



Safer At Home Packet

April 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 **Staying Healthy**.

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: Staying Healthy

Maintaining your physical and mental well-being is always important. During an event like COVID-19 it can feel especially hard to take care of ourselves when we are worried about ourselves, our friends and families, you might even feel worried about people you do not know! Or, you might feel a little bad that those around you are worried while you feel pretty normal. All of those feelings are completely normal! The next few activities can help keep both your mind and body feeling good while you are Safer At Home!

Stretch it out! Try these stretches on your own or invite a friend or family member to join you.

Active Hamstring Stretch

- Standing on your right leg, step your left leg forward with your toes flexed.
- Reach your left hand to your toes, keeping your back flat — you should feel a gentle stretch in the back of your thigh. Hold this position for just a moment, then place your left foot next to your right as you return to standing upright.
- Switch sides to stretch your right hamstring. Continue alternating sides for 20 to 30 seconds.



Standing Quad Stretch

- Stand on your right leg with your knees touching. If you need to, grab hold of a chair or wall for support.
- Grab your left foot with your left hand and pull your heel toward your butt. Do your best to keep your chest upright, and don't worry about how close your foot is to your butt. Focus on the stretch on your left quad.
- Hold for 20 to 30 seconds, then switch legs.



Chest Opener With Forward Bend

- Stand with your feet hips-width distance apart. Interlace your hands behind your back and squeeze your shoulder blades together to stretch your chest. Keeping your legs straight, bend at the hips, tucking your chin and bringing your hands over your head.
- Relax the back of your neck, and if the stretch is too intense, release your hands, placing them on the backs of your thighs, and soften your knees. Hold for 20 to 30 seconds and slowly roll up to standing.



Runner's Lunge

- From standing, step your right foot forward, coming into a lunge. Place your hands just above your right knee for support.
- Reach through your left heel to lengthen the front of your left hip. Hold this position for 20 to 30 seconds, then switch sides.



Dance the COVID Blues Away!

Dancing is an excellent way to maintain fitness! Depending on how you dance you can work out your heart, lungs and muscles! Plus, you get the benefit of your brain releasing endorphins which are chemicals your body makes to help you feel happy!

Warm up with a slower song to stretch out and get your body used to moving. Then, turn up the volume and rock out to your favorite songs! The more you dance the better you will feel!



Structure and Routines Are Your Friends

Having regular times that you eat, sleep, get up in the morning, exercise, do home or activities like these can help you maintain a sense of normalcy.

Learn and Explore

Research shows people engaged in learning feel more confidence, hope, and purpose. Now might be a great time to read a new book, start that hobby you have been thinking about, or research something you have always wanted to know. The activities in this packet are a great way to keep your mind active and curious.

Talk With a Friend

Our connections with others help us cope with the ups and downs in life. If possible, keep in contact with friends and family members through phone calls, messaging apps, or video calls. You can even hand write your loved ones letters to be mailed, delivered, or saved to give to them when it is safe to do so again. Sometimes writing to our friends can feel like communicating with them even if they cannot read your messages yet.

Poetry Party

Innermost Happiness by Ernestine Northover

Let's go find that great blue yonder,
Far away from noise and rush,
A place where one can sit and ponder,
Silently, in a cocoon of hush.
With solitude, to rest one's senses,
Some time to grasp what life's about,
To knock down all those rigid fences,
And let your wildest thoughts fly out.
Allow for all your hopes to wander,
Into dreams that calm the mind,
And use the time in that great blue yonder,
Your innermost happiness to find.

An Irish Blessing

I wish you health,
I wish you well and happiness galore.
I wish you luck for you and friends.
What could I wish you more?
May your joys be as deep as the oceans,
Your troubles as light as its foam.
And may you find
Sweet peace of mind
Wherever you may roam.

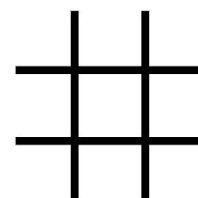
Write down your thoughts about these poems or write a poem of your own:

Play Time!

Have some fun with these games and activities!

1. Dance party: Make up a dance for your favorite song and put on a show for your family.

2. Tic Tac Toe: For two players, X and O, who take turns marking the spaces in a 3×3 grid. The player who succeeds in placing three of their marks in a horizontal, vertical, or diagonal row is the winner.



3. Rainbow scavenger hunt: Write down all the colors of the rainbow on small strips of paper and put them in a bowl or jar. Then write down the numbers 2, 3, 4, 5, and 6 onto small strips of paper and put them in a separate bowl or jar. With others you are socially distancing with, take turns pulling out one color and one number, then it's a race to see who can find that number of items that are that color. (For example, pull "red" and "3" then try to be the first to find 3 red items.)

4. Hopscotch: If you have access to chalk you can draw a hopscotch court on the ground. You can play alone or with another person.



5. The Floor is Lava: Players pretend that the floor or ground is made of lava and must avoid touching the ground! The game can be played with a group or alone for self amusement. There may even be a goal, to which the players must race. The game may also be played outdoors in playgrounds or similar areas. Any individual can start the game just by shouting "The floor is lava!" Any player remaining on the floor in the next few seconds is "out" and can not rejoin the game for some period of time.

6. Bay Khom: A game from Cambodia played by two children. Ten holes are dug in the shape of an oval board in the ground. The game is played with 42 small beads, stones or fruit seeds. Before starting the game, five beads are put into each of the two holes located at the tip of the board. Four beads are placed in each of the remaining eight holes. The first player takes all the beads from any hole and drops them one by one in the other holes. They must repeat this process until they have dropped the last bead into a hole lying beside an empty one. Then they must take all the beads in the hole that follows the empty one. At this point, the second player begins to play. The game ends when all the holes are empty. The player with the greatest number of beads wins the game.

6. Twinkle Twinkle You're The Star: Write your own lullaby to the tune of Twinkle Twinkle Little Star (or any other song you like).

7. Simon Says to Play Simon Says: A fun game to play with two or more people. A command starting with "Simon says" means that the players must obey that command. A command without the beginning "Simon says" means do **not** do this action. Anyone who breaks one of these two rules is out of the game.

8. Ampe: Ampe is a simple but energy-driven game played by school-age children. It originated from Ghana and also played in other neighbouring countries. It is played by two or more people and requires no equipment. The leader and another player jump up at the same time, clap, and thrust one foot forward when they jump up. If the leader and the other player have the same foot forward, the leader wins a point. If they are different from the other player becomes "it" and plays against the remaining players. If the players are in a circle, the leader moves along the inside of the circle, playing against others in turn. If they are in a line, the leader moves on down the line. If only two players are playing, they keep score until a certain number of points determines a winner.



If you can, 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!



