What are the rules? Write down how your game is played and share it with us!

---



---



---



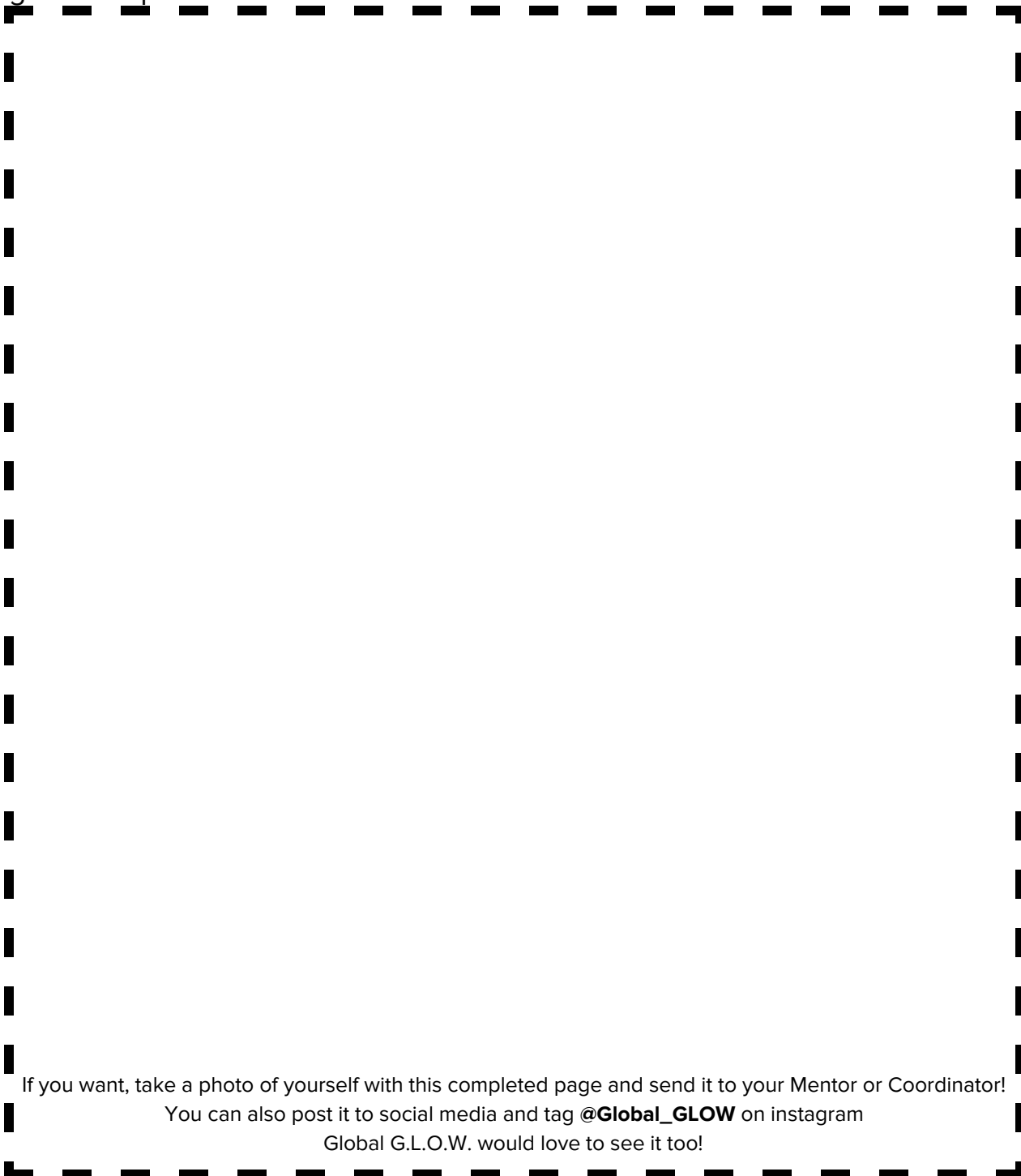
---



---

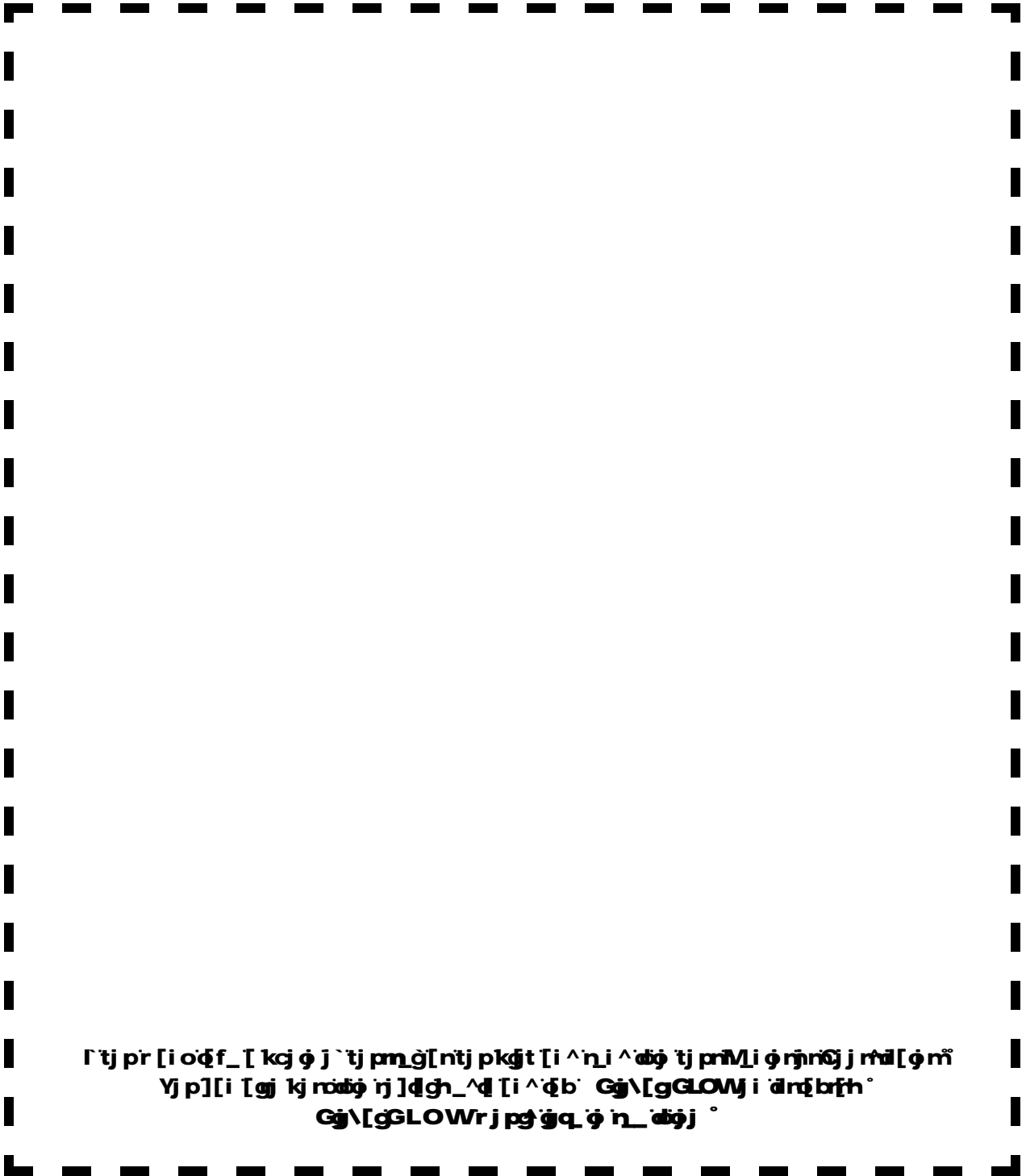
ʃ tʃ pɪr [i oʊ f \_ [ kɔ j ɔ j ] ʃ tʃ pɪn ɔ [ntj p kɔ t [i ^ h i ^ ɔ ɔ tʃ pɪn] i ɔ n ɔ j j m [ɔ m  
 Y j p] [i [ɔ j k j n ɔ j j] d ɔ \_ ^ d [i ^ ɔ b' ɔ j \ [g G L O W] i d n [b r h °  
 ɔ j \ [g G L O W r j p ɔ ɔ q ɔ n \_ ɔ j °

