



## Take Home Activities 2020

We are Global G.L.O.W., a 501(c)(3) organizations 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. collected open source materials to compile this *Take Home Activities Packet* to provide the club members with some light-hearted work to complete on their own time.

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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# Poetry Party

## **Still I Rise**

BY [MAYA ANGELOU](#)

You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Up from a past that's rooted in pain  
I rise  
I'm a black ocean, leaping and wide,  
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear  
I rise  
Into a daybreak that's wondrously clear  
I rise  
Bringing the gifts that my ancestors gave,  
I am the dream and the hope of the slave.  
I rise  
I rise  
I rise.

Shoulders falling down like teardrops,  
Weakened by my soulful cries?

Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold mines  
Diggin' in my own backyard.

You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I'll rise.

Does my sexiness upset you?  
Does it come as a surprise  
That I dance like I've got diamonds  
At the meeting of my thighs?

Out of the huts of history's shame  
I rise

*Maya Angelou, "Still I Rise" from And Still I Rise: A Book of Poems. Copyright © 1978 by Maya Angelou. Used by permission of Random House, an imprint and division of Penguin Random House LLC. All rights reserved. Source: The Complete Collected Poems of Maya Angelou (1994)*

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## Drum Dream Girl

BY [MARGARITA ENGLE](#)

On an island of music  
in a city of drumbeats  
the drum dream girl  
dreamed

of pounding tall conga drums  
tapping small bongó drums  
and boom boom booming  
with long, loud sticks  
on big, round, silvery  
moon-bright timbales.

But everyone  
on the island of music  
in the city of drumbeats  
believed that only boys  
should play drums

so the drum dream girl  
had to keep dreaming  
quiet  
secret  
drumbeat  
dreams.

At outdoor cafés that looked  
like gardens  
she heard drums played by  
men  
but when she closed her eyes  
she could also hear  
her own imaginary  
music.

When she walked under  
wind-wavy palm trees  
in a flower-bright park  
she heard the whirl of parrot  
wings  
the clack of woodpecker  
beaks  
the dancing tap  
of her own footsteps

Notes:

and the comforting pat  
of her own  
heartbeat.

At carnivals, she listened  
to the rattling beat  
of towering  
dancers  
on stilts

and the dragon clang  
of costumed drummers  
wearing huge masks.

At home, her fingertips  
rolled out their own  
dreamy drum rhythm  
on tables and chairs...

and even though everyone  
kept reminding her that girls  
on the island of music  
have never played drums

the brave drum dream girl  
dared to play  
tall conga drums  
small bongó drums  
and big, round, silvery  
moon-bright timbales.

Her hands seemed to fly  
as they rippled  
rapped  
and pounded  
all the rhythms  
of her drum dreams.

Her big sisters were so  
excited  
that they invited her to join  
their new all-girl dance band

but their father said only boys  
should play drums.

So the drum dream girl  
had to keep dreaming  
and drumming  
alone

until finally  
her father offered  
to find a music teacher  
who could decide if her  
drums  
deserved  
to be heard.

The drum dream girl's  
teacher was amazed.  
The girl knew so much  
but he taught her more  
and more  
and more

and she practiced  
and she practiced  
and she practiced

until the teacher agreed  
that she was ready  
to play her small bongó  
drums  
outdoors at a starlit café  
that looked like a garden

where everyone who heard  
her dream-bright music  
sang  
and danced  
and decided  
that girls should always  
be allowed to play  
drums

and both girls and boys  
should feel free  
to dream.

*This poem was inspired by the childhood of a Chinese-African-Cuban girl who broke Cuba's traditional taboo against female drummers. In 1932, at the age of ten, Millo Castro Zaldarriaga performed with her older sisters as Anacaona, Cuba's first "all-girl dance band." Millo became a world-famous musician, playing alongside all the American jazz greats of the era. At age fifteen, she played her bongó drums at a New York birthday celebration for U.S. president Franklin Delano Roosevelt, where she was enthusiastically cheered by First Lady Eleanor Roosevelt. There are now many female drummers in Cuba. Thanks to Millo's courage, becoming a drummer is no longer an unattainable dream for girls on the island. [note from the author]*

*Margarita Engle, "Drum Dream Girl" from Drum Dream Girl. Copyright © 2015 by Margarita Engle. Reprinted by permission of Houghton Mifflin Harcourt.  
Source: Drum Dream Girl (Houghton Mifflin Harcourt, 2015)*

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**on paper**

BY [JACQUELINE WOODSON](#)

The first time I write my full name

*Jacqueline Amanda Woodson*

without anybody's help  
on a clean white page in my composition notebook,  
I know

if I wanted to

I could write anything.