Learn to say Hello in 10 Languages

Hello! -English

Hola! -Spanish

Bonjour! -French

Olá! -Portuguese

Namaste! -Nepali / Hindi

Kamusta! -Filipino

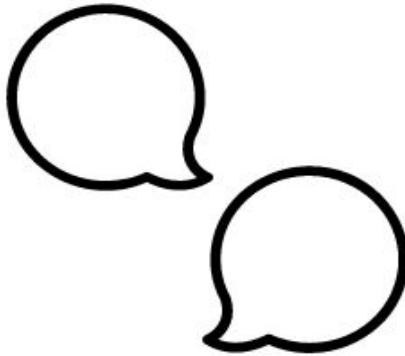
Sannu! -Hausa (Nigeria)

Alo! -Haitian Creole

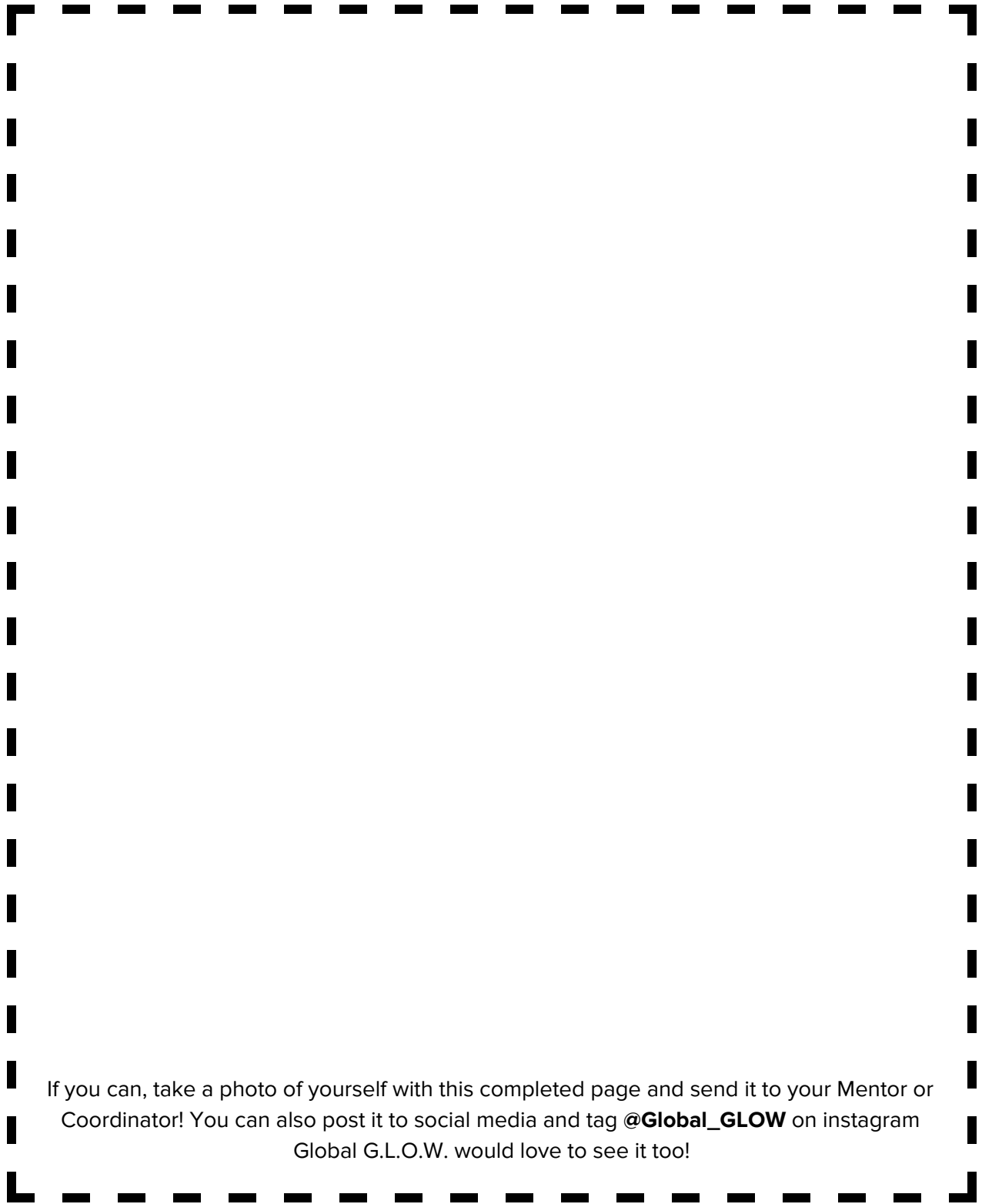
Xin Chào! -Vietnamese

Muraho! -Kinyarwanda (Rwanda)

Do you know any others? Write them in the word bubbles.



Drawing Prompt: Draw and write yourself like a superhero. What does your armor look like? What's your superpower?



If you can, 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!

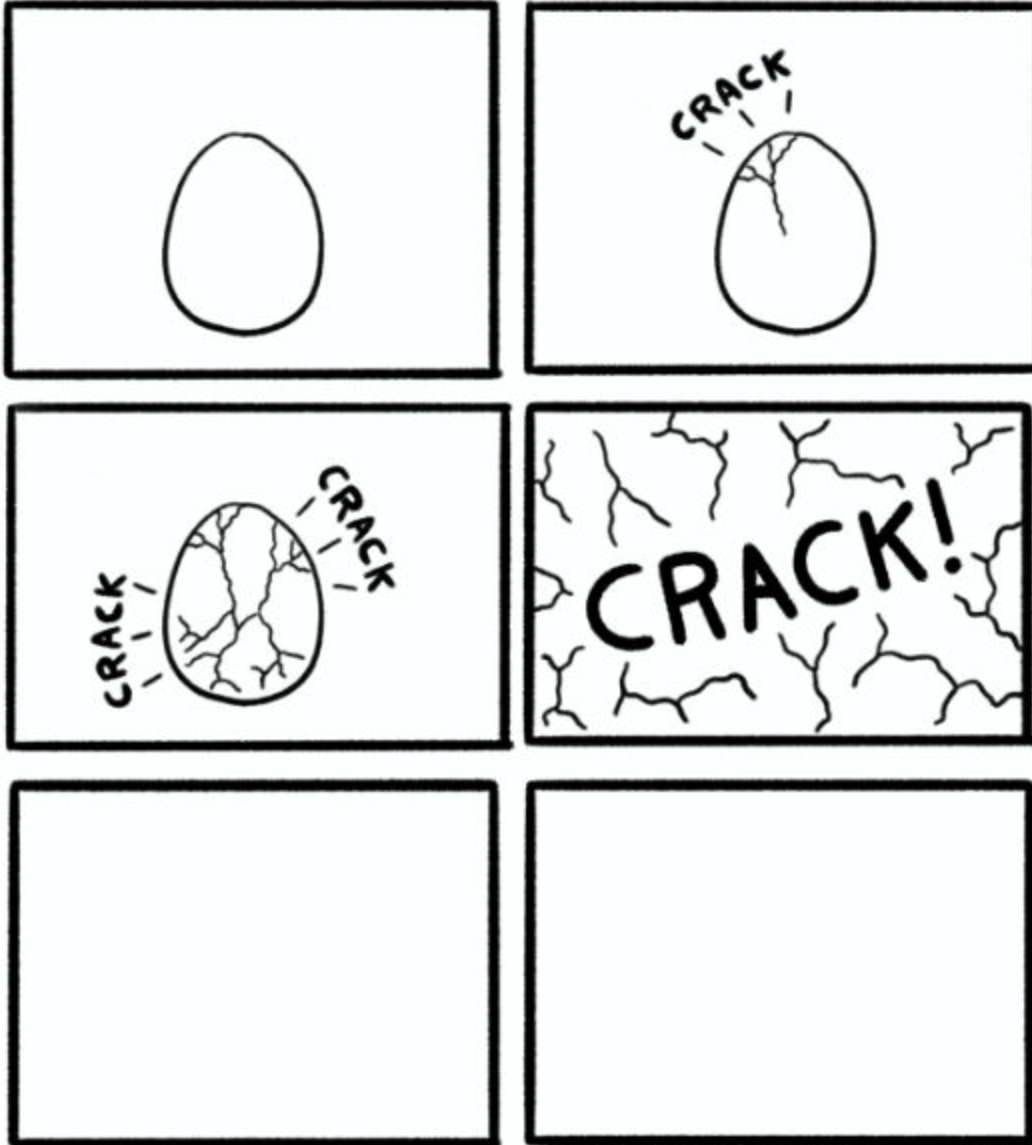
Drawing Prompt: Tell us about your community (and show us around). What do you like to do for fun?



