



What we do

1

Pour clean water into a bowl. Mix in flour a little bit at a time. Keep the mixture smooth with no lumps.

2

Soak strips of newspaper or white paper in the mixture.

3

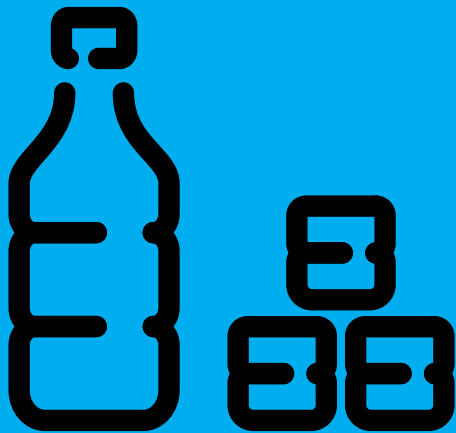
Take them out and place them on a piece of paper to make a mask, a map, or another shape.

4

Wait for them to dry in the sun.

5

Paint your sculpture.





Cup tower

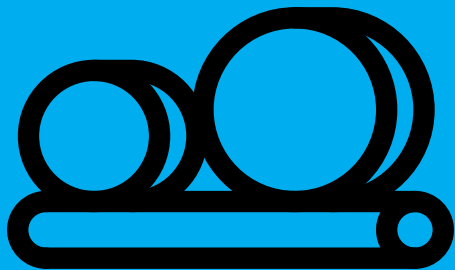
1

Make plastic cups by cutting empty plastic water bottles in half.

2

Try to build as high a tower as possible using the cups.







Hoop glider

1

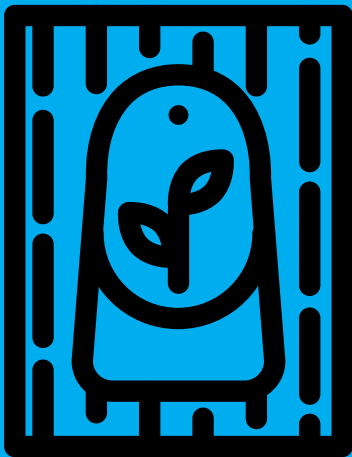
Make a small hoop and a large hoop out of strips of paper and tape.

2

Attach them to a straw.

3

Throw with your fingers, like a dart or an airplane. How far will it glide ?





Vertical garden

1

Attach plastic bags to a plank using nails or staples.

2

Prop the plank against a wall in the sunlight.

3

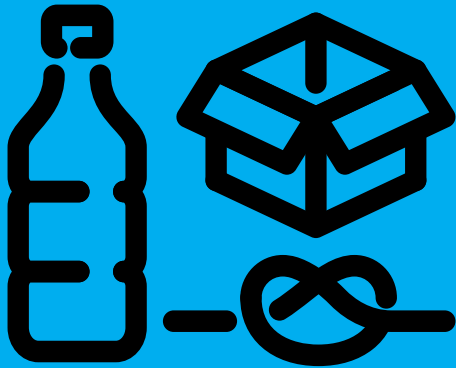
Fill the bags with soil.

4

Put seeds into the soil, one or two per bag.

5

Water the seeds every two or three days.





Recycle a game

1

Find an empty plastic water bottle, a piece of rope 1 meter long, and an empty cardboard box.

2

Make a toy or a game for children or adolescents.





Secret codes

1

Create a code by putting a symbol, a number or a different letter in the empty boxes in the empty boxes.

2

The symbol, number or letter in the bottom row represents the letter above it.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Write a message to your friends in the code.

(Don't show them the code!) Can they guess what you wrote?







Story in pictures

1

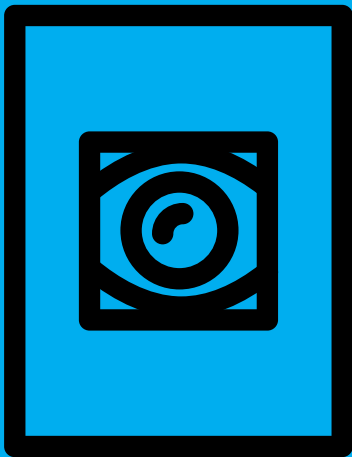
Think of a story you enjoy hearing or telling. It can be a true story, a traditional story, or a story you invent.

2

Think of six important scenes in the story, including the beginning and the end.

3

Fold a piece of paper into six squares. Draw the six important scenes in the boxes.





Up close

1

Take a piece of paper.
Cut a small rectangular
hole in the middle of it.

2

Take a walk in your
community. Hold the
paper in front of you
and look through the
hole at a small part of
anything you see.

