

AGES
10-17

ARTS FOR ALL BY

GR

X



Building gender equity through ART





Slam Out Loud is a for-mission non-profit that uses the transformative power of performance and visual arts to help build creative confidence (life) skills like communication, critical thinking, and empathy in children from disadvantaged communities.

[Learn more at www.slamoutloud.com](http://www.slamoutloud.com)



GIRL RISING

Girl Rising (GR) is a global campaign for girls' education and empowerment. GR leverages powerful storytelling and catalytic media tools to inspire action, shift attitudes, and change behavior around the way the world values girls. With a presence in twelve countries across the globe, GR imagines a future devoid of any stereotypes and discrimination where both boys and girls can get a good education as well as reach their full potential.

[Learn more at www.girlrising.in](http://www.girlrising.in)

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Dear SOLmate,

We hope this finds you in the best of health and spirits.

Gender inequality is a reality. We live in a world where 132 million (13.2 crores) girls are kept out of school and where the numbers of gender-related violence grow consistently by the year. Millions of girls are also at risk of dropping out of education due to the pandemic.

Amidst all this, we also know certain things to be true- that gender equality is integral for the existence of a better, sustainable world, one where we move beyond the challenges we face today. At Slam Out Loud and Girl Rising, we have a clear aim, and a simple solution to achieve this vision- educate our girls, and teach our children about why exactly this is important. We use the power of the arts in getting our message across while keeping children's well being and socio-emotional learning as the central outcome.

Through our programme, Arts-for-All, we have created a series of high-quality arts-based experiences aimed towards learning through poetry, theatre, visual arts, and storytelling. This Art Booklet is a labour of love that enables children to use these uncertain times to understand their own selves, dig deep within, engage with their families and their surroundings, while using art as a medium for creative expression.

We hope that this booklet, co-created by Girl Rising and Slam Out Loud allows you to experience the joy and growth that our students found through the activities, and builds a space for you to learn, create, share, and most importantly, to be inspired to show up for our girls every day.

Love and Warmth,
Slam Out Loud & Girl Rising



LOCKDOWN LETTERS



To revive the age-old form of writing letters which leads to self-reflection, an intimate way of finding emotional expression, and establishing a unique one-on-one friendship which will allow students to be more confident in their communication.

Step 1 - Relax your mind and body

Sit cross-legged, place your hands on top of your thighs, close your eyes, and tune into your internal landscape. Notice what sensations, thoughts, or emotions you might be experiencing right now, without judging or wanting to change them. Start to notice your breath and the sensations of the rising and falling of your breath. Feel really grounded through the sit bones and grow tall through the crown of your head. After a while, come back to your body and open your eyes.

Step 2 - Choose a Pen Pal

Think of a classmate/schoolmate, neighbor, family friend of the opposite gender whom you'd like to connect with. Now start the letter by addressing him/her on top along with today's date. For both boys and girls - close your eyes and pick the object associated with the opposite gender to write about.

Step 3 - Write about yourself

Close your eyes and reflect upon the time you have spent in the lockdown. Collect your thoughts about how this global pandemic has affected your life and the lives of others around you. Focus on your breath as you gather everything you'd like to write about. Bring your body to a state of relaxation and open your eyes. Now start writing your letter.

Players: 1 Player

Difficulty Level: Medium

Total Time: 30 mins

Gear: A sheet of paper,
pen/pencil

Gifts of the game:

Creativity, Fun, Learning
about creating a poem in
a different manner,
learning about gender
stereotypes.

Age Group: 10 - 17 Years





Step 4 - Be Creative

Have fun with your letter. Use different coloured pens for different paragraphs or make doodles alongside your text. Let your ideas dance on the paper. Ask your Pen Pal questions that you wouldn't have asked them in person.

Step 5 - Hopeful ending

End your letter by writing about the first thing you'd like to do after school re-opens.

Step 6 - Write/Type and send

After you feel you have finished your letter, open your email or Whatsapp. Type it out without making any changes and send it your Pen Pal. You can even upload the picture of your handwritten letter.

