

Girls Inc. Activities

April 13-17, 2020

Activity 1: Room Rescuers!

With a parent's permission, organize a sibling's room, kitchen cabinet, garage, closet, etc. Take a before and after picture and email/text to me.

Activity 2: COVID (Camp Out Via In Doors)

Make your house a camp site-that means no electricity! Build a fort or tent, eat food that does not have to be cooked and since there is no technology-find things to do like read a book, play board games, etc). Uh-oh no lights can be used. Get creative to find ways to have a source of light. Email or text me a picture of your campsite.

Activity 3: Deep Down

I know we are all missing getting our hair, nails and eyebrows done. Maybe you miss shopping for your favorite clothes and shoes. Right now, we are all likely not looking like we usually do. So as a reminder that you are still beautiful, write a list of at least 10 things you love about yourself that have nothing to do with your physical appearance or fashion. Take a photo and email/text it to me.

Activity 4: Common CORE

Don't worry, this has nothing to do with school 😊 We are going to get you away from your technology screens and pretend you are a workout instructor! Make a list of at least 8 exercises including ones that work your core (stomach muscles). Pretend you are leading a class and do each exercise ten times. Take a picture of your list of 8 exercises and one picture of you doing your favorite exercise from the list. Email or text it to me.

Activity 5: Download

Get out a piece of paper and your pen or pencil. Find a quiet place to reflect. You have had so many changes because of the COVID-19 virus. You are learning from home, probably did not really get a spring break, and there's been a lot of uncertainty. Maybe mom had her hours cut or isn't able to work at all right now. Or maybe she has to work and you are concerned she will get sick. Maybe you are missing your Girls Inc. staff and friends. Or have not been able to see your grandparents. There's a lot going on for sure. In the middle of all this "stuff" there is also good that can come from it. Write down your fears, frustrations, anxieties, irritations, what things you are missing most, who you are missing most, all the "yuckies" that you have experienced. Then write about the good stuff "yummies" that has happened. It might be harder to come up with this, but think about the good too. If writing is a challenge for you, draw a picture of your "yuckies" and "yummies" Take a picture of your journal entry and email or text it to me.

PLEASE TAG GIRLS INC. OF HUNTSVILLE IN YOUR PHOTOS ONLINE AND USE THE HASHTAG #GIRLSINCHSV YOU MAY ALSO E-MAIL YOUR PHOTOS TO US AT MPHILLIPS@GIRLSINC-HUNTSVILLE.COM OR VIA TEXT (256-244-0978)