If you can, 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
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Finish This Comic

Title:



jarrettlerner.com

JARRETT!!

If you can, 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
Global G.L.O.W. would love to see it too!

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Finish This Drawing



Quick Drawing Prompts

- Draw a frame with a certificate in it, who is it for and what is the certificate?
- Draw a tree with something unusual growing on its branches!
- Draw yourself as a robot from the future!
- You have just found a brand new animal that no one has ever seen before! Draw a picture of your discovery!

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 to 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.



Learn to Belly Breathe

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

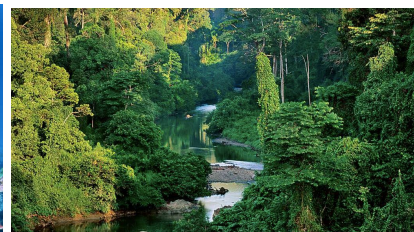
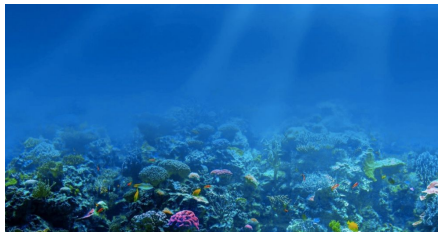
- Sit or lie flat in a comfortable position.
- Put one hand on your belly just below your ribs and the other hand on your chest.
- Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
- Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
- Do this breathing 3 to 10 times. Take your time with each breath.
- Notice how you feel at the end of the exercise.

Go on an Adventure in Your Mind

If you are feeling cooped up in your home you can still go on an adventure in your mind! This is also good if you feel like there are few places for you to be alone where you are living.

First, find somewhere that you can sit or lay down comfortably. Then, think about a place you love going to. Perhaps this is a friends home, or school, or a beautiful scenic view. Think about the roads you might take to get to this place. Who might you see as you traveled there? What landmarks would you pass? Close your eyes and let your mind wander. If you can, put on some music that helps you relax.

You can even choose a place you have never been to or a place that does not even exist. Maybe you will imagine yourself flying from planet to planet in a spaceship! Or maybe you will go on an underwater adventure, what kind of creatures would you find deep under the ocean? Try using the photos here to stimulate your imagination!

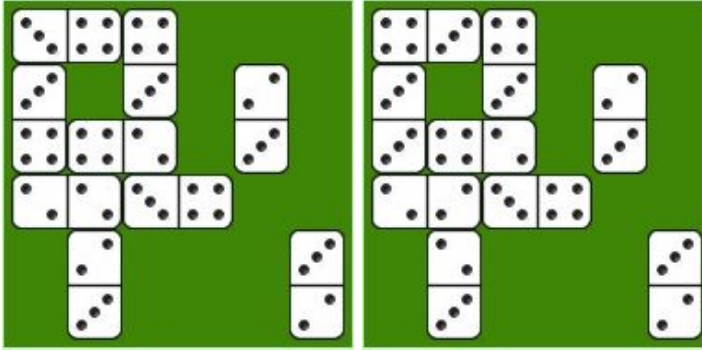


Puzzles & Brain Teasers

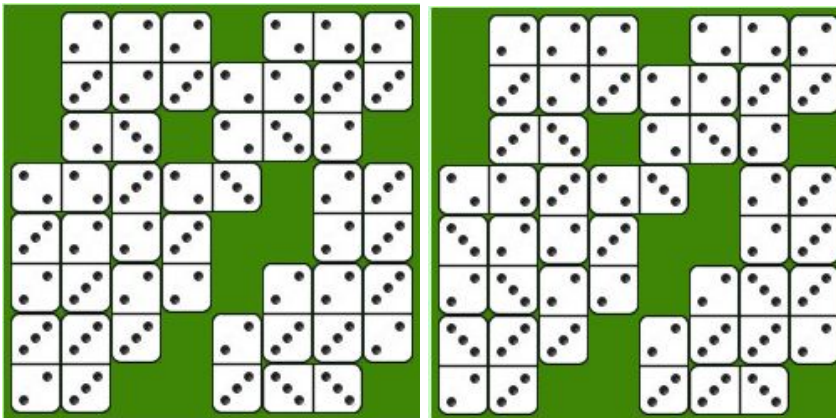
(from spotthedifference.com)

Can you find the differences? Try finding the differences yourself or challenge a friend or family member to a race!

