



Safer At Home Packet July 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 **Curiosity & Creativity**. To help inspire your **Curiosity & Creativity**, 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!

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This Month's Theme: Curiosity & Creativity

Curiosity and Creativity go hand in hand! Curiosity, the strong desire to know or learn something, coupled with a creative mind is a powerful combination of traits. Curious people ask questions, they have active minds and are observant of the world around them. Creatives can turn those observations into artwork or technological innovations or anything else they choose. While some may feel more naturally curious or creative than others, these are each skills that can be practiced.

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

Let's Get Curious!

Here are some tips to help you develop your curiosity:

1. **Keep an open mind:** Be willing to learn, unlearn, and relearn. Some things you know and believe right now might be wrong, or might change with new information. Changing your opinion as you learn new correct information is important and shows that you are thinking critically.
2. **Ask a LOT of questions:** Strive to learn new things and to learn more about the things you already know! Asking questions is a good way to dig deeper and gain more knowledge. You can ask: What is that? Why is it made that way? When was it made? Who invented that? Where does it come from? How does it work? Questions are a curious person's best friend!
3. **Try not to think of things as "boring":** When you label something as boring, you probably will not want to spend more time asking questions about it or exploring the possibilities of that subject. Even if a topic does not interest you right now it could interest you more in the future!

What is something you are curious about that you would like to learn more about?

Write down questions you could ask that would help you learn more about this topic:

1.

2.

3.

4.

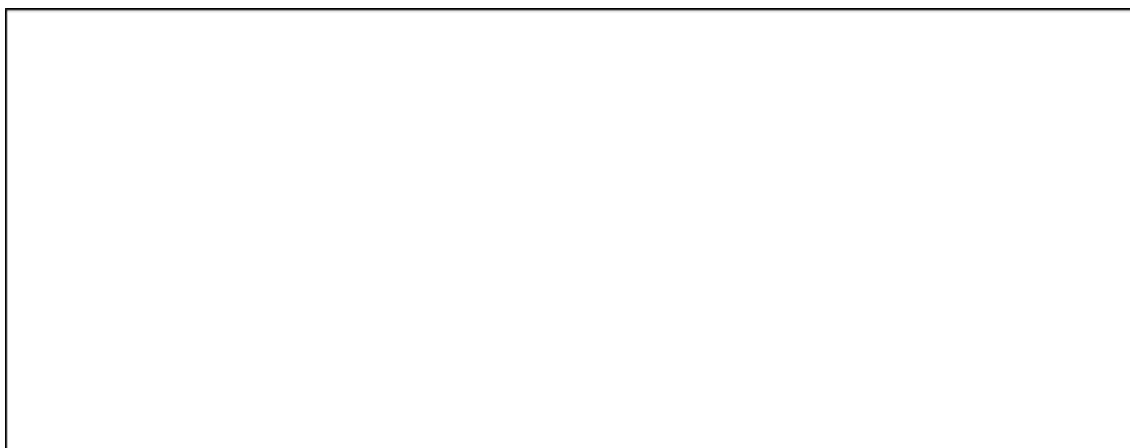
5.

Practicing Creativity

Create a Creative Environment - As much as you can, gather things around you to help spark creativity. Some ideas are: Journals, markers or colored pencils, paper or cardboard that you can fold into sculptures. Sometimes just having things around you that are unusual to you can inspire creativity. If you have a sibling, ask if they will trade items or places with you for a little while.

Get a New View - For this activity you will try looking at your usual surroundings in a new way.

1. Pretend you are a tiny bug on the floor of the room you are in. In the space below, draw what you think it looks like from that point of view. What do you think the furniture looks like from below? If you are outside what does that look like? Are there trees or people?