**Drawing Prompt :** Draw a scene from your community that makes you happy. Is there a holiday, event, or community activity you love? Do you love the local outdoor market? Maybe it's where all the local youth go to play a game or sport.



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 the last time you saw someone do something nice for someone else. If you can't remember, think of the next nice thing you want to do for someone else.



[i o f \_ [ k c j o j ` t j p m g [ n t j p k g t [ i ^ n i ^ a d o t j p r i M i o r h n o j r m d [ o m n  
 Y j p ] [ i [ o j k j n o d o r j ] d g h \_ ^ d [ i ^ o b ' G o \ [ g G L O W j i a n d b r h °  
 G o \ [ g G L O W r j p g o q o n \_ o d o j °

## **Helping Hands**

1. Place your hand on the paper and trace its outline. Place your other hand anywhere on the paper and trace its outline.
2. Color in your hands. Then, around your hands, write or draw things that you do that help others. You can also draw or write things you would like to do in the future to help others.

## **Quick Drawing Prompts**

- Draw yourself with an extra limb.
- Scribble on the paper, then try to turn it into something recognizable.
- Draw your favorite food but with arms, legs, and a face!
- Draw people playing a fun game.

# **Stress Relief Activity**

## **Action for Happiness**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

**This is where it all starts!** Small things can cause big positive changes, so choose an action and make it happen. Then, choose another action and make that happen too! Use the blank space to write your own Actions for Happiness. As you complete your Actions write down in this packet or in a journal how it made you feel.

**Do kind things for others**

**Find three good things each day**

**Thank the people you are grateful for**

**Look for the good in those around you**

**Find your strengths and focus on using them**

**Get help if you're struggling**

**Help others build emotional resilience**

**Volunteer your time energy and skills**

**Try something new and different**

**Help out a friend in need**

**Really listen to what people are saying**

**Figure out what is important to you**

**Write down your dreams for the future**

**Find new way to exercise**

## 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.)

1. **A BRAVE Puzzle:** The square on the right has eleven letters missing, which you must replace! Every row, column and the main diagonals contain all the letters to the english word "BRAVE"

B	R	A	V	E
	E	B	R	
		V		B
	B	R		
		E	B	

2. **Wolves & Lambs:** Six wolves catch six lambs in six minutes. How many wolves will be needed to catch sixty lambs in sixty minutes? (No, the answer is not sixty. Try again!)

**Answer:**

---



---

3. **Calendar Confusion:** Three days ago, yesterday was the day before Sunday. What day will it be tomorrow?

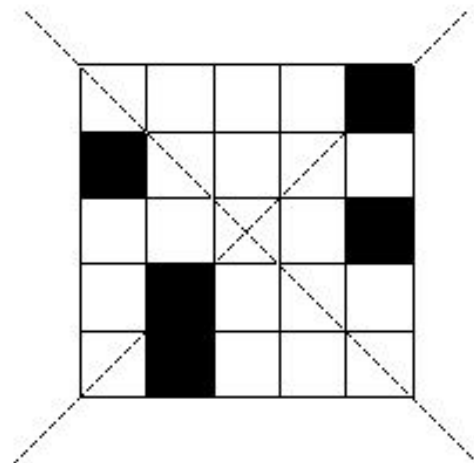
**Answer:**

---



---

4. **Mirror Mirror Puzzle:** If you continue shading the squares so that the two dotted lines become lines of symmetry (mirror lines) of the completed diagram, how many squares will be left unshaded?