Step 7 - Preserve your letter/s

As the process gets going, keep your letters preserved in a folder or envelopes so that you can exchange them with your Pen Pal after lockdown ends.

Step 8 - Reflection

Read your letter again and reflect upon how you were feeling before writing the letter. Have you been completely honest with your Pen Pal? Were you able to say everything you wanted to say, about yourself? How does this way of communication make you feel? Did you learn something more about how this lockdown has affected you and your family?



LETTER TO YOUNGER ME



To encourage students to think about their past and reflect upon their life journey since they were 10 years old. It will allow them to streamline their memories, learn from their mistakes and value the lessons learned in the process along with analyzing how gender norms shape their minds during and after puberty.

Step 1 - Relax your mind and body

Sit cross-legged, place your hands on top of your thighs, close your eyes, and tune into your internal landscape. Notice what sensations, thoughts, or emotions you might be experiencing right now, without judging or wanting to change them. Start to notice your breath and the sensations of the rising and falling of your breath.

Step 2 – Go back in time

Close your eyes again and picture your 10 year old self. Try to remember as many things as you can of your younger self – what were your favourite things and activities, what were your problems and how did you deal with them, your friends and family members at that particular time, etc. Focus on your breath as you gather all the memories and bring your body to a calm and relaxed state. And then open your eyes.

Step 3 – Write to your older self

Address the letter to your 10 year old self and start writing. Focus on what would you have liked to tell her/him that no one did at that time. Write about all the ups and downs as if you are preparing your 10 year old version for the pandemic, along with other challenges you have faced while growing up.

Players: 1 Player

Difficulty Level: Medium

Total Time: 45 mins

Gear: A sheet of paper, pen/pencil, sketch pens, folder or envelopes.

Gifts of the game:

Creativity, Writing skills,
Self-Awareness

Age Group: 10 - 17 Years



Step 4 – End with a section about your gender

For Boys – Take some more time to think about how different your life would have been if you were a girl. Reflect upon the lives of your siblings, cousins or friends of the opposite gender and see how different has it been than yours. Write down your observations.

For Girls – Take some more time to think about how different your life would have been if you were a boy. Reflect upon the lives of your siblings, cousins or friends of the opposite gender and see how different has it been than yours. Write down your observations.



Step 5 – Be Creative

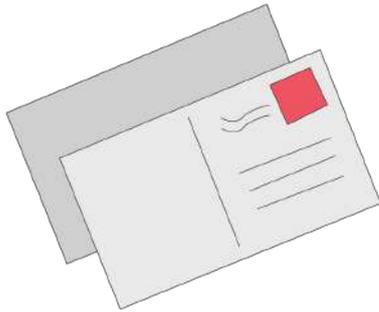
Have fun with your letter. Use different coloured pens for different paragraphs or make doodles alongside your text. Let your ideas dance on the paper and find more creative expressions for your experiences.

Step 6 – Preserve your letter

Keep your letter safely preserved in an envelope or a folder in your cupboard so that you can read it in future and learn more about your past.

Step 7 – Reflection

Read your letter again and reflect upon how you were feeling before writing the letter. Did you miss out on something? Have you been completely honest to your younger self through this letter? Would you like to share this experience with someone or keep it a secret? Thank yourself for this unique outlet of communicating with your past.



SPRAY THE SEAHORSE



Spray the Seahorse is a fun activity that will help you to spray paint a seahorse using everyday items! It's a creative activity to let your imagination flow in silence and be fully present in the moment. It also highlights a unique fact about seahorses that only the male carries and gives birth to babies.

Step 1 - Sit in a comfortable position

Sit in a comfortable position with your back straight. Close your eyes and take a deep breath. Prepare your mind for the activity.

Step 2 - Drawing

On a white sheet of paper draw the outline of a big seahorse. Then draw many tiny baby seahorses around the stomach of your seahorse. Did you know that it is male seahorses that reproduce instead of female?