2. After you make your drawing, try to see that view for yourself! Get down as low as you can to try to recreate that view. Then ask yourself the following questions:

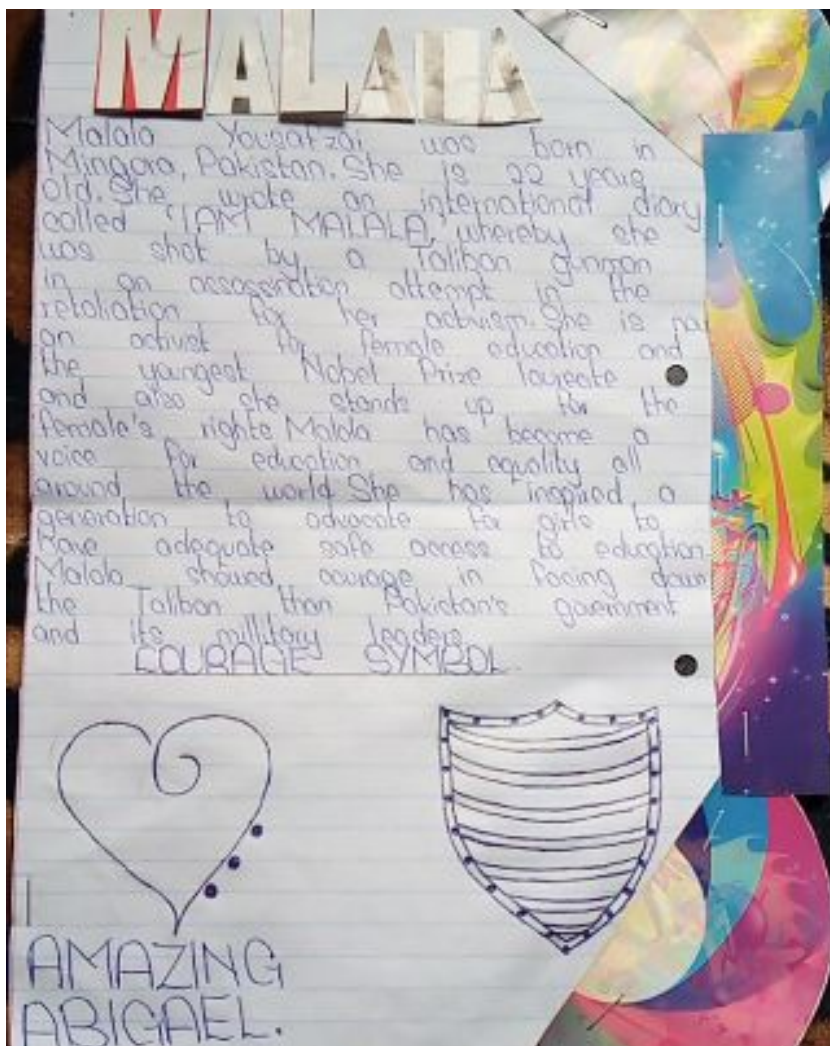
Does it look like what you were expecting?

What is the same? What is different?

Did anything surprise you?

3. Try this activity again but this time from above. What might a bird see as it flew above and looked down? Then, see if you can look at your surroundings from a higher vantage point than you normally would. Just remember to be safe if you are trying to look from above!

Photographs



Parent Corner

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

For this month's Parent Corner we hope to inspire the same Curiosity & Creativity for you that we do for your daughters.

All the best,

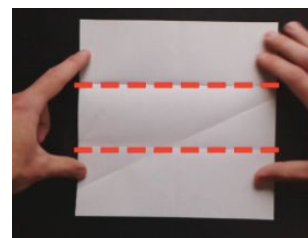
The Global G.L.O.W. Team

Parent & Family Activity

Team Drawing

You will need a partner for this quick activity. You will begin a drawing that someone else will finish.

1. Fold a piece of paper into thirds as shown to the right.
2. In the top third, you will draw the beginning of the team drawing. It could be the head of a person or animal, it could be the tops of buildings or anything else that you want.
3. In the middle third, draw part of what you think should come next. Draw just enough to give the next person drawing a starting point.
4. Fold the top third back so it is hidden from view.
5. Switch drawings with your partner, without looking at the top third, they will continue your drawing into the middle portion and the bottom third and you will continue theirs.
6. Once you are done drawing, you may flip the top portion back into view.
 - a. What did you make together?
 - b. Did the two drawings make sense as one?
7. Turn the paper over and make another Team Drawing on the back!
8. **You can also do this activity as a group where everyone starts a drawing and then passes it to someone else.**



Writing Time!