Letters becoming words, words gathering meaning,  
becoming  
thoughts outside my head

becoming sentences

written by

*Jacqueline Amanda Woodson*

*Jacqueline Woodson, "on paper" from Brown Girl Dreaming. Copyright © 2014 by Jacqueline Woodson. Used by permission of Nancy Paulsen Books, an imprint of Penguin Young Readers Group, a division of Penguin Random House LLC. Source: Brown Girl Dreaming (Nancy Paulsen Books, 2014)*

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

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**BREAK TIME - Have some fun with these games!**

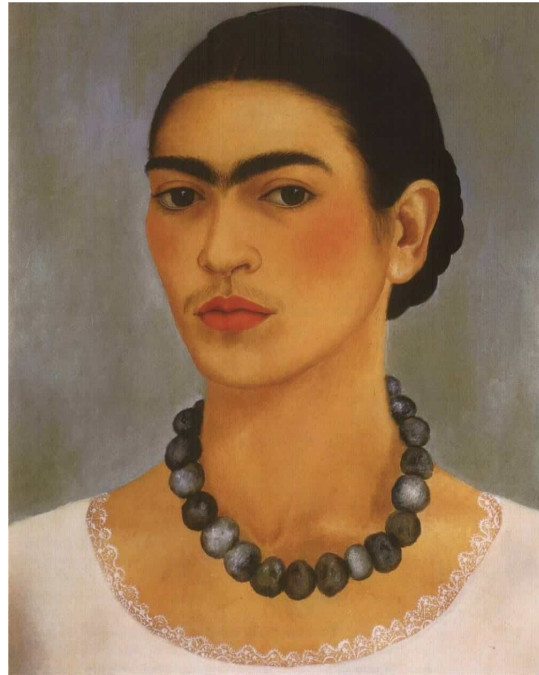
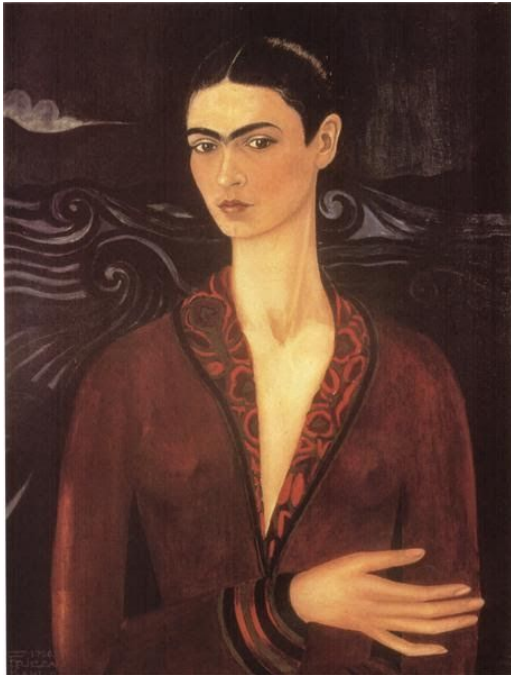
- 1. Dance party:** Turn on any song you like and dance it out!
- 2. Freeze dance:** Turn on your favorite music. When the music stops, freeze in your pose and hold it until the music begins again!
- 3. Scavenger hunt:** Write up clues and hide them around your home for your siblings or parents to find. Race to find each clue!
- 4. Parachute:** Find a big sheet or blanket and three other people to play with. Each person takes an end of the sheet or blanket and fans it upward while one of you runs underneath!
- 5. Animal races:** Hop like a bunny or frog; squat and waddle like a duck; or find creative ways to act out the behavior of other animals!



## Self Portraits & Confidence

Compare the following self-portraits by Mexican artist Frida Kahlo.

*This was her first self-portrait, which she painted when she was 19.*



*Now take a look at this one, which she painted at the age of 26.*

Do you think Frida Kahlo's image of herself changed over time? If so, did she become more or less confident? How can you tell?

What do you think she feels confident about? How do you see self-confidence reflected in these paintings? Consider different colors, shapes, sizes, and perspectives in each painting.

In what ways do the paintings portray the artist's insecurities? Why do you think the artist feels insecure about these things?

Why do you think it takes self-confidence to make a self-portrait?

When do you feel most confident in yourself? Why?

Draw Your Self Portrait



# **Stress Relief Activity**

<https://drsarahallen.com/7-ways-to-calm/>

## **The 5-4-3-2-1 Grounding Technique**

This grounding technique gets you to use all your five senses to help you to get back to the present. It starts with you sitting comfortably, closing your eyes and taking a couple of deep breaths. In through your nose (count to 3), out through your mouth (to the count of 3).

Now open your eyes and look around you. Name out loud:

*5 – things you can see (you can look within the room and out of the window)*

*4 – things you can feel (the silkiness of your skin, the texture of the material on your chair, what does your hair feel like? What is in front of you that you can touch? A table perhaps?)*

*3 – things you can hear (traffic noise or birds outside, when you are quiet and actually listening things in your room constantly make a noise but typically we don't hear them).*

*2 – things you can smell (hopefully nothing awful!)*

*1 – thing you can taste (it might be a good idea to keep a piece of chocolate handy in case you are doing this grounding exercise! You can always leave your chair for this one and when you taste whatever it is that you have chosen, take a small bite and let it swirl around your mouth for a couple of seconds, really savoring the flavor).*

Take a deep breath to end.