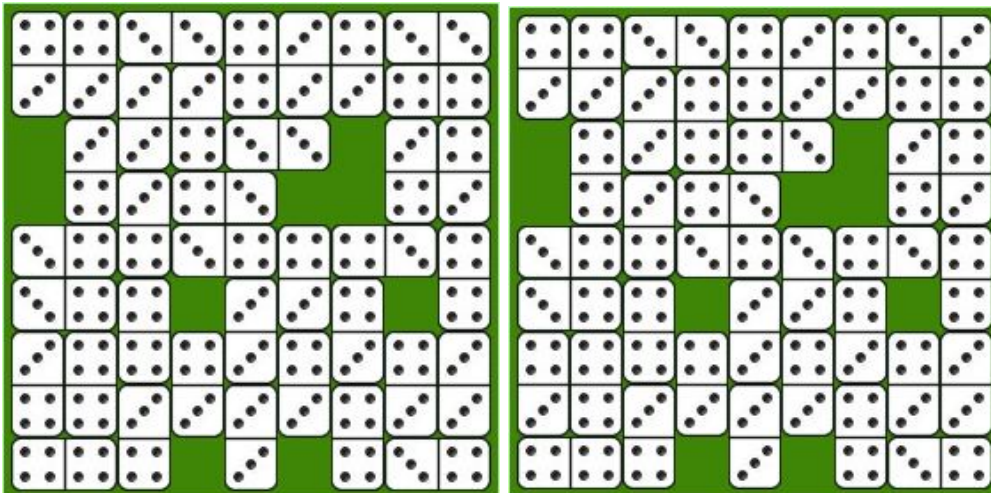
1. Easy: Find 5 differences

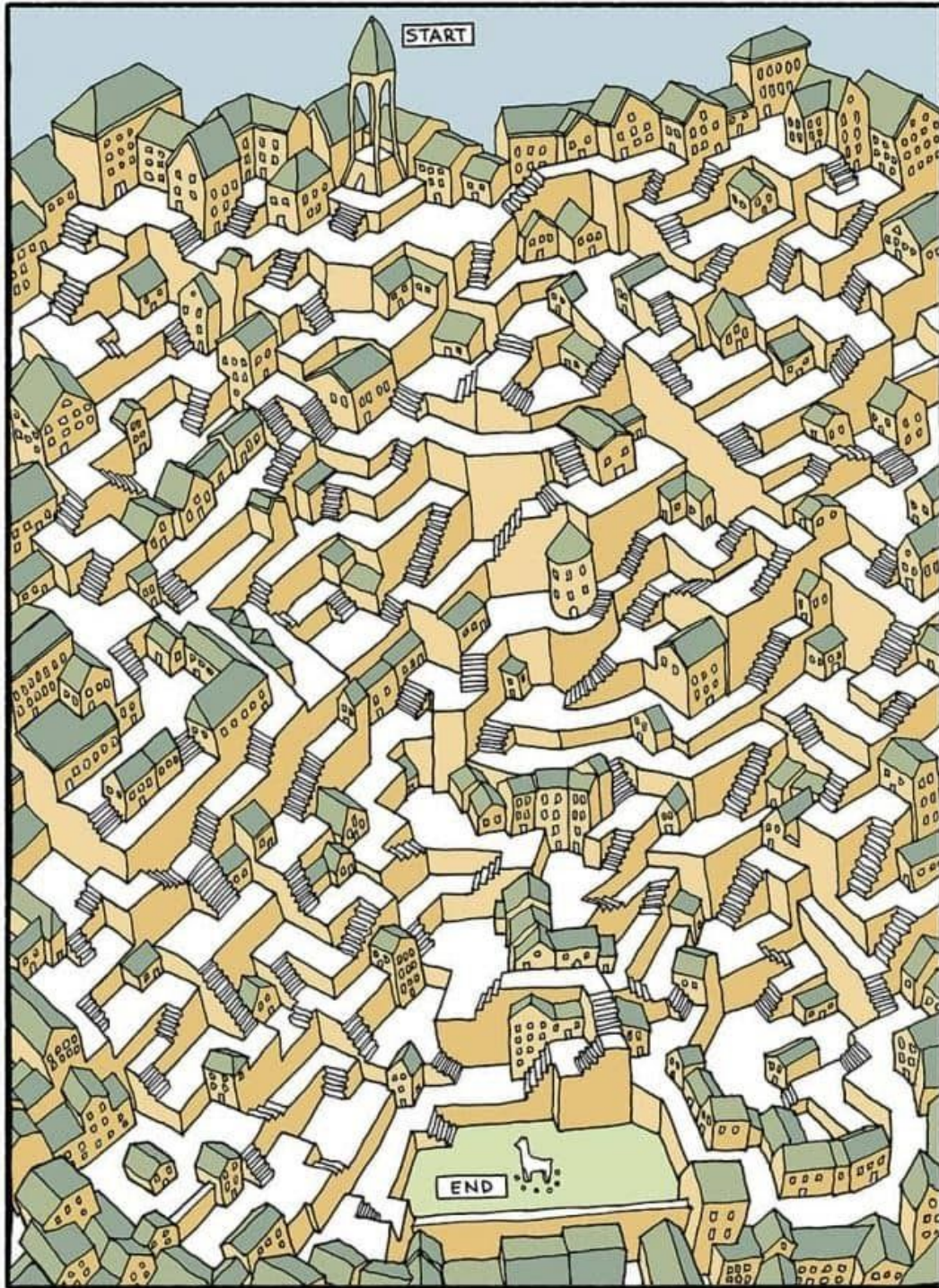


2. Medium: Find 6 differences



3. Hard: Find 7 differences





From
FROM HERE TO THERE
A BOOK OF MAZES TO WANDER AND EXPLORE
By SEAN C. JACKSON seancjackson.com

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Math Crossword Puzzle

(from Education.com)

Fill in the blanks of the crossword puzzle to make the mathematical equations true.

12	+		=	36					
		÷		÷				+	
	-		=	4				23	
x		=		=		÷		=	
		6			x	5	=		
=						=			
56		20	-		=	11		3	
		+		x				x	
84	÷		=					13	
		=		=				=	
				63	-		=		

Missing Number Puzzles

(from Education.com)

Use the numbers 1, 2, 3, and 4 to complete the equations in each puzzle. Use each number only once. Each column is a math equation. Each row is a math equation.

(Hint: Multiply before you add or subtract! Answers are on the next page)

1.

	x		8
-		+	
	+		4
-1		5	

2.

	x		2
+		+	
	x		12
4		6	

3.

	x		2
-		x	
	-		-1
-2		8	

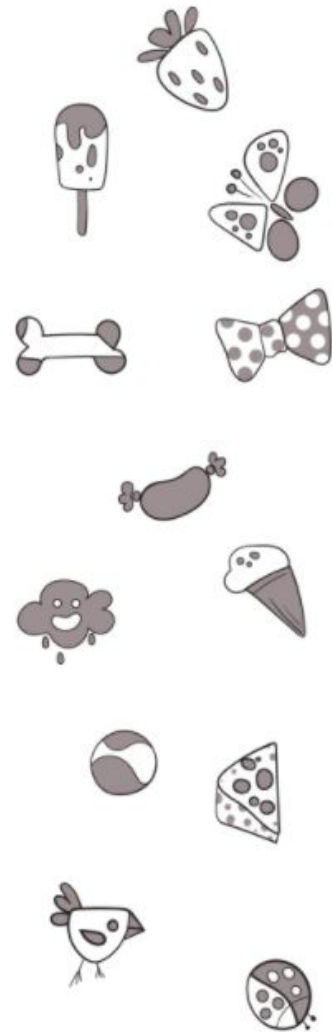
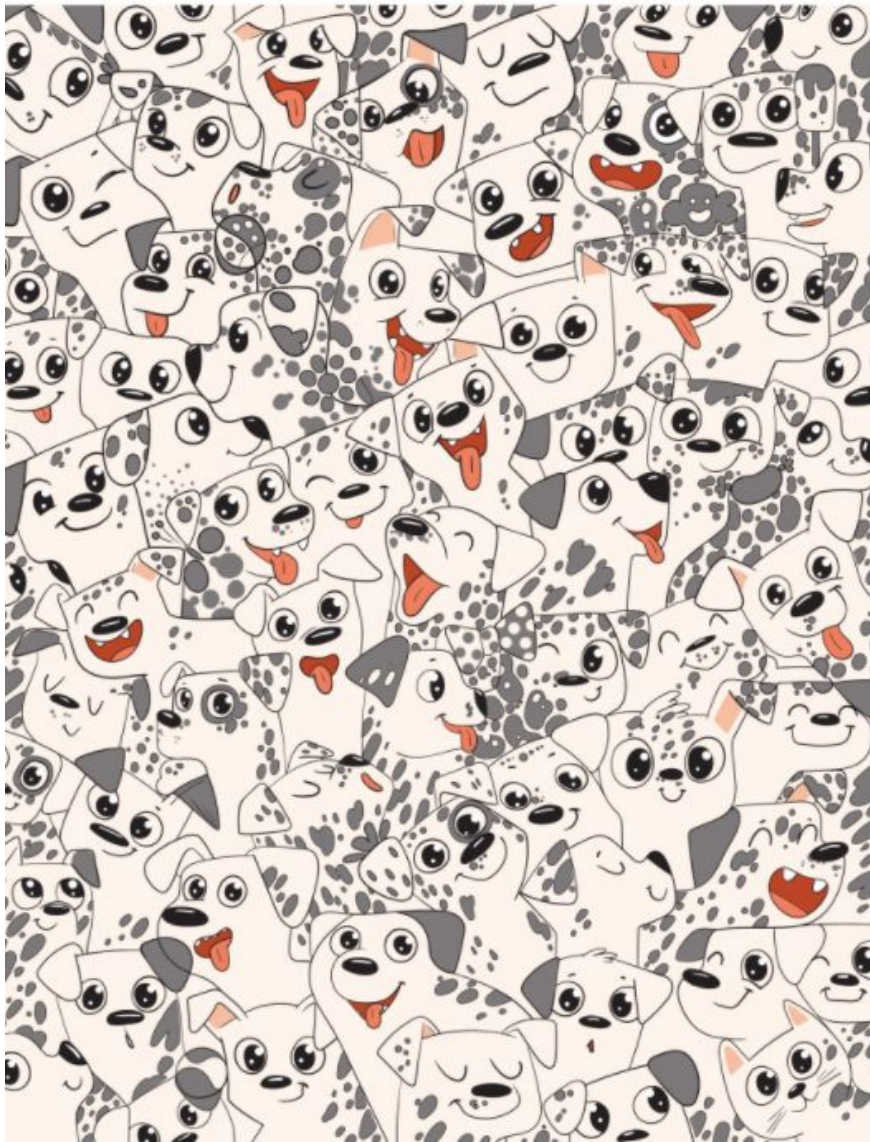
4.

	x		6
x		-	
	+		5
3		-2	

Find the Hidden Objects

(from puzzleprime.com)

FIND 12 HIDDEN OBJECTS IN THE PICTURE



Answers to Missing Number Puzzles

1.