## 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.

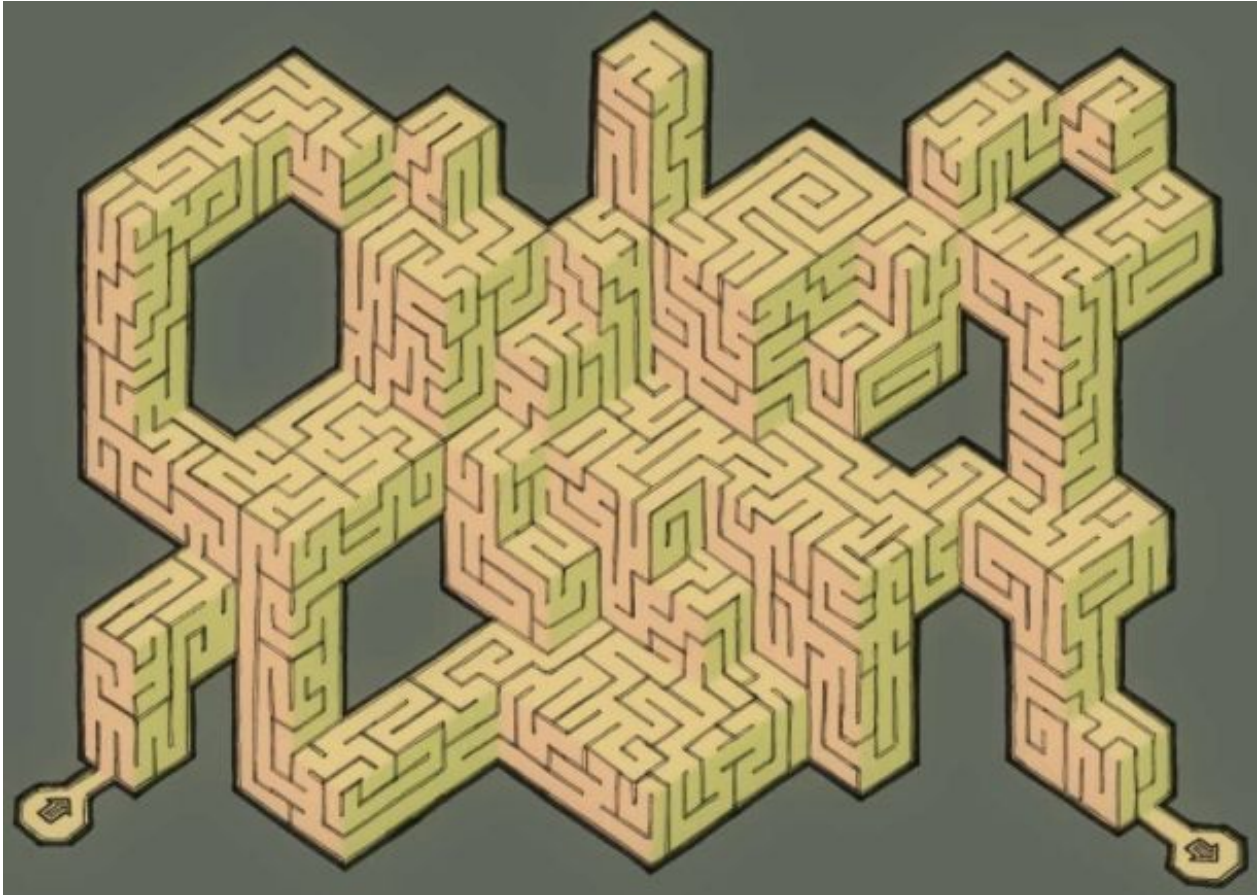
5			2	3				
		4						7
	7				9		5	
		9	6	5		2		
		3			8	4		
							8	
	8							
				4		1		
	6		1					3

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

# Maze

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

Can you find your way through this block maze?



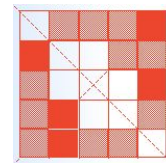
## Sj goli nq Rd^gn[i ^Ppugn

1.