# Arts and Crafts

## Paper Airplanes

**Materials:** A rectangular piece of paper

1. Fold a sheet of paper in half lengthwise. Unfold so that the crease is 'valley' side up.



2. Fold the top corners down to the center fold.



3. Fold the tip down.



4. Fold about one inch of the tip up; unfold.



5. Fold the top corners down to the center fold so that the corners meet above the fold in the tip. (Note that the top—the nose of the plane—should be blunt.)



6. Fold the tip up. This is the Nakamura lock.



7. Fold the entire plane in half so that the tip is on the outside.



Fold the wings down. Trim and fly!

*\*Tricks to help the plane fly smoothly:*

- *If the nose drops and the plane dives into the ground, bend up the back of the wings. A little bend goes a long way.*
- *If the nose rises first and then drops, the plane is stalling. Bend down the back of the wing. Keep your adjustments small.*
- *See what happens when you throw it gently or harder!*
- *Decorate your plane with drawings if you'd like: give it a name, a number, or other ideas you have!*
- *Try making the plane with different sizes of paper and see what happens. Record your results*



## Make a Zine!

Zines (short for “magazines”) are handmade booklets that you can make all by yourself. You can make your zine about anything you want!

### **Materials:**

8 1/2” x 11” plain paper

Scissors

Pencils, crayons, markers, etc.

### **Optional materials:**

Glue stick

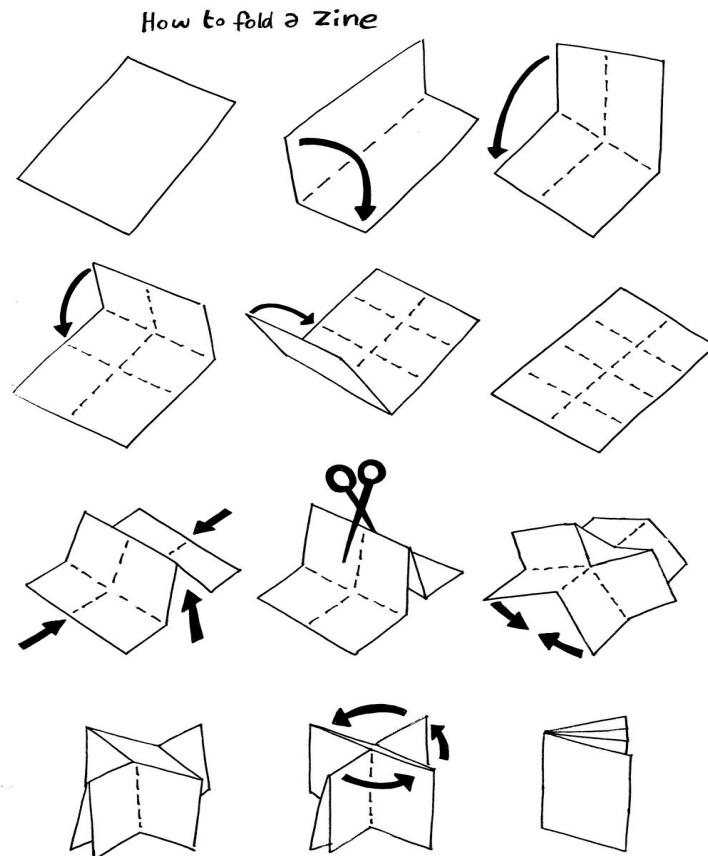
Stapler

Old magazines

### **Some ideas for a zine are:**

- A collection of your favorite things, make each page a celebration of something you love!
- A journal of your time away from GLOW Club to help you remember what happened when you see your friends again.
- Anything else that you want to write or draw about! You also cut and paste pictures or newspaper or magazine clippings into your zine.

**Follow the diagram to fold your Zine from one sheet of paper. It can be a little confusing but you can do it!**



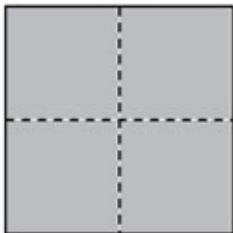
By [www.tellatale.org.uk](http://www.tellatale.org.uk)



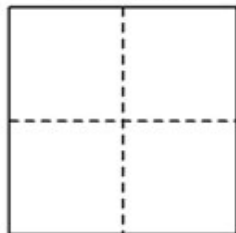
easypeasyandfun.com

## How to Make a Fortune Teller

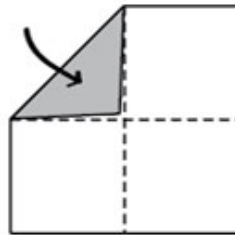
Fold in half and unfold.  
Repeat.