Think about something you are curious about. What is it and why are you curious about it? Describe this new thing you will like to learn.

*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!





Exploration

*If you can explore any part of the world or universe, where would you explore and why?
Be creative: this includes, different countries, ecosystems, underwater wildlife, and
planets.*

Quick Writing Prompts

- What is something new you want to learn, now that you have experienced the COVID-19 pandemic lockdown?
- When you are feeling curious about something, what is the first thing you do?

Poetry Party

Autumn Tiger by Georgia Hight

Tame as a house cat
Wild as a dragon

Her coat like autumn
Mingling with the trees

Velvet paws on wet grass
Her voice sounding like a gong

Curiosity overcomes the tiger
Her meek face

Glaring suspiciously at the trees
Carefully watching

Wonder by Amy Ludwig VanDerwater

Water the wonder
That lives in your brain.

Water your wonder
With questions like rain.

The more that you ask
The more you will know.

And watering wonder
Will help wonder grow.

Wallow in wonder
Wherever you go.

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. Silent Ball: You will need a ball or other unbreakable item that can be tossed from one player to another. This game can be played by multiple people even while observing social distancing. Find an open space where everyone can spread out safely.

Silent ball is a game in which a ball is thrown from player to player, no sounds can be made to indicate who a player might be throwing to. Participants must stay aware of where the ball is! Players begin the game standing, with one holding a ball. They throw the ball to any other standing player, who must catch it. If a player drops the ball when it is thrown to them, or talks at any time, they are "out" and must sit down on the floor. Seated players are permitted to talk and they may try to distract players who are still "in". The game continues until only one player is left standing.

- Try playing with more than one ball at a time.
- Develop your own rules on how someone could re-enter the game if they become "out"!

2. Morra: Morra is a hand game that dates back thousands of years to ancient Roman and Greek times. While there are many variations of morra, most forms can be played with a minimum of two players. In the most popular version, all players throw out a single hand, each showing zero to five fingers, and call out their guess at what the sum of all fingers shown will be. If one player guesses the sum, that player earns one point. The first player to reach three points wins the game.

3. Sipà: Sipà (from the Tagalog word 'to kick') is a favorite traditional sport in the Philippines. A single person can play sipa by himself or herself or in teams. Sipà is similar to Hacky Sack, the footbag game familiar to Americans. The difference is the item that is kicked. In formal games, a rattan ball is used, but when kids play at home or in schools they use either a big bunch of rubber bands knotted together or a small metal disk that has a fluffy tail of shredded plastic.