Step 3 - Spraying your seahorse

Take a toothbrush (you can even use the one you were about to discard) and dip the bristles in some paint. Shake the excessive paint off the brush before spraying, you need only a little for a perfect spray. Now carefully grip the toothbrush neck and place the head right above your seahorse. Use your thumb to gently bend the bristles and see how beautifully the colour gets sprayed on the papa seahorse. You can use different colours for the baby seahorses. As you do this, breathe in when you dip, and breathe out when you spray on the paper.

Players: 1 Player

Difficulty Level: Medium

Total Time: 30 mins

Gear: A sheet of paper,
pen/pencil

Gifts of the game:

Creativity, Critical Thinking,

Age Group: 10 - 17 Years



Step 4 - Complete your painting

Let the paint dry. Then cover the seahorse and the babies with a paper cutout and spray blue on the rest of the sheet. Outline the seahorse and its babies once your background is done.

Step 5 - Reflecting

Look at the drawing that you've made. Take a moment to marvel at this rare phenomenon of our planet where a male gives birth to their offspring and ask yourself the following questions:

- How do you feel after drawing the seahorse with its babies?
- Did the spraying make you feel calmer?
- What do you want to do with the painting?

Step 6 - What should I do with my finished piece? Here are some ideas:

- a. Gift it to someone in your family and express your gratitude to them
- b. Hang/ paste it someplace you can see it every day and when you're anxious, come back to it to feel what you felt when you drew it.



"The principles of true art is not to portray, but to evoke" – Jerzy Kosinski

POST A CARD-TO FATHER, FROM DAUGHTER



To encourage girls to expand their nature of aspirations, inspire them to dream bigger and higher and also carve a way forward about how to achieve them.

Step 1 - Relax your mind and body

Postcards are thick double-sided cards used for sending messages to people. On the backside, we write the message and details of the person who we want to send the postcard to, and on the front we draw or paste our favourite photo or use an already existing photo. It's a popular practice of travellers to send local postcards so they share a piece of the place with friends or family.

Step 2 - Grab A Sheet Of Paper And Draw

Now you are ready to grab a sheet of paper. If it's too big in size, cut it in half. Usually, postcards are half the size of an A4 sheet. Draw a vertical line in the centre of your postcard. On the left side draw 8 horizontal (sleeping) lines and on the right side, draw 4. Your format for the postcard is ready!

Step 3 - Imagine

Now close your eyes placing both your palms on your eyes, relax for 2 minutes. Continue to close your eyes and remove your palms. Now imagine yourself travelling alone to any place in the world. It could be a place that you have already visited or a place that you would love to visit after the pandemic ends. Imagine yourself sight-seeing, taking pictures, eating and shopping at the local markets while travelling alone. Gently open your eyes after living your imagination.

Players: 1 Player

Difficulty Level: Medium

Total Time: 45 mins

Gear: A sheet of paper, pen/pencil, sketch pens, folder or envelopes.

Gifts of the game: Creativity, Writing Skills, Self-Awareness, Lots of Fun

Age Group: 10 - 17 Years



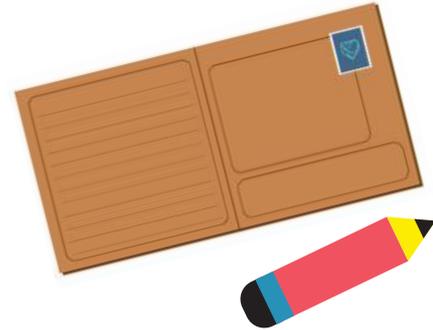


Step 4 – End with a section about your gender

The front side of the postcard is your canvas! You can draw any scene from your travel to bring your imagined trip to life. You can even draw yourself enjoying that place on the front side of the postcard and fill it with colours, if you want. You can also cut images from a newspaper or a magazine, and paste them.

Step 5 - Write A Message

After your picture is done, continue imagining yourself in that place. Turn the postcard to the back where you have drawn the lines. It's time to write a message to your father about your solo trip. Start with thanking him for this memorable experience and tell him about your discoveries about the place and its people. Now write your father's details on the four lines you drew – His Full name, State and Country. Your imaginary solo trip postcard is ready!



