



## Girls' Voices at Home!

Dear Girls' Voices Partners,

We offer our thanks for everything you are already doing - and will continue to do - to assist your students during this challenging time. We send our hope and strength to those of you who may already be affected by the global pandemic. We know that school closing, safety restrictions, and businesses closing will be difficult for families everywhere.

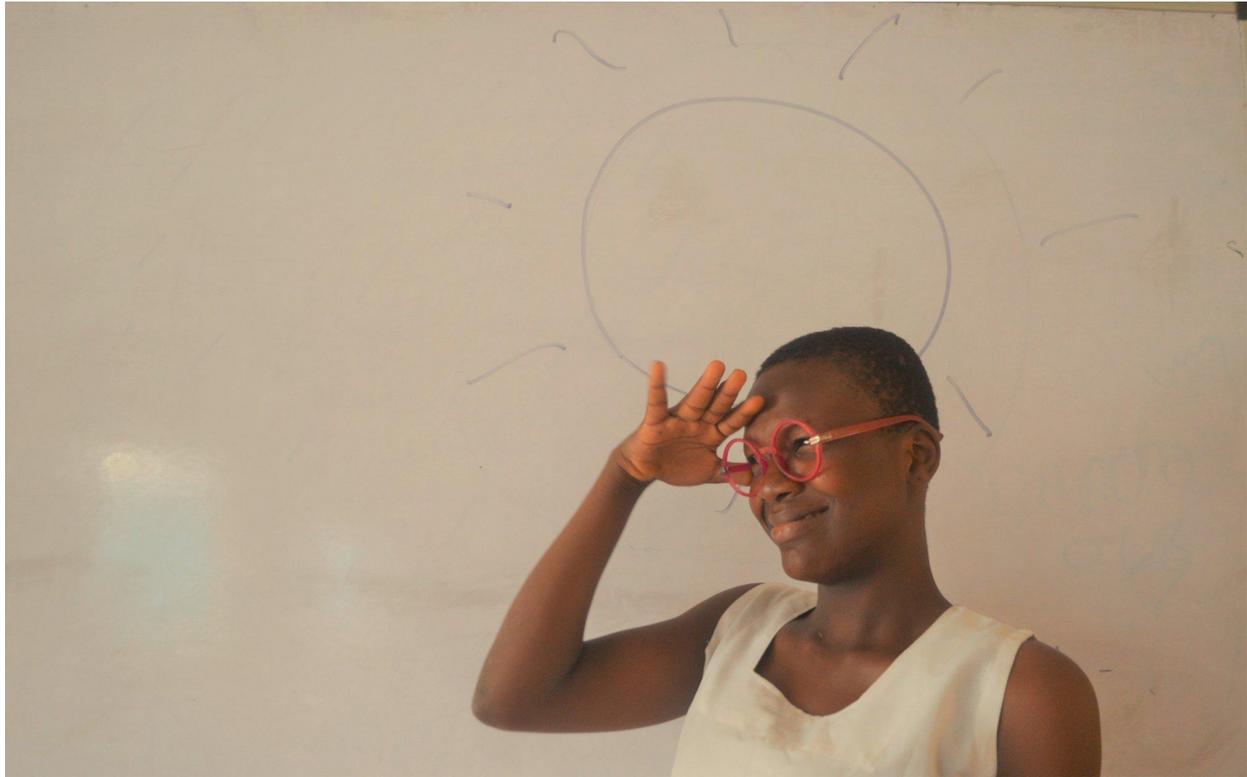
One thing that brings us all together is our belief in the power of storytelling. Through storytelling, we feel a closer bond across boundaries, shift perspectives, and offer hope in difficult times. Self-expression is also confidence-building and therapeutic; it feels comforting to share our experiences out loud, to be witnessed and understood.

Below are simple story ideas that your students can create with phones or tablets, and some ideas for ways they can create even if they do not have access to devices. All of these activities can be created on her own, *emphasizing safety first*.

As we continue the days ahead, we will add more **online elements** to the Girls' Voices program that will ensure that girls can continue to express themselves, be creative, and supported. Let's come together to support girls to continue to grow and create during this challenging time.

- Girls' Voices Team

## Girls' Voices at Home Creativity Rules



These activities are done on your own, not in groups. **The main goal with these activities is for you to put your safety and the safety of your loved ones first.** We all look forward to when we can convene and create again, but for now, all of the creating we will be doing is on our own, safely. In order to create these projects safely, you must:



Create at home with your own phone or device.



Keep your hands AND your device clean. Wipe down your device before and after using it.



Learn how to set up your phone for your own personal interview! If you want to interview another person, make sure to keep **2 meters apart**.

# Girls Voices At Home Prompts

## Your Current Situation

Even though it is challenging, it is not often when **we are all affected** in some way by the same global issue. Share with us what you are experiencing in your community since the pandemic began. How has social distancing affected you, and what are you doing to stay strong? Create a video in which you speak directly to the camera and describe how you are feeling, seeing and perceiving. For a more advanced piece, you can consider including action shots and editing those with your narration. For photography, take photos in response to these questions, and compile five to ten that tell a story about what you are experiencing.