5	1-
4	1 + 5
+	■ -
8	4 X 2

2.

9	4
21	4 X 5
+	■ +
2	2 X 1

3.

8	2-
1-	4 - 5
X	■ -
2	2 X 1

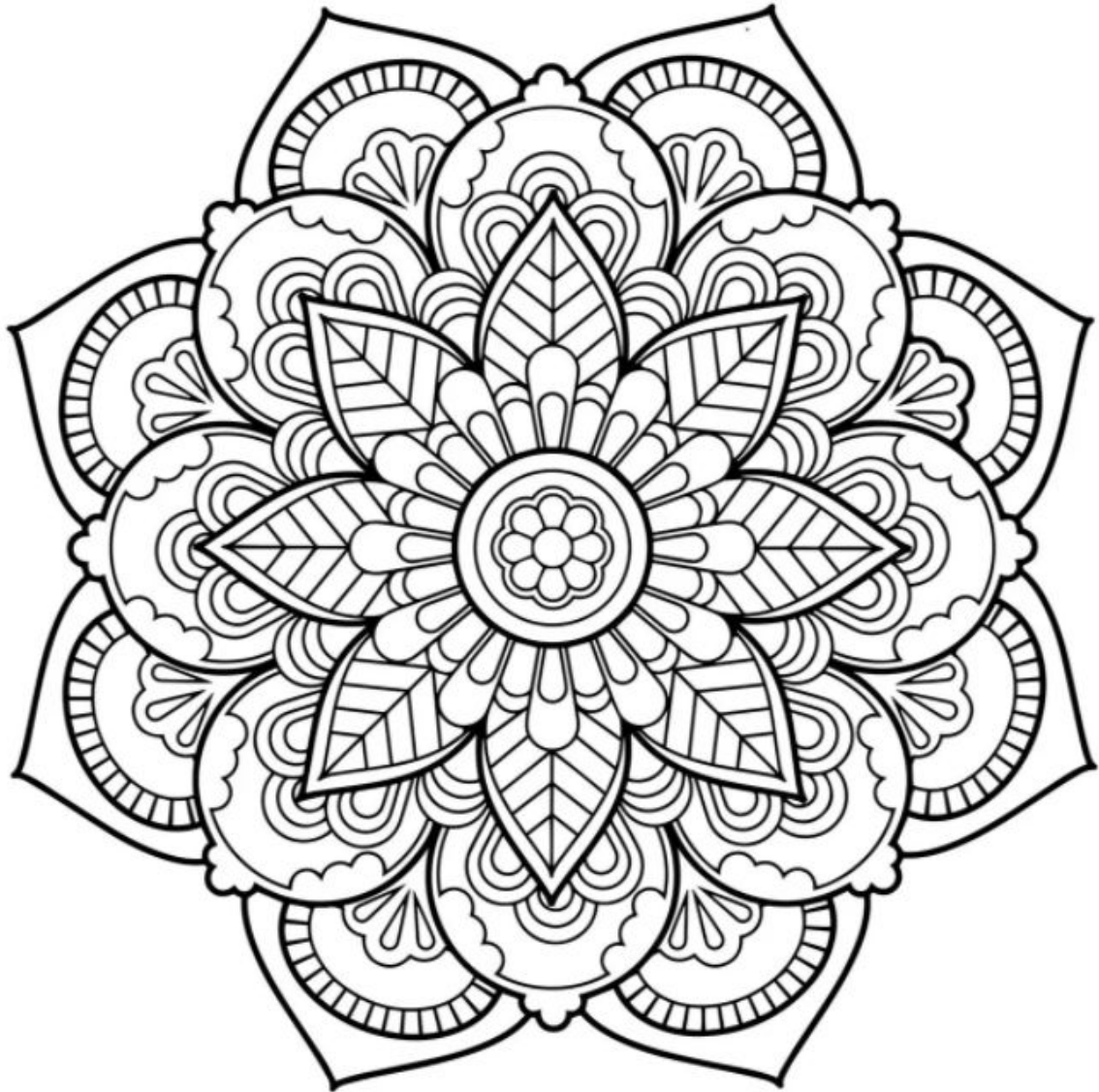
4.

2-	5
5	4 + 1
-	■ X
9	2 X 5

Coloring Pages



If you can, 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!



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**a
kids
book
about™**

COVID-19

*coronavirus disease 2019

by Malia Jones



Kids Books That Matter.

We make challenging,
empowering, and
important kids books
for kids 5+

better together*

***This book is best read together,
grownup and kid.**

■ akidsbookabout.com

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To share your stories, ask questions, or inquire about bulk purchases (schools, libraries, and non-profits), please use the following email address:

hello@akidsbookabout.com

www.akidsbookabout.com

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For my boys Owen and Desmond,
the best teachers I've ever had.

Intro

The world is facing an unprecedented public health crisis. I study epidemics and I have a good understanding of what's happening. I have felt uncertain and vulnerable over these last few weeks too. A lot of adults are feeling uncertain and afraid.

As a parent (and a scientist), I know kids can tell when grownups have negative emotions—when we feel afraid, worried, lonely, angry, or sad. I want to teach my kids that it's okay to have feelings and talk about them. I want them to know that we've got each other, and that it feels better to have an honest conversation than to try to hide our feelings.

You might not be an epidemiologist, but you are definitely the expert your kids need to lead a conversation. They're ready to talk about it. I wrote this book to give you a starting point for that conversation.

Hi, my name is Malia.
And I'm a Social Epidemiologist*.

*Not to be confused with a friendly hippopotamus.

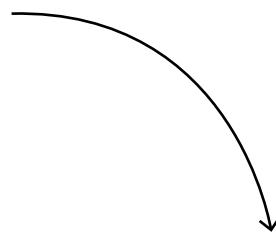
That means I'm a scientist who studies how human diseases spread.



This is my book about a new disease called

COVID-19.

Do you know what that stands for?



It stands for:

coronavirus disease 2019

(because it started in the year 2019).

By now you've definitely already heard about **COVID-19**,
or its more common name, **coronavirus**, because everyone
is talking about it
ALL the time.....



....It's a pandemic*.

*A pandemic is a disease outbreak that is happening all over the world.

Your school might be closed,
sports might be canceled,
and even the grownups around you
might be a bit scared*.

It seems like the entire world is
thinking about one thing.....

*It's ok to feel scared, even if you're a grownup.

CORONAVIRUS

So I'm here to tell you what
coronavirus is (and isn't).

Coronavirus is a new disease.

COVID-19 has never existed in the
entire history of the world.

→ Until now.

That means no one has ever had it.

COVID-19 is caused by a virus*.

A virus is a very tiny thing

(so tiny you need a microscope to see it)

that can get inside your body
and make lots of copies of itself.

This can make you sick.

*The virus is called SARS-Cov-2, and the disease it causes is called COVID-19,
but a lot of people just call it all "coronavirus."

You've definitely had a virus before—
they cause things like colds and the flu.

Coronavirus can cause a fever,
cough,
stuffy nose,
fatigue,
or a headache.

Some people who get it
never even notice they're sick,



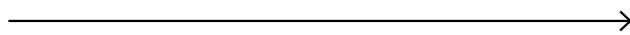
and other people just have
a little run-down feeling.

But a few people who get
coronavirus get very sick.