Step 6 – Give it to your father

Give it to your father and tell him other details of your imaginary travel which you couldn't include in the message. Also tell him about all the wonderful places in the world you would like to visit. Ask him about his travel stories or the places he would like to travel with you.

Step 7 – Reflecting

How do you feel after having written this letter? Would you like to write letters more often? What were you able to say to him that you may not have been able to say in person?

“The world before us is a postcard, and I imagine the story we are writing on it”

- Mary E Pearson



SCIENCE IT OUT



To encourage students to think innovatively about helping their mothers in their household work by coming up with conceptual ideas. It will also allow them to familiarize with the world of science fiction.

Step 1 - Relax your mind and body

Sit cross-legged, place your hands on top of your thighs, and close your eyes. Notice what sensations, thoughts, or emotions you might be experiencing right now, without judging or wanting to change them. Start to notice your breath and the sensations of the rising and falling of your breath. After a while, open your eyes.

Step 2 - Identify the problem

Think about your mother's day-to-day routine and how much of her time and energy goes into maintaining the household. Through conversations with her, identify -

1. The many chores she is involved in throughout the day, list them or make a mental note.
2. Areas where you could help her in any capacity possible.

Step 3 - Invent a solution

Close your eyes again and visualize a machine or a device that you could build or any other effort that you could make to help your mom in her day-to-day activities. Remember, the invention or efforts of yours will help her reduce the time she spends on her daily chores and will leave her with more space to do other things that otherwise she doesn't get time for. Focus on your breath as your visualization gets clearer and you have found the perfect invention as a solution.

Players: 1 Player

Difficulty Level: Medium

Total Time: 45 mins

Gear: Sheet of paper, pen/pencil, Colours/paint.

Gifts of the game:

Critical Thinking, Creativity, Empathy, Problem Solving through scientific temperament.

Age Group: 10- 17 years





Step 4 - Draw or write about your invention

Make sure you include all your thoughts and ideas when you think through and draw/write about your invention or the effort you will lead to support her.

Step 5 - Instruction Manual

After you have finished drawing your invention turn the page. Now in a step-by-step process write down how the machine/device works or operates. Use your creativity to describe the purpose of your invention.

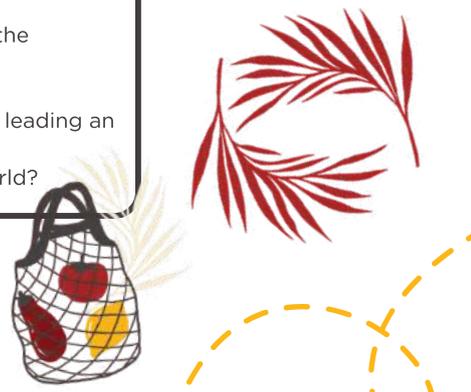
Step 6 - Share it with your mom

Tell your mom about your invention or the efforts you would like to lead to support her with her chores.

Step 7 - Reflection

Look at your invention/effort with your mother and observe her reaction. Ask her the following questions:

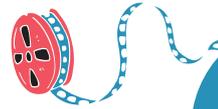
- How did it make her feel?
- Reflect upon the process to observe how you feel after inventing something or leading an effort that can make the lives of mothers easier.
- Would you like to invent more things that can solve bigger problems of the world?



WEAR THE CRITIC'S HAT



To encourage students to be more analytical about gender representation in films which constitute a large part of popular culture. It will allow them to see the importance of strong and realistic female characters.



Step 1 - Relax your mind and body

Sit cross-legged, place your hands on top of your thighs, and close your eyes. Notice what sensations, thoughts, or emotions you might be experiencing right now, without judging or wanting to change them. Start to notice your breath and the sensations of the rising and falling of your breath. After a while, open your eyes.

Step 2 – Refer to reviews

Refer to newspapers, magazines or websites to read 3 reviews of films given by film critics. Make notes if necessary about how the film is reviewed – how the story, characters and technical aspects of the films are analyzed. Observe if the critic has written about gender representation in their reviews.