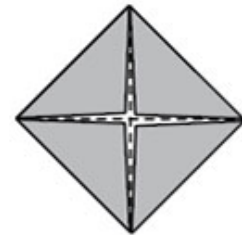
Flip the paper. The side with the dashed lines should face the table.



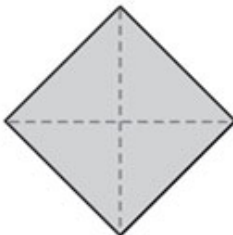
Fold the corners to the middle.



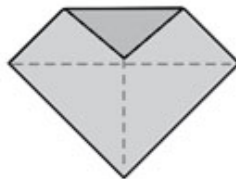
This is what you should see.



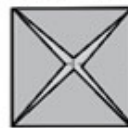
Flip the paper.



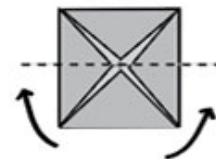
Fold the corners to the middle again.



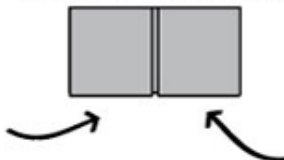
This is what you should see.



Fold in half

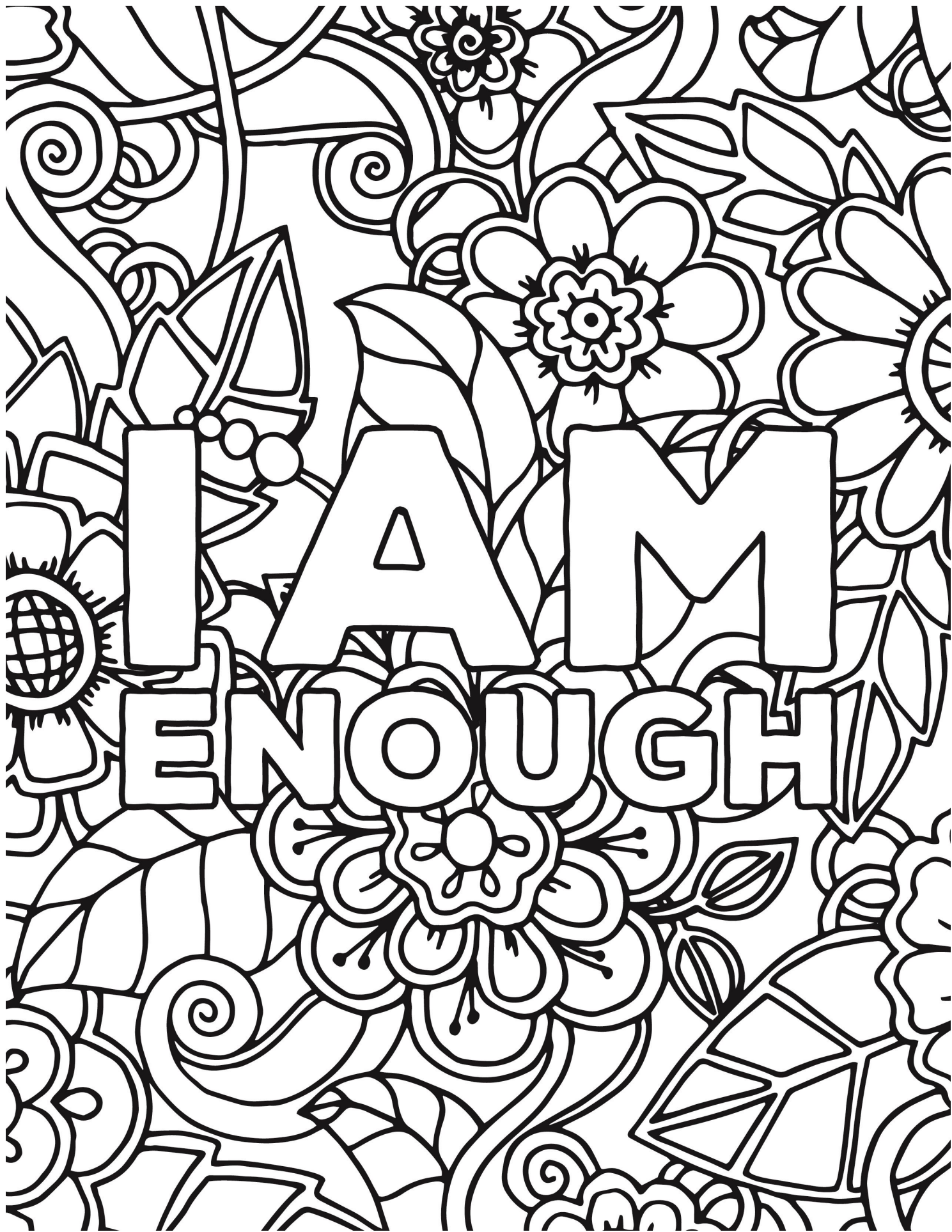


Push your fingers in and wiggle them to open up your fortune teller.