B	R	A	V	E
V	E	B	R	A
R	A	V	E	B
E	B	R	A	V
A	V	E	B	R

- The right answer is SIX WOLVES. In the original amount of time: 6 wolves catch 6 lambs in 6 minutes. With 10 times as long: The same 6 wolves catch 60 lambs in 60 minutes. (Give them 10 times as long and they'll catch 10 times as many lambs, assuming they don't get tired!) Another way of seeing the answer is to note that each wolf catches 1 lamb in six minutes. So in 60 minutes each wolf will catch 10 lambs (ten times as many). With 6 wolves, six times as many lambs will be caught.
- Three days ago, yesterday was the day before Sunday, so three days ago was itself Sunday. That means today is Wednesday, so tomorrow is Thursday

4. Mirror Mirror Puzzle



Sudoku Puzzle answers:

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

# Coloring Pages



On The Knoll 3/23/11 © karlagerard

Γ tj pr [i odf\_ [ kcj q j ` tj prnj grnb[i ^n,i ^oq tj prMli q rjnsj j rnl[ q m  
 Yj p][i [qj kj rnoq rj] dgh\_ ^d [i ^qb' Gg\ [gGLOW] i 'and bfh °  
 Gg\ [gGLOWrj p q q q n\_ oqj °





## Girl Spotlights!

W [cGLOW'c[ q' g' q' ^' m' \_ d' i' b' \_ q' r' t' o' d' b' t' j' p' q' \_ n' d' [ m' ^' r' d' e' p' n' ^' p' r' a' b' i' c' a' d' i' a' h' \_ T' o' d' i' h' j' i' e' r' \_ [ m' o' j' i' j' m' ^' g' ' c' [ q' ' G' L' O' W' b' o' d' y' o' g' i' n' [ \ j' p' o' e' \_ h' n' \_ g' \_ n' [ i' ^' e' \_ d' i' j' h' h' p' i' e' d' i' n' °

### Ruth Natali Agurto Vargas, Cerrito de la Virgen, Peru



**What languages do you speak?**

English and Spanish

**How do you say hello in your community?**

Hola, que tal?

**What are your personal passions/or hobbies?** Reading, listening to music, writing

**What is the “girl- culture” like where you live?:** We have many of the customs of the Huanchaqueros, but it is common to see the girls at home, learning housework or taking care of their younger siblings.

We eat traditional Peruvian foods, but we also enjoy fast food (there are no outlets here in Cerrito)

We live in a rural area, the houses are made of different materials (it depends on the possibilities of the family)

**What do you think is the most unique thing about you and the girls where you live?**

W [m' o' t' i' b' g' ] c' [ i' b' \_ e' \_ k' \_ n' k' ] c' [ j' ` k' [ m' i' o' n' t' ] j' i' a' l' p' a' b' r' e' j' p' r' i' n' p' ^' d' n' o' t' i' b' g' °  
 \ \_ \ \_ e' r' k' j' k' g' r' j' ] d' g' [ i' ^' k' \_ m' i' [ g' [ i' ^' n' j' r' d' b' e' [ a' r' j' h' \_ i' ] ] [ i' b' \_ c' [ e' ] ^' °

## **Nelly Armelle Desiree Yao, Yamoussoukro, Cote D'Ivoire**



### **What languages do you speak?**

French, Baoule and English basic level

### **How do you say hello in your community?**

Bonjour, Hello, Agnehi o

### **What are your personal passions and/or hobbies?**

My passions are: make up, reading and television

My hobbies: Travel, tennis playing

**What is the “girl-culture” like where you live?** Girls in my community like joking, playing games, and dancing. They wear mini skirts and traditional wrappers, but decently. Their favorite meal is garba, food made of cassava and fried fish, onion, pimento and tomato. Some live in middle-class houses and some in poor conditions.

**What are the most common social expectations for women and girls where you live?** Most of the time, the girls spend time at home. When they don't go to school, they help their mums to cook, laundry, and selling.

**What do you think is the most unique thing about you and the girls where you live?**

**W'g' p'nbic' rj g[r'nb' q' ^'\_d'\_j p'nd'g'i rodk' de'\_q'rtj' i \_°**