Step 3 – Choose your film

Now select a film from your memory that has a female protagonist. In other words, choose a film that has a girl or a woman as the central character. In case you're unable to recall any, you could select one of these - Raazi, Queen, English Vinglish, Shakuntala Devi. Revisit the trailer or some parts of the film on YouTube, if possible. Alternatively, you could discuss it with your friend or your sibling or your parents. Make notes if necessary.

Players: 1 Player

Difficulty Level: Medium

Total Time: 30 mins

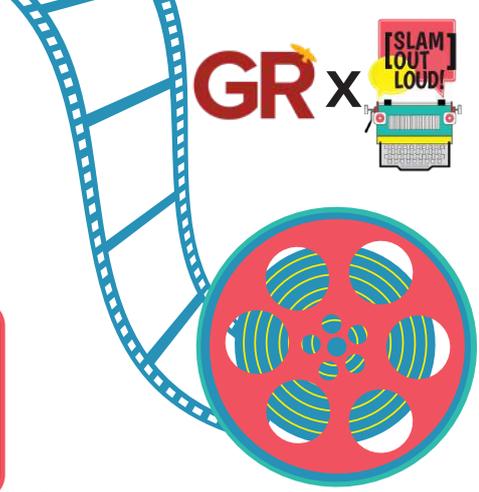
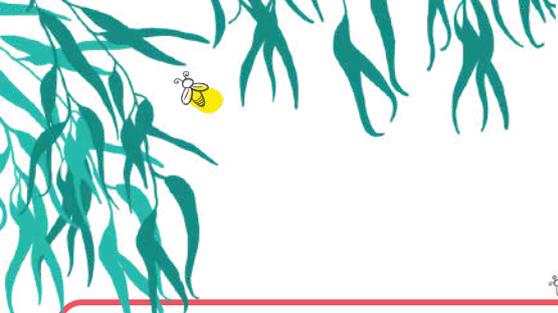
Gear: Sheet of paper, pen/pencil, newspaper/magazines
Smartphone/computer with internet connection

Gifts of the game:

Critical Thinking, Creativity, Social Awareness, Writing Skills, Lots of Fun

Age Group: 10- 17 years





Step 4 – Write the review

Now imagine yourself as a film critic working for a reputed newspaper/magazine/website and write the review of your chosen film. Use this review as an opportunity to write about how generally films represent women. You can design your review and write it like a newspaper column. Your review should not exceed more than 300 words.

Step 5 – Ratings

After you have finished writing your review, rate the film by drawing as many stars as you'd like to give.

Step 6 – Reflection

Read your review again and observe how the process made you feel. Ask yourself the following questions:

- How many stars did you give to the film and why?
- Did writing the review change your relationship with the film or characters?
- How would you define the similarities and differences in the female character to how you traditionally see women around you?
- Which other films would you like to review?



WHEN MUM WAS MISS- AN INTERVIEW



To get students to gain knowledge about their mother's early life i.e., prior to her marriage. This will give them a clear insight into how girls were raised in the previous generation. It will provide them with the power of hindsight in an interesting way.

Step 1 - Relax your mind and body

Sit cross-legged, place your hands on top of your thighs, and close your eyes, notice what sensations, thoughts, or emotions you might be experiencing right now, without judging or wanting to change them. Start to notice your breath and the sensations of the rising and falling of your breath. After a while, come back to your body and open your eyes.

Step 2 - Questionnaire

Prepare your questionnaire on a sheet of paper. Write down the following questions and leave ample space for your mom's answers. You can add more questions if you like.

- Q 1: What is the most memorable day of your childhood?
- Q 2: As a child, who were your role models or whom did you aspire to be when you'd grow up?
- Q 3: Tell me the naughtiest thing you did as a teenager.
- Q 4: What were your hobbies and interests or career aspirations before marriage?
- Q 5: What changed in your life after your marriage?

Players: 1 Player

Difficulty Level: Medium

Total Time: 30 mins

Gear: A sheet of paper, pen/pencil.

Gifts of the game:

Creativity, Critical Thinking, Empathy, Interviewing Skills, Social Awareness, Communication

Age Group: 10 - 17 years



Step 3 - Interview

Sit with your mom in a comfortable position and ask her to close her eyes and take a few deep breaths. Now ask her to go back in time when she was a little girl. Once she starts gathering her memories, ask her to open her eyes.