Like really
really
really
really
really

really
really
really
really
really
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really
really
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really
really
really
really sick.
So sick they have to go to the hospital.
(If they get too sick, they could even die from coronavirus.) ←

Lucky for you,
kids do not usually get very sick when
they get **coronavirus**




BUT, you can still
give it to other people.

You might have heard
coronavirus is
just like the flu.

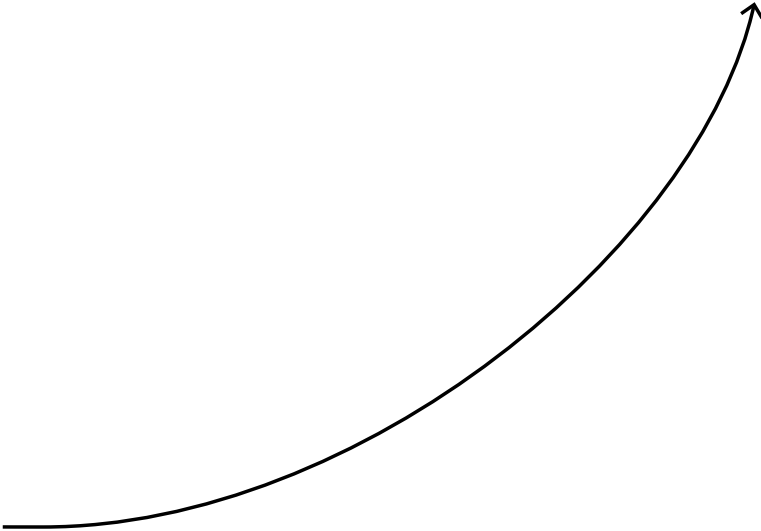
IT'S

NOT!

Here are some ways **coronavirus** isn't like the flu 

IT'S

DIFFERENT



It's not the same virus as influenza.
Doctors aren't exactly sure how
to treat **COVID-19** (but they're
working on that).

IT'S NEW

There is no vaccine*
(doctors are working on that, too),
and no one has ever had this
virus before.

* A vaccine is a medicine that keeps you from getting a virus by giving your body instructions for how to fight it later on. Usually vaccines are given as shots.

IT'S SPREADING FASTER

COVID-19 infects
you quickly and is
good at getting other
people sick.

IT'S MORE

DANGEROUS

Compared to flu, people who get **COVID-19** are more likely to get very sick and die from it*.

*The people who get very sick are usually older or already sick with another disease.

There's still a lot we don't know about **coronavirus** because it's so new.

Scientists are learning new things about it LITERALLY every day!

But one thing we know for sure, is how you get it...

SNOT



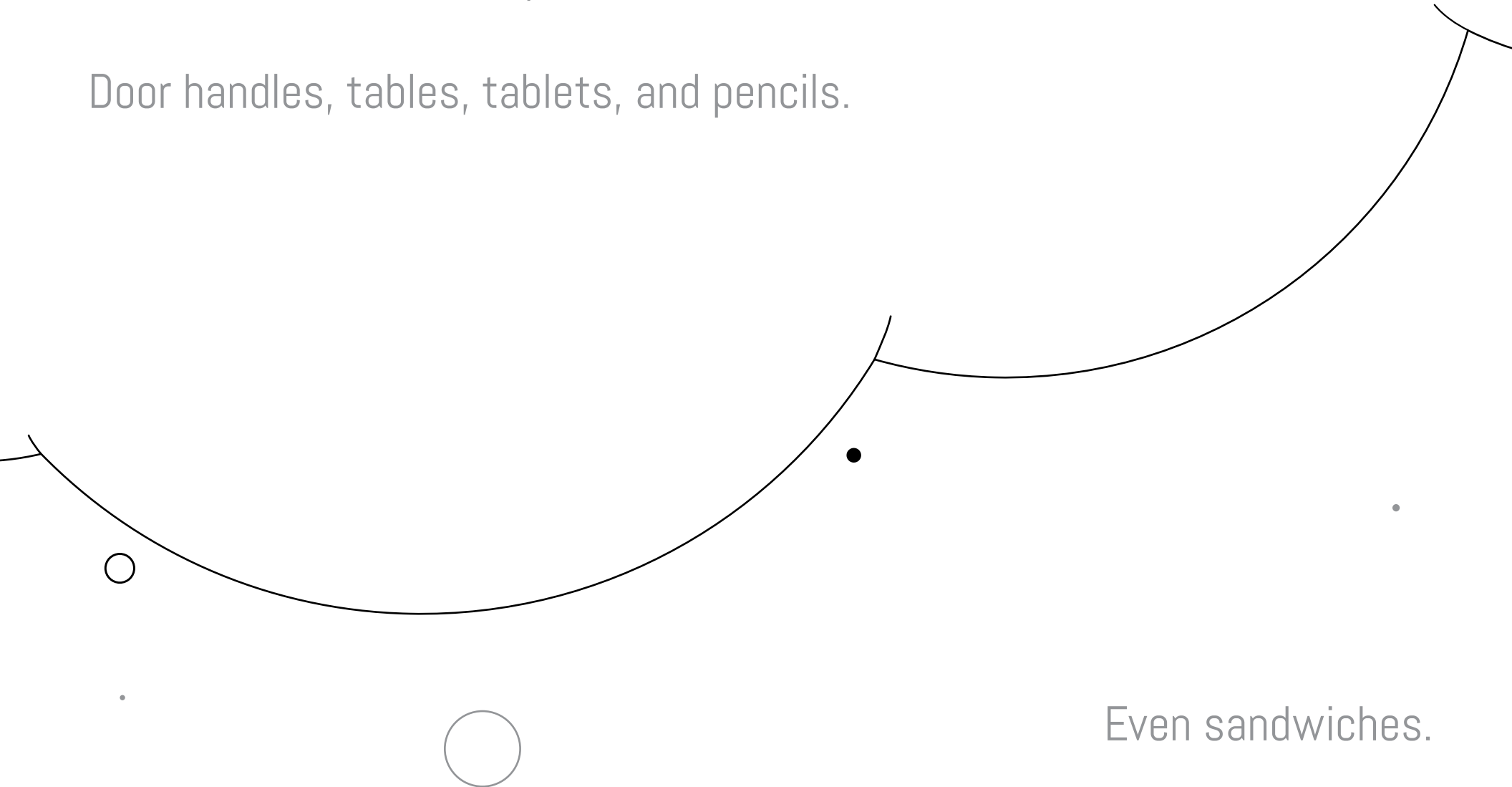
When someone coughs or sneezes,
snot and spit flies out of their mouths and noses like an atomic bomb of...

GERMS*

*Germs are tiny little particles that can cause you to get sick.
Viruses are one kind of germ. Bacteria are another kind.

Those germs land on all sorts of things and stick there,
sometimes for a few days.

Door handles, tables, tablets, and pencils.