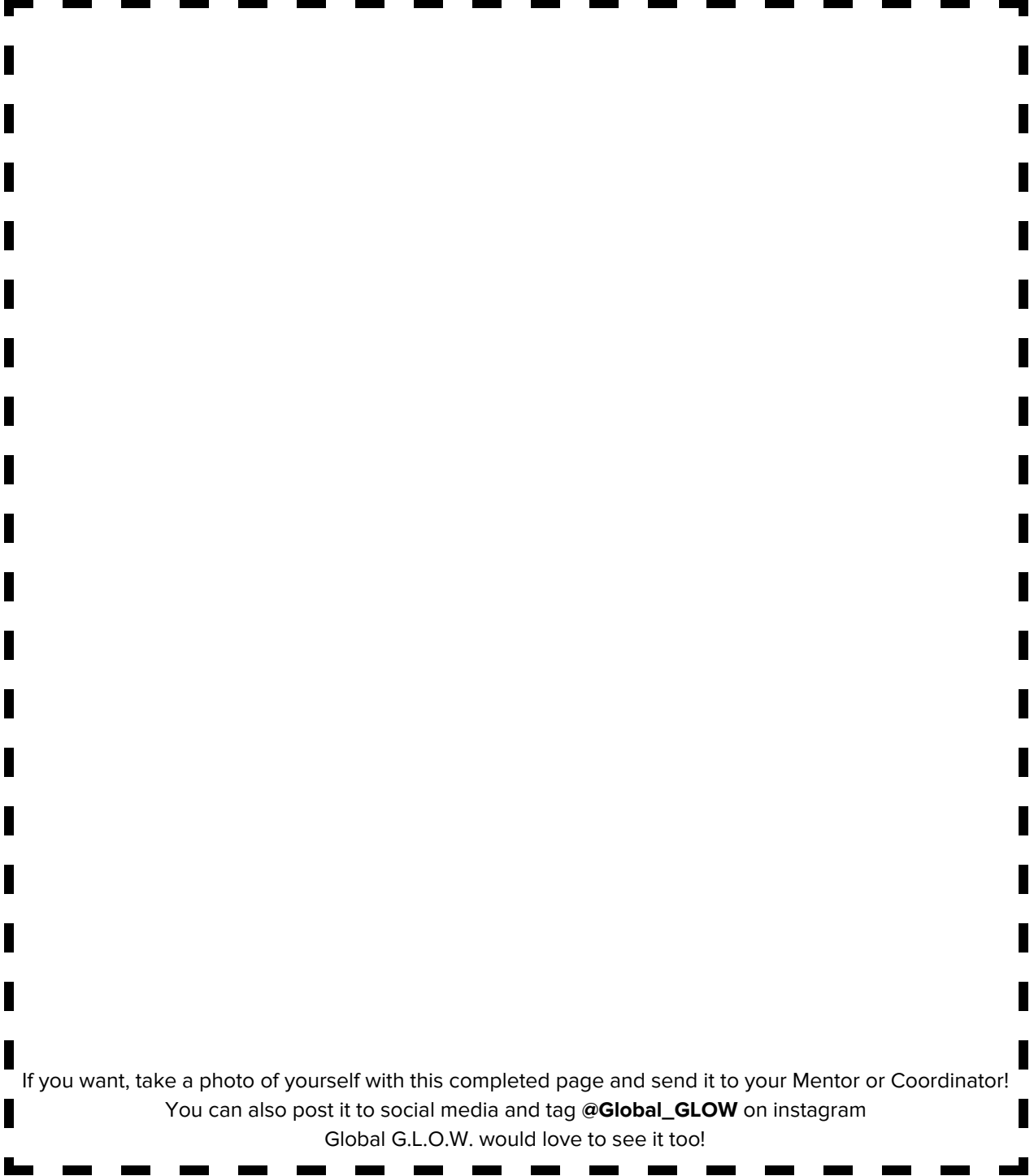
A simplified version of the game can be played with an equal number of players on each team between 1 to 4. Game play involves keeping the ball above the ground. The two teams play against each other until a set number of penalty points (such as the ball bouncing twice on the ground) is reached by one of the teams.