Now ask the questions one by one and carefully note down the answers without missing any detail. If the interview prompts you to ask another question then, do not hesitate. Write down the new questions and answers like a good reporter.



Step 4 - Edit your interview and draw

After the interview is over, take a fresh piece of paper and make a fair copy of the interview. Refer to newspapers or magazines to get a clearer idea about how the interview should look like.

Leave space for a headline and then draw 2-3 neat columns with a ruler and pencil to fill them with the information. Make sure you edit out all the unnecessary details and keep the interview crisp and to the point. Underline the most interesting line she said in the questionnaire and put it as the headline of the interview.

Based on the findings and comments from the interview, visualize your mother when she was young, draw an image alongside the interview. If she has a picture of her childhood/teenage then paste it at the end of the interview.

Step 5 - Reflection

Share the final draft of the interview with your mom. How did she react to it? After this is done, find yourself a quiet corner to reflect on this activity. Ask yourself the following questions:

- How do you feel after going through this interesting process of knowing your mom as a child/teenager?
- What was different about how girls were raised back then and now? Note down your answers in your journal

GIRL POWER POEM



To engage boys in self-reflection about how they perceive girls and their abilities. It will help them question the established gender stereotypes of society.

Step 1 - Relax your mind and body

Sit cross-legged, place your hands on top of your thighs, and close your eyes. Notice what sensations, thoughts, or emotions you might be experiencing right now, without judging or wanting to change them. Start to notice your breath and the sensations of the rising and falling of your breath. Feel really grounded through the sit bones and grow tall through the crown of your head. After a while, take a deep breath and open your eyes.

Step 2 – Jog your memory

Try and remember an incident or an exchange you experienced where you learnt something from a girl or a woman other than your mother. Once you remember that moment, close your eyes and go back in time. Visualize the day, the scenario, what occurred before and after the moment. Most importantly, visualize the girl/woman who led you to that important lesson learned. Focus on your breath as you gather all the details of that memory and bring your body to a calm state again. Now open your eyes.

Step 3 – Write to your older self

Write a poem based on that incident and the lesson learned. Be as truthful as you can and end the poem with gratitude towards that girl/woman. Detailed below are a few steps you could follow to construct this poem.)

If you were to write a Simile poem (similes are comparisons using 'like' or 'as') expressing your gratitude towards the girl/woman you know, what would this poem look like?. For ex. Our poem expressing gratitude towards our mother starts with "My mother is as forgiving as a tree". Close your eyes, take a moment, and think about how they have supported you! Craft your 5 line Simile poem in the space below.



Players: 1 Player

Difficulty Level: Medium

Total Time: 30 mins

Gear: Sheet of paper, pen/pencil/sketch pens/colours

Gifts of the game:

Self-awareness, Gratitude, Poetic expression

Age Group: 10 - 17 years



Your Name:

Name of your Poem:

Line 1

Line 2

Line 3

Line 4

Line 5



Step 4 – Make it visual

Be expressive beyond words. Use sketches, doodles or colours to bring out that incident or exchange visually. You can even draw the girl/woman who taught you that memorable lesson.

Step 5 – Reflection

Reflect upon the feelings you are experiencing after finishing your poem. Ask yourself the following questions:

- How did you feel learning something new?
- What did this process help you understand about girls?
- How did the process of expressing gratitude been like for you?
- Would you like to present this poem to her? How do you think she would react to your poem?
- Share the poem with your mother and sister and observe their reaction.
- Can you think of other such incidents where a girl helped you learn something?





DOS & DON'TS



To sensitize younger boys about their behavior around and towards girls in a simple and creative manner.

Step 1 - Relax your mind and body

Sit cross-legged, place your hands on top of your thighs, close your eyes, notice what sensations, thoughts, or emotions you might be experiencing right now, without judging or wanting to change them. Start to notice your breath and the sensation of the rising and falling of your breath.. After a while, take a deep breath and open your eyes.