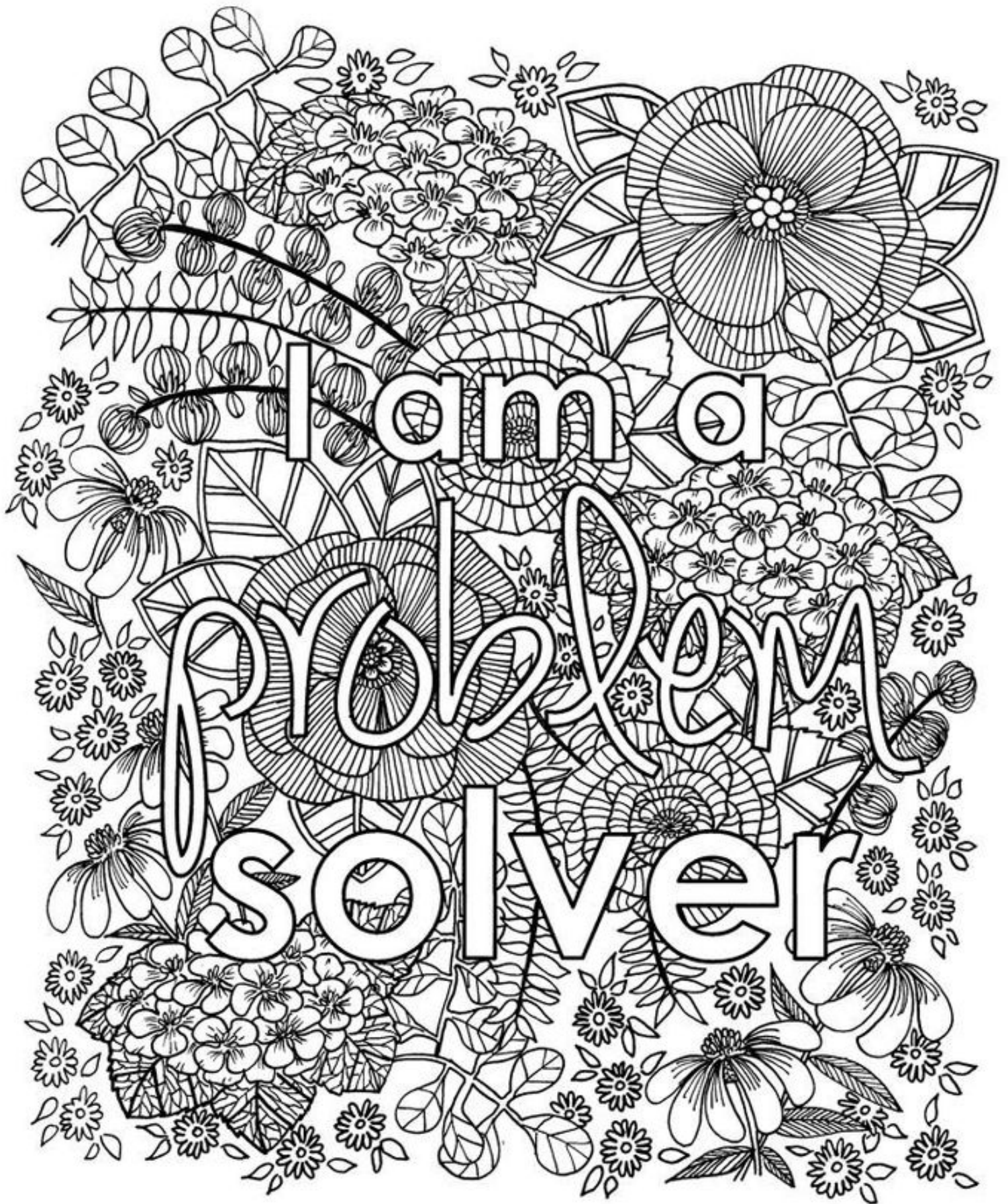


This is what you should see.