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

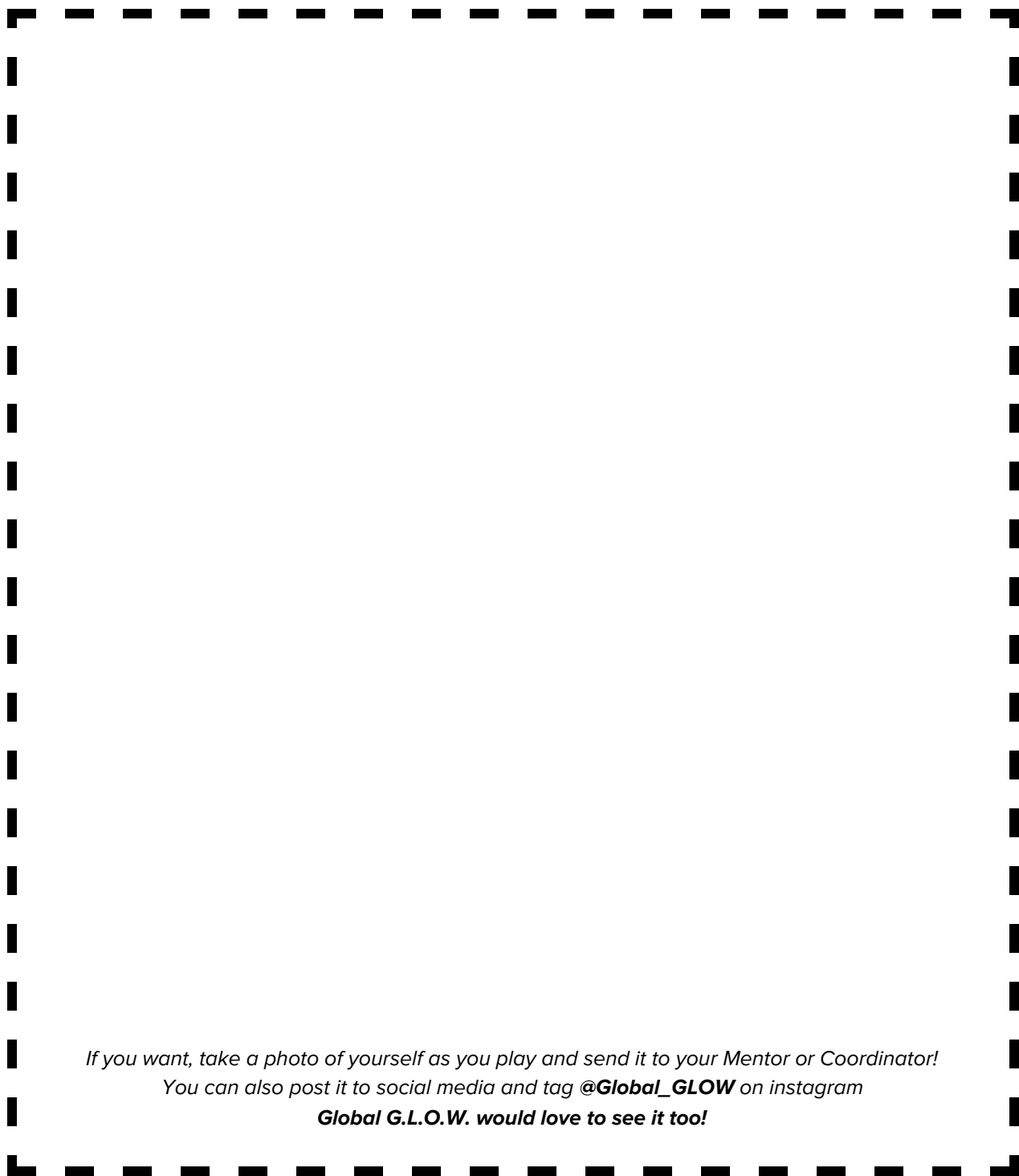
Global G.L.O.W. would love to see it too!

Drawing Prompt : Imagine you have magically appeared in your favorite book or story. Draw yourself in a scene from this story or book. What will you do inside this story? What part of the story will you be in? Will your appearance be different or the same? For example, if all the characters are animals, you can choose to be an animal or stay human. You decide if you want to add dialogue, change the events of the story, or whatever other things you can imagine.



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: Listen to your favorite song. Draw what it looks like. Maybe it looks like shapes, lines, and squiggles. Maybe certain sounds look like different colors. It could also look like a scene from real life. Draw what you feel represents the song to you!



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

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Coffee Paint Art

Coffee

Method 1: Spoon some used coffee grounds onto several different plates, jars, or other containers. Add varying amounts of water to the coffee grounds to make different shades of brown. With a paintbrush, apply the mixture to what you are painting on (paper, paper bag, cardboard scraps, white paper plates, etc).

By using many different strengths of the mixture, you will end up with colors ranging from very light brown to almost black.

Leave it out to dry with the coffee grounds on it, then brush them off when your painting is dry.

Method 2: Ask your guardian if they can brew a little bit of very strong coffee. Put it in containers that will not spill and use it like paint! Dilute it little by little for different shades.

Method 3: If your guardian has instant coffee, ask if they can make you a small amount to paint with. Use it in the same way as strongly brewed coffee!

Other tips:

If you don't have a paintbrush, get creative! You could use plants from outside. For example, you could dip leaves in your paint and try using them like a stamp. You could take a plant, dip it in the paint, and gently drag it across your painting surface in various ways. You could also use items from the kitchen, like forks, spoons, chopsticks, or sieves.

When your painting is dry, you can also add details with a pen or pencil!