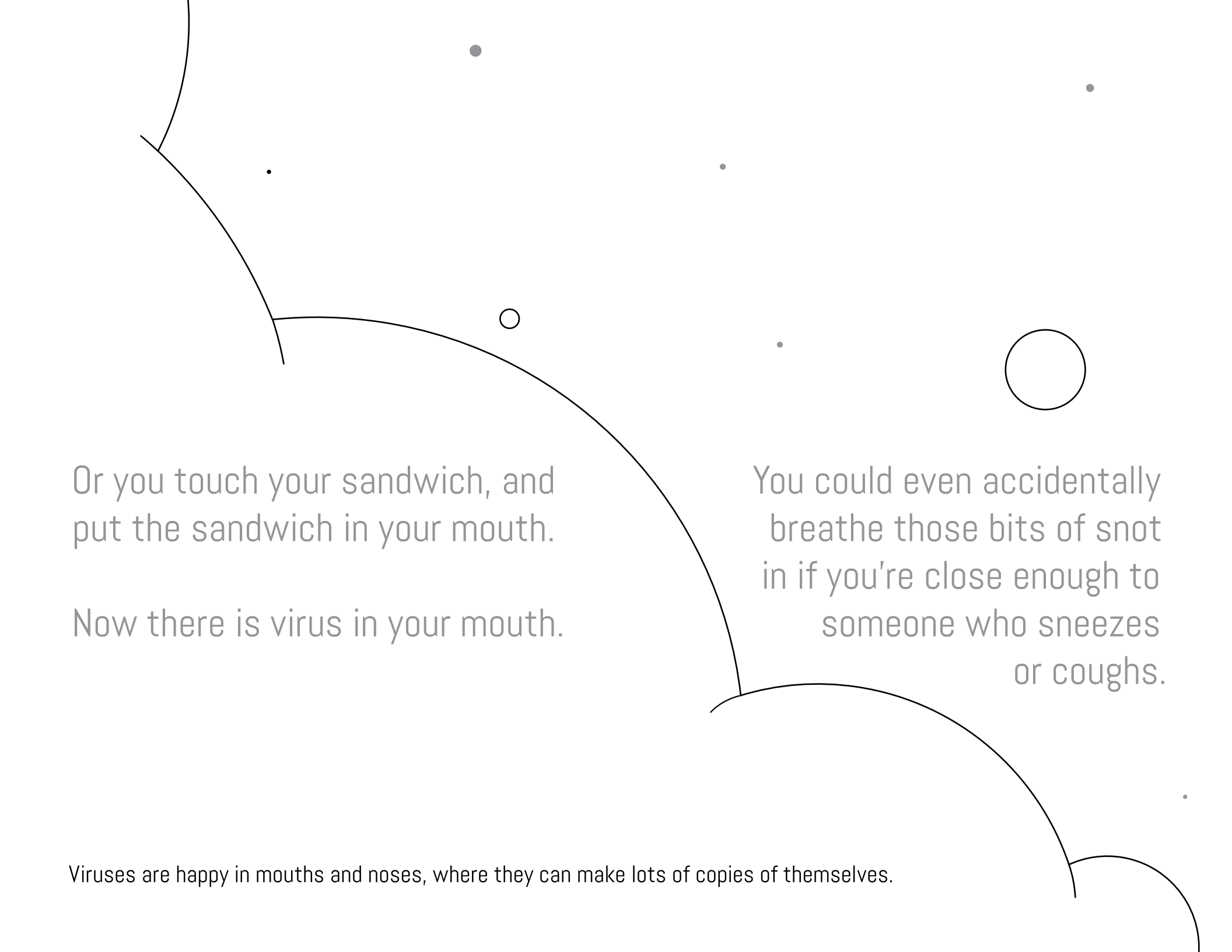
Even sandwiches.



When you touch something that has
viruses on it, they stick to your hands.

Then you rub your eye,
and you can get virus in your eye!





Or you touch your sandwich, and
put the sandwich in your mouth.

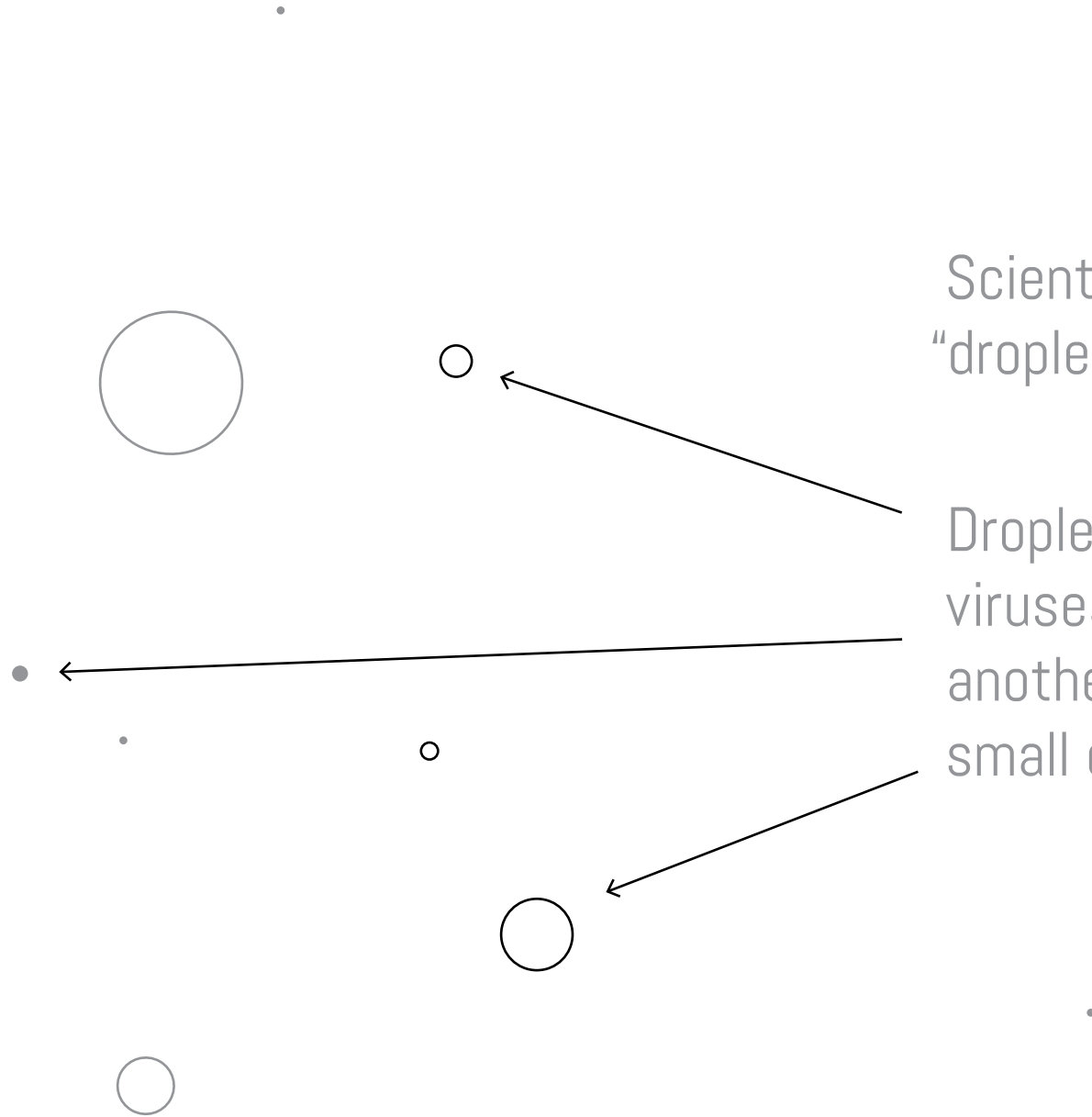
Now there is virus in your mouth.

You could even accidentally
breathe those bits of snot
in if you're close enough to
someone who sneezes
or coughs.

Viruses are happy in mouths and noses, where they can make lots of copies of themselves.

YES.

it is disgusting.



Scientists call this
"droplet transmission*."

Droplet transmission is one way
viruses get from one person to
another. It catches a ride on
small drops of spit or snot.

*We could have just called it snot, but scientists like to use very specific words.

I know this all might seem really scary
and you might want to panic. —
/ | \

A lot of grownups might want to panic too,
and it is a little scary.

It's ok to feel whatever you are feeling.

But here's what **you** can do to help! 