We can bring these stories together in our Girls' Voices Instagram, and inspire others to share their stories as well.

*Elements you may want to include:*

- Describe how you, your family, and your community are adjusting.
- If you are staying "safe at home"- what is different for you, as you stay at home?
- How is your family coming together?
- How is your community coming together?
- How are people protecting themselves and each other?
- Where can you find joy and strength in a time like this?
- What is your hope for everyone out there?

**For photography,** take photos in response to these questions, and compile five to ten that tell a story about what you are experiencing.

**No internet? Journal, Draw** take 15 minutes to write about how social distancing has affected you personally, and what you are doing to stay strong. Even if you don't consider yourself to be someone who draws, can you identify certain colors that may represent what you're feeling and what you wrote about. Use those colors in an abstract way to create a color composition of how what you are going through.

## Inspiration Compilation: Spread the Hope

Let's create one video together, with the goal of spreading hope. We will compile voices from the Girls' Voices community to help in gathering strength and inspiration. Take a look at this

[video](#) (if you have not already seen it) and create your own video facing the camera to share your experience. You can simply share:

- 1-3 things you're feeling
- 1-3 ways you've seen people be kind to others
- 1-3 things you've learned about yourself
- 1-3 things you hope for

**For photography,** take photos in response to these questions, and compile five to ten that tell a story about what you are experiencing.

**No internet? Journal, Draw, Audio:** Write down your responses to these questions, take a photo of them and in WhatsApp use the mic to record your voice as you respond to each of these questions. Or if you are inclined to draw, on one page how can you depict your answers to the questions above. Then take a photo of your drawing and open WhatsApp to record your voice as you explain your drawing.

### **Find the Helpers and Thank Them**

“When I was a boy and I would see scary things in the news,” Rogers said to his television neighbors, “my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

Do you know someone who is helping at this time? What are a few creative ways to send some positivity and thanks to people who have to work and provide essential services to people at this time? Tell us all about the person you see helping, a story of them helping, and offer your thanks. Create a simple one minute story about a hero or heroine in your community, someone who is making a difference for others.

**For Photography** If you live with this person, and it is safe to photograph them - take photos in response to these questions, and compile five to ten that tell a story about who they are.

**No internet? Journal, Draw, Audio:** Write or draw a the story of a hero or heroine in your community and write or draw about what specifically inspires you about the work they are doing at this time.

## **Home**

Answer the question: What does it mean to feel at home? Now that you are home more than usual, create a one to two minute video about what home means to you. You can include in your story elements of the following:

- Are there family traditions or aspects of your culture that you would like to describe and share?
- What do you appreciate about home?
- Nourishment: What foods are essential, what foods are special to your home?
- How is your family coming together?
- What is your routine, how do you stay strong while you are at home?

**For photography**, take photos in response to these questions, and compile five to ten that tell a story about what is unique about your home.

**No internet? Journal, Draw, Audio:** Write down the answers to each of these prompts on a piece of paper or journal. Draw and create visuals that represent what home means to you

## **Going inside - Share the true you**

During this time, some of us may be spending so much time alone. Create a video poem about what is essential to you, and what you are learning about yourself at this time.

**For photography**, take photos in response to these questions, and compile five to ten that tell a story about what is unique about your home.

**No internet? Journal, Draw, Audio:** Write a poem in response to the prompt above. In WhatsApp you could use the mic to audio record your poem. \*Ontoing In terms of drawing - draw your response to this question each day, as it unfolds throughout the weeks to come. By the end of this you will have a visual for what you were going through during this time.

## **Going outside - Share your true environment**

If you live in a more rural environment, and you can safely go outside, show the world what you appreciate about your environment and community. Show the world what is unique about where you live?

- How does this change help you understand your environment better?
- What do you appreciate about the natural world? Show us!

- Do you have a favorite tree or natural place in your community? Why is this your favorite natural thing - what happens there?
- What animals do you see ?
- What is unique about where you live?

**Photography:** take photos in response to these questions, capture things you think are unique qualities about your community during this time.

**No internet? Journal, Draw, Audio:** Write down your responses to these questions.

### **Joy Challenge:**

During this time, while it is challenging, there still can be joy and connection. Take video snippets every day of the joy you see, and compile them together.

**Photography:** take photos in response to this prompt.

**No internet? Journal, Draw, Audio:** \* ongoing - Each day for 1 week (or however long is possible) write the responses to this prompt. After each week look back at what you've written and share your compilation of joy with someone and with us.

### **Skills**

Staying at home is a wonderful time to improve a skill that you are good at. Show the world how to do something that you are good at. Is it Dance, Slam poetry, Music, Cooking, Drawing , Painting, Yoga? Help the world learn your skill!

**Photography:** take photos in response to this prompt.

**No internet? Journal, Draw, Audio:** \* write down something you'd like to get better at during this time and three steps to pursue it.