Quick Drawing Prompts

- Draw a piece of fruit or a vegetable from an alien planet.
- Draw a garden made out of sweets and candy.
- Draw a scene from inside your home or in your neighborhood, then add tiny stick people all over the scene doing silly things.
- Draw a fashionable outfit for a pet animal.
- Draw an object in a place you would not normally find it.

Stress Relief Activities

Recognize Your Stress

The next time you are feeling stressed or overwhelmed, take a moment to think and focus on how you know you are feeling that way. Can you feel your stress in your body? Where? What does it feel like?

Observe your body. Are your muscles tense or sore? Is your stomach tight, cramped, or aching? Are your hands or jaw clenched?

Observe your breath. Is your breathing shallow? Place one hand on your belly, the other on your chest. Watch your hands rise and fall with each breath. Notice when you breathe fully or when you “forget” to breathe.

Recognizing what stress feels like in your body can help you more easily identify when you are stressed and help you feel better when you do.

Body Scan

Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body. This is good to do as you are laying down to go to sleep or any time of day when you might want to feel more in touch with your body.

Mindful Wakeup: Start with a Purpose

Set an intention for yourself right when you wake up. On waking, sit up, take three long deep breaths in through your nose and out through your mouth. Then ask yourself: “What is my intention for today?”

Form your intention as a full sentence, for example: “Today, I will be kind to myself and be patient with other people.”

Check in with yourself throughout the day, are you meeting that intention? This skill will become easier with time. Writing down your daily intention can help you remember and track your mindfulness journey.

Activate Your Mind and Your Muscles

Moving your body is healthy both physically and emotionally. Go out for a walk or run, do some stretches or aerobics, anything that will get your body moving for at least 15 minutes a day everyday (more is even better!)

Puzzles & Brain Teasers

(from 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. **Matchstick Math:** For each of the images below, move exactly one matchstick to make each equation true.

$$4 - 1 = 5$$

$$5 + 3 = 6$$

$$6 - 2 = 7$$

Riddles

1. What cannot be used until it is broken?
2. I am full of holes; I can hold water. What am I?
3. What are two things people never eat before breakfast?

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.

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

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

Maze

(from puzzleprime.com)

Can you find your way through this maze of flowers?



Solutions to Riddles and Puzzles:

1. $4-1=3$, $9-3=6$, $5+2=7$

Riddles:

1. An egg
2. A sponge
3. Lunch and Dinner

Sudoku Puzzle answers

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

Coloring Pages



If you want, take a photo of your coloring 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!



If you want, take a photo of this Thank You card & send it to your Mentor or Coordinator with a nice message. You can also post it to social media and tag [@Global_GLOW](#) on instagram