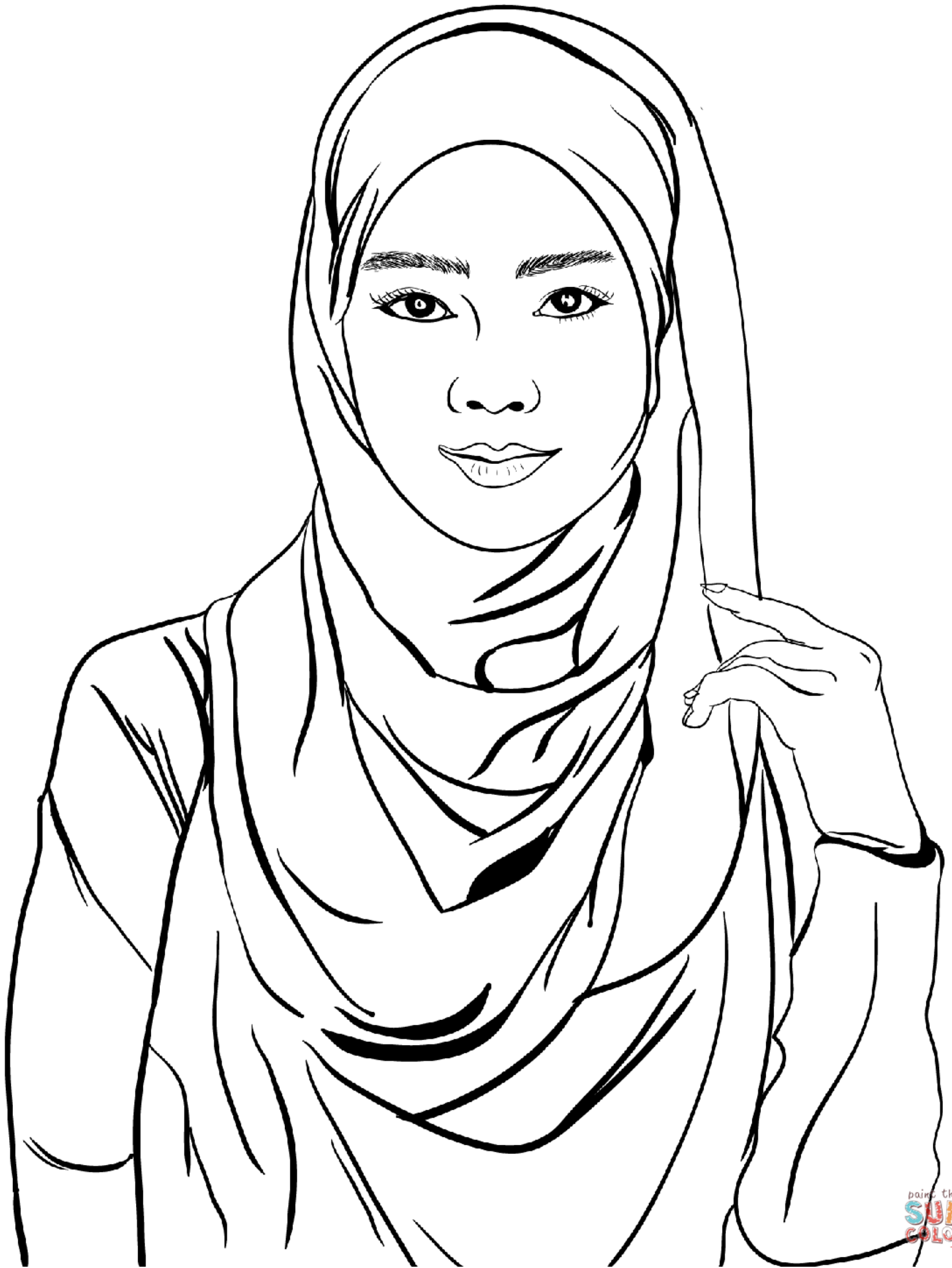




I am a

problem solver



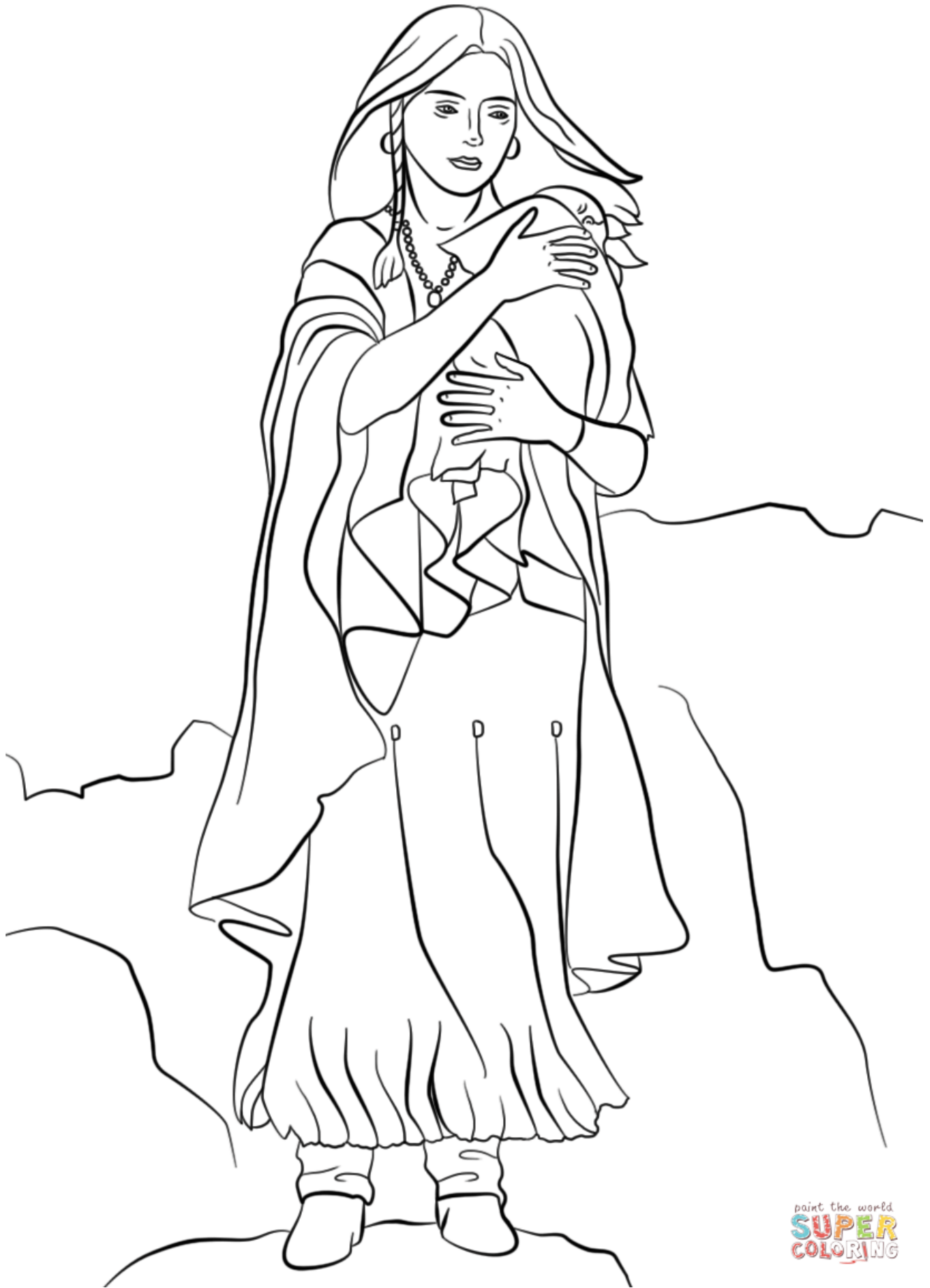