Don't pick your

N O S E



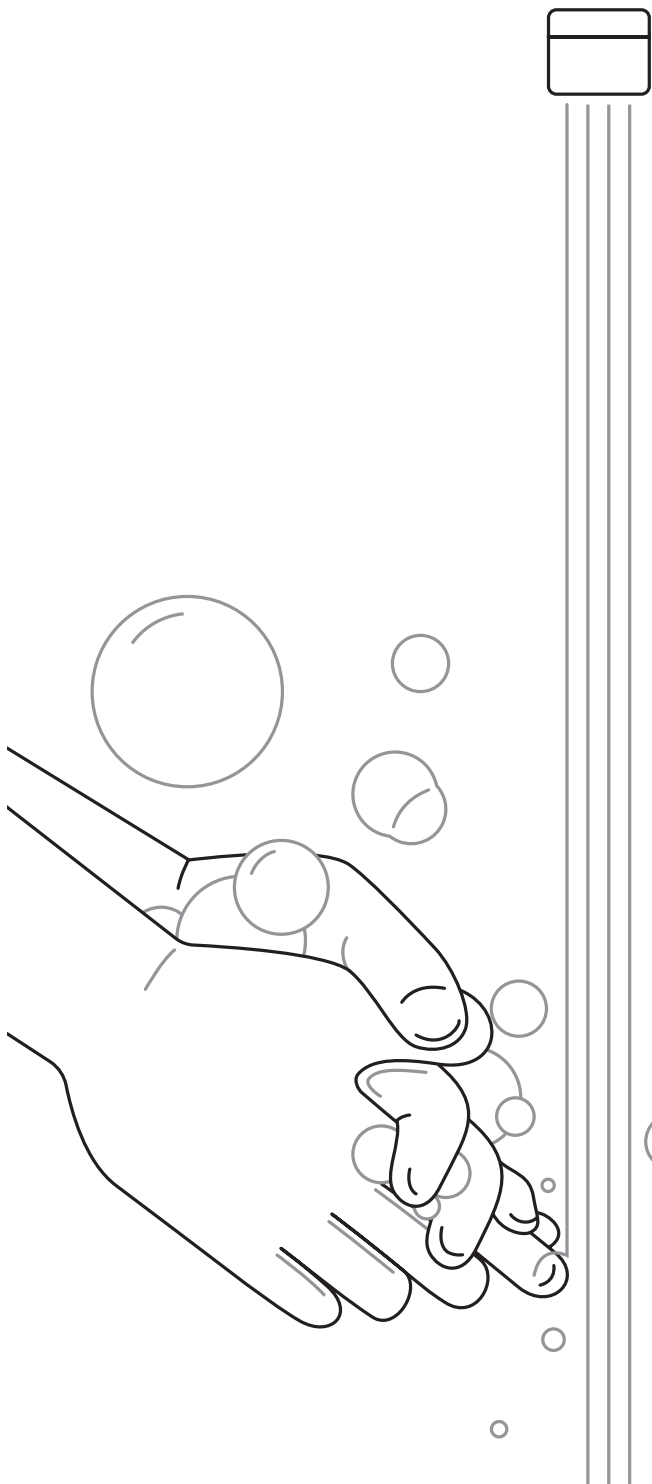
(or put your fingers
in your mouth).

Even if your fingers don't look dirty, they could have **viruses** on them!

You should try to keep your hands out of your nose and mouth.

If you insist on picking your nose, even after an actual scientist just told you not to, do it with clean hands.

Which brings me to my next point.....



WASH YOUR HANDS.*



Keeping your hands clean with soap and water helps a lot!

It's especially important to use clean hands to eat.

* Actually, wash them as often as you can. Use soap and water and wash for 20 seconds, or as long as it takes to sing Baby Shark all the way through. Or, pick another song you love to sing!

COCOON



for a little while.

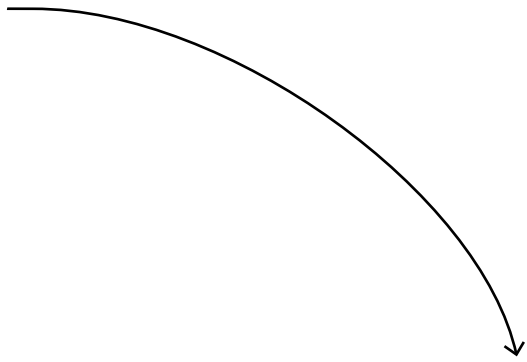
That means for a little while, stick close to home and don't spend time near other people.

It's okay to go outside, but don't do it with groups of other kids.

Scientists call this "social distancing*"

*I told you, scientists love to use big words!





We all have to stay in our cocoons for a little while because **coronavirus** is spreading so fast that scientists can't test everyone for it all at once.

We don't know who has it and who doesn't!

Just in case you already have it (and you don't even know), we need you to stay away from other people who could get it from you.

Are you worried that you already have
it and could give it to your grownups?

It's not your fault if that happens.


It's not your job to figure out who has it.

Scientists are working on that
as fast as they can.

It's your job to be a kid.



And while you're just being a kid,
you can do a lot for everyone else
by doing simple things like
washing your hands,
not picking your nose,
and cocooning for a while.


We need to work **TOGETHER.** 

If we work
TOGETHER,


fewer people will get sick and be in danger.

If we work TOGETHER,

the disease will spread more slowly and
scientists will have more time to figure out:
a fast way to test people for **coronavirus**,
the best treatment, and a vaccine.

A vertical line and two diagonal lines are positioned above the text.

It will take everyone's help to
keep away from each other and
stop **COVID-19** in its tracks.

A diagonal line and two vertical lines are positioned above the text.

If everyone helps, we can keep
ourselves safer and keep the
people around us safer, too.

COVID-19 facts:

The next step in dealing with the COVID-19 pandemic is to implement widespread, rapid testing. We need to know who has it in order to prevent further spread of the virus. We do not know how long it will take to get testing capacity up to speed.

There are actually lots of different coronaviruses out there, and have been for a long time. It's a whole family of viruses. They're called coronaviruses because when you look at them under a microscope, they are shaped like a sun, or a corona. This particular coronavirus is brand new to the world.

This coronavirus is a genetic cousin to the virus that caused the SARS outbreak in 2003 which affected more than 8,000 people before it was contained successfully.

The virus that causes COVID-19 probably came from an ancestor virus that infected some other animal population. We don't know what kind of animal it came from yet—but some day, we probably will.

Dogs & cats can get other coronaviruses, but not this one.

We do not know if the outbreak will end when the weather warms up, but we suspect the weather doesn't really matter to this virus much.

Soap kills viruses by making them explode.

We don't know how many people who get COVID-19 will die from it, but we think it's somewhere between 6 in 1000 and 35 in 1000.

We also don't know how many people will ultimately get COVID-19. But we do know that the slower the pandemic happens, the easier it will be to deal with.

People from Asia, or with ancestors from Asia, are no more or less likely to get or transmit COVID-19 than anyone else. All kinds of humans can get the virus. Older humans are more likely to have a serious case that requires hospitalization.

Scientists are already working on a treatment and a vaccine. Scientists are already trying out new treatments, but a vaccine won't be available for awhile—at least a year and a half, and maybe much longer.

Scientists who study epidemics are called epidemiologists. Epidemiologists are one part of a science called public health, the study of how groups of people stay healthy. Maybe you can help prevent the next pandemic when you grow up by studying public health!

Outro

Now that you're equipped with all this information, what do you do now? Hopefully you start out by just talking to your kiddo. I am sure they'll have questions and certainly some thoughts of their own. Try to listen as much as you talk. Hear them out.

Then, try these questions:

1. What are you worried about right now?
2. What questions do you still have about coronavirus?
3. What creatures do you know of that use a cocoon for protection?
4. What are you most grateful for today?

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