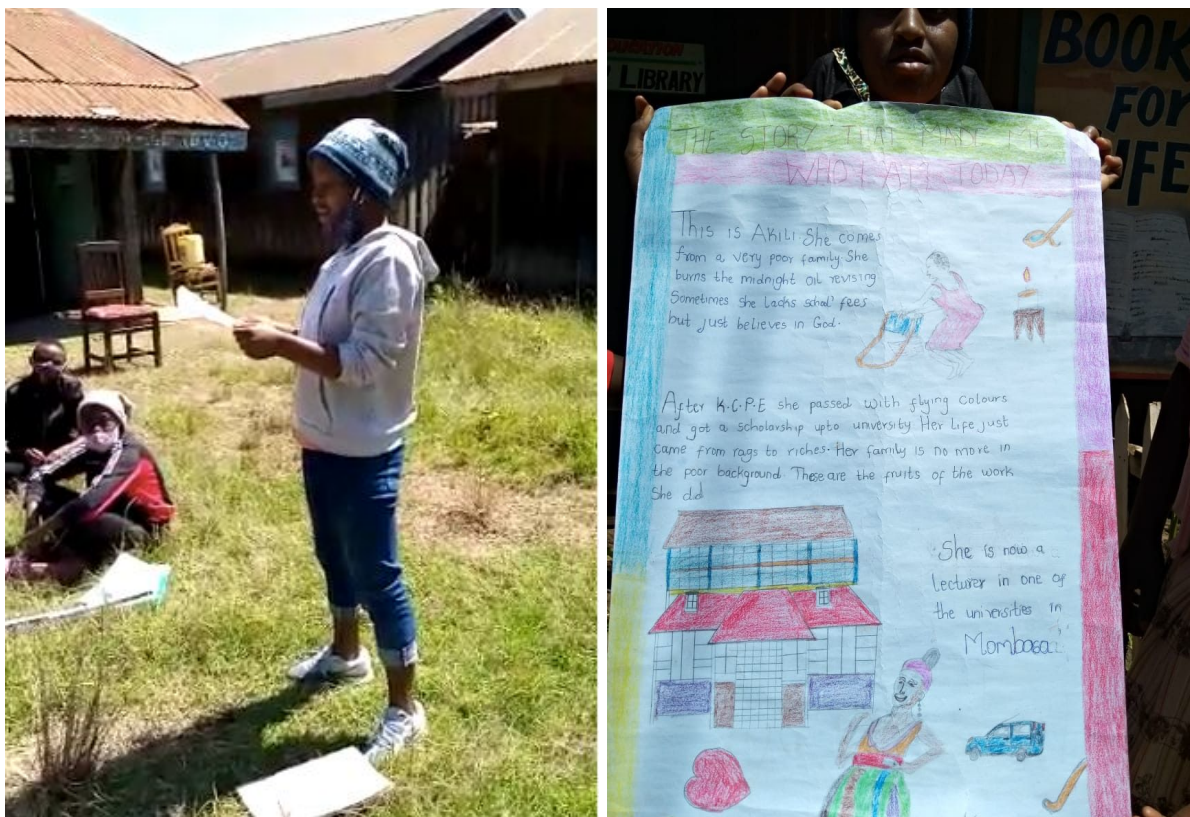
Global G.L.O.W. would love to see it too!

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Girl Spotlights! Part 3

We at G.L.O.W. have loved receiving all of the beautiful pictures, videos, stories, poems, etc. that you've shared with us during this time of social distancing. Here are a couple of creative stories from G.L.O.W. girls about aspirations and accomplishments.

SARAH WACUKA, Kenya



THE STORY THAT MADE ME WHO I AM TODAY by Sarah Wacuka

This is Akili. She comes from a very poor family. She burns the midnight oil revising. Sometimes she lacks school fees but just believes in God.

After K.C.P.E. she passed with flying colours and got a scholarship up to university. Her life just came from rags to riches. Her family is no more in the poor background. These are the fruits of the work she did.

She is now a lecturer in one of the universities in Mombasa.

ASMAHAN SAIDOU, Bamenda, Cameroon



Hey everyone!! My name is Asmahan Saidou, I am 17 years and I'm currently in lower sixth science. Apart from being a student, I am a human right activist, a feminist and an environmentalist. But, my foremost interest is to be a changemaker.

Recently, I got enrolled into one of the best schools in South Africa and Africa as a whole. A school that enrolls only the best students in Africa and those they believe will be great leaders and changemakers in Africa.

But before I became this outstanding, I was the shyest girl ever, speaking eloquently and standing firm on my opinions was a far fetched dream. But on this fateful day, I was introduced to the LitClub today called GLOW and Teen Clubs. Through the LitClub, I learned a lot about reading, writing and expression without fear. The LitClub seven strengths Belonging, Curiosity, Friendship, Kindness, Confidence, Courage, Hope became and has remained part and parcel of me as I always endeavor to practice them positively in every situation I find myself.

This program has made me to be THE ASMAHAN I am today. With the assistance of exceptional and dynamic mentors, I created a new version of myself. Today, I am proud to say the LitClub made me who I am!!!!

My dear girls

No one should tell you that you are too shy

No one should tell you that shouldn't stand for your opinion

No one should tell you that there is no hope

No one should tell you to stop for you are unstoppable.

You can be whoever or whatever you want. All you need is to stand up and create a future for yourself.

Create a new version of you and always remember you have not committed any crime for being a girl.

The LitClub is a safe space for dynamic and positive change.

I AM ASMAHAN SAIDOU

I AM LitClub MADE

G L O B A L

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