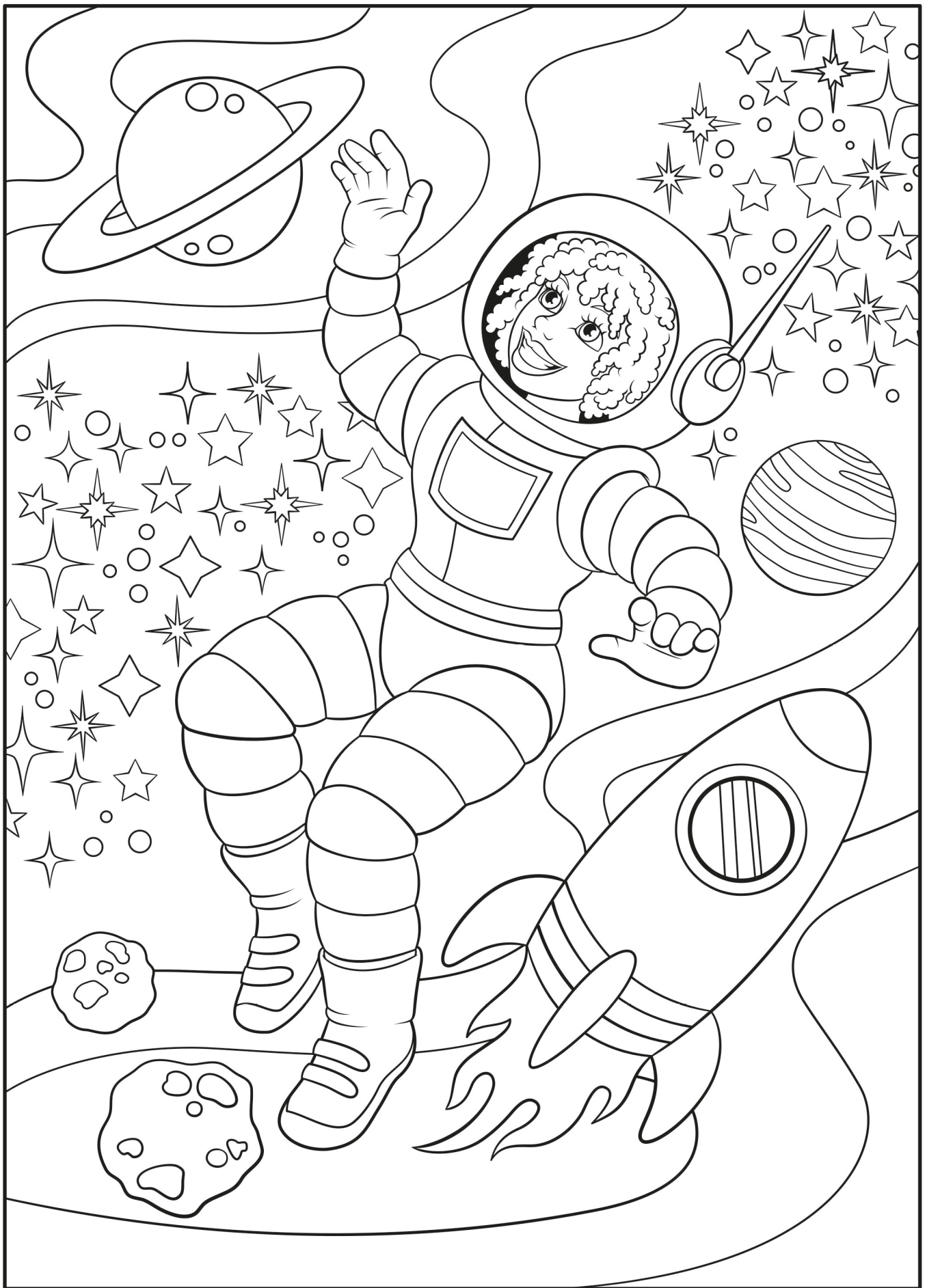






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