Step 2 - Make a comic strip

Divide the page into two halves horizontally. On the top half, make a small 2x2 comic strip that represents 'dos' i.e., the acts that girls can do and the bottom half can include a 2x2 comic strip representing "donts" that girls cannot do. You can use two distinct colors to highlight dos and donts for instance, you could use blue for dos and red for donts.

Step 3 - Think

Now take a moment to think about all the things you must do and not do around or towards girls. E.g., 'Greet them respectfully' comes under Dos and 'Think they are weak' will fall under Don'ts. Fill up the page with these points.

Players: 1 Player
Difficulty Level: Medium
Total Time: 30 mins
Gear: Sheet of paper, pen/pencil/sketch pens/colours
Gifts of the game: Self-Awareness, Creativity, Critical Thinking
Age Group: 10 - 17 years





Step 4 - Consult your mother or sister

Include your mother or sister or any other female member of your family in this process. Take their suggestions and add to the list..



Step 5 - Reflection

Read your points again after writing them down and reflect on the following questions:

- What did you learn about girls through this process?
- Whom would you like to present this list?
- How was the process of consulting a female to review your list like? What additions/subtractions did they suggest?
- Would you promise yourself that you will always follow the list?



TIMETABLE IT!



To engage students in investigating if gender-based structures play out at home. It will allow them to evaluate and raise questions about equality between parents.

Step 1 - Relax your mind and body

Sit cross-legged, place your hands on top of your thighs, close your eyes,. Notice what sensations, thoughts, or emotions you might be experiencing right now, without judging or wanting to change them. Start to notice your breath and the sensations of the rising and falling of your breath. After a while, take a deep breath and open your eyes

Step 2 – Divide the boxes

Take two sheets of paper and give one to your mother and the other one to your father. Now with ruler and pencil draw a big rectangular box on each paper. Divide the boxes into 8 equal parts by drawing lines and now turn them into timetables for both your parents.

Step 3 – Time the boxes

The first box starts with '6:00 AM – 8 AM' and the last one ends with '8:00 PM – 10 PM'. Now these boxes will be used to write down your parents' daily routine during lockdown.

Players: 1 Player

Difficulty Level: Easy

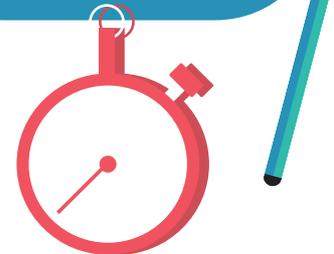
Total Time: Done over a day

Gear: Sheet of paper, ruler, pen/pencil

Gifts of the game:

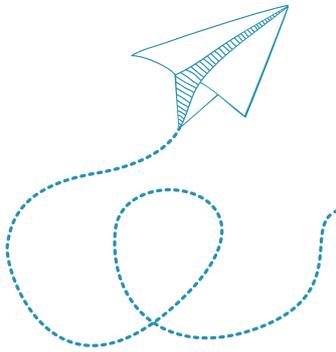
Critical Thinking, Observation, Documentation

Age Group: 10 - 17 years



QUARANTINE AREA





Step 4 – Documenting routines

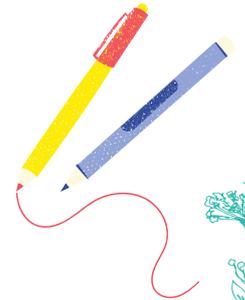
You could either have your parents write out their own routine or you could ask them questions and fill out the boxes yourself. If you are writing it down yourself then be accurate in writing down the activities your mother and father perform at every 2-hour interval. Follow them closely for 16 hours.

Step 5 – Reflection through comparison

Now compare your parents' timetables and reflect upon how the lockdown affected their routines.

- How was the time spent by your mother and father throughout the day?
- How do you see the household chores being divided amongst the two?
- How do you feel about the division of household and professional work amongst your parents?
- How could you support your parents through their routine?
- How could some activities be simplified, or done collaboratively by the family?

Based on your reflections and learning, write a short poem describing the arrangement at home! You can take cues from one of the earlier activities that detailed how a poem could be drafted.



GR

x



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Scan to share your art-work

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