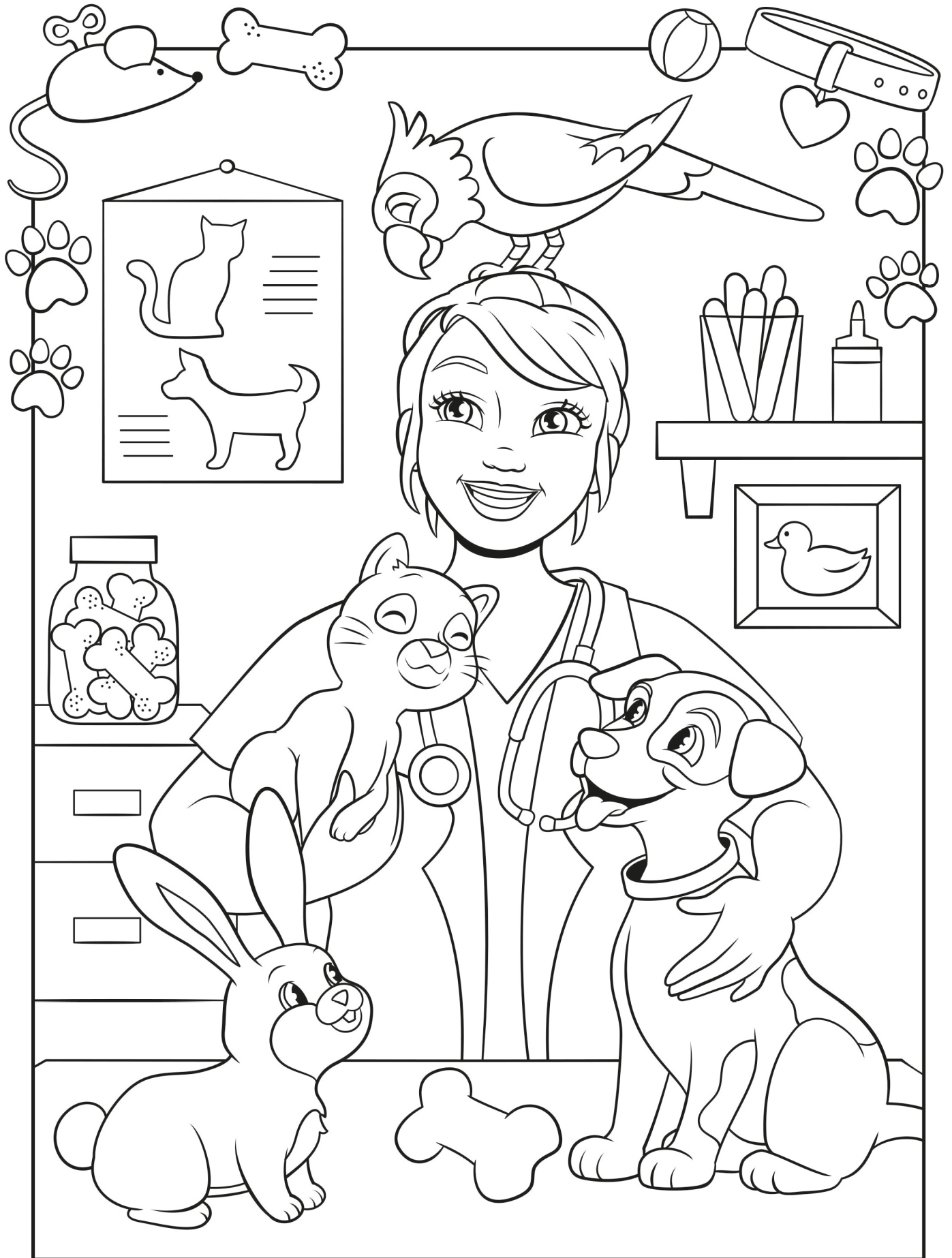
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