3

Draw the lines and
shapes you see in the
hole on a piece
of paper.

4

Can your friend guess
what you were
looking at ?





Imagine a better place

1

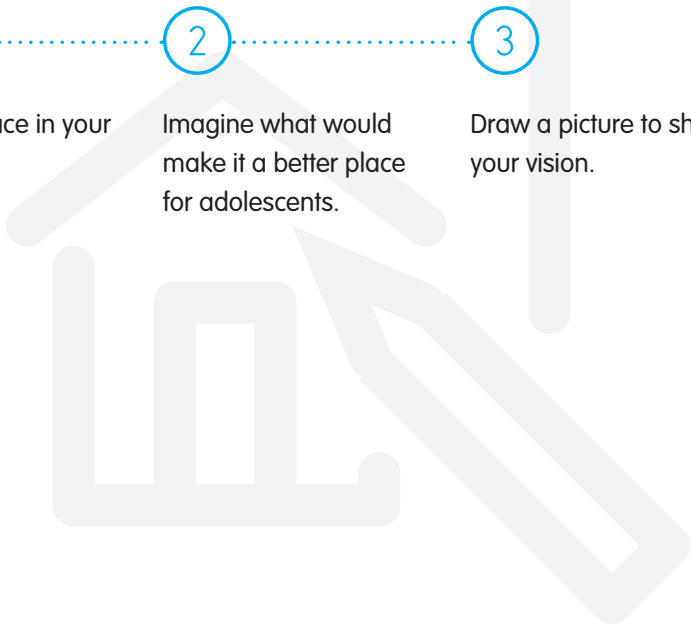
Choose a place in your community.

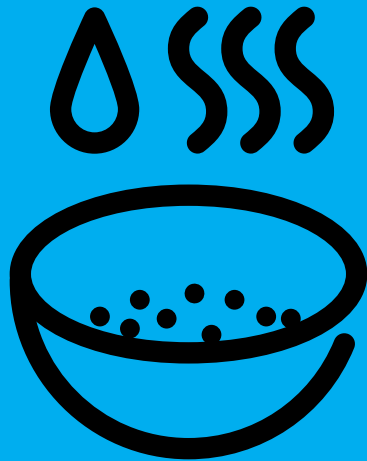
2

Imagine what would make it a better place for adolescents.

3

Draw a picture to show your vision.







Make paint

1

Fill a bowl or a plastic bag with ash from a fire.

2

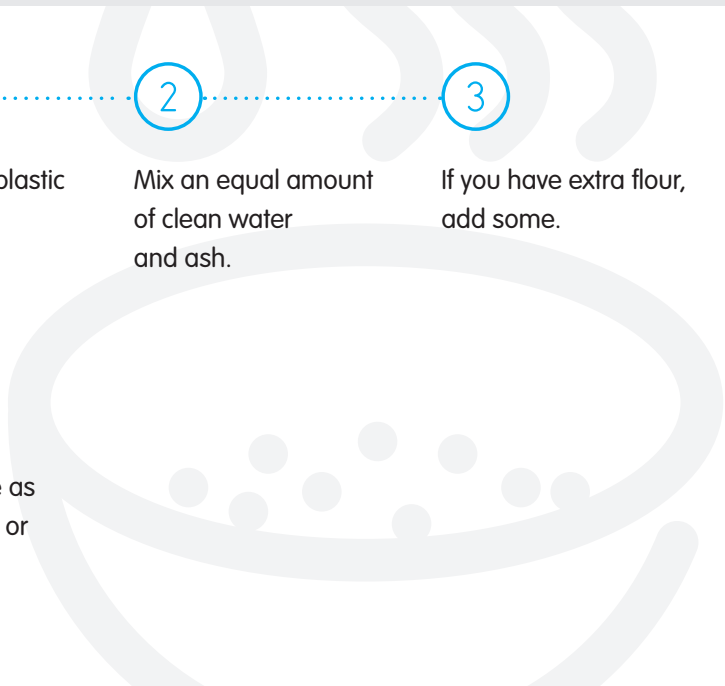
Mix an equal amount of clean water and ash.

3

If you have extra flour, add some.

4

Use the mixture as finger paint, ink or regular paint to create artwork.







Make a football

1

Roll/bunch up a plastic bag into a ball.

2

Wrap the plastic bag ball with another plastic bag. Repeat until you make the ball the size you want.

3

Tie some string around your ball of plastic bags. Make sure to tie off any excess plastic.

4

Cut off excess plastic.

5

Have fun!





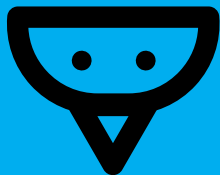
Adolescent instructions

1

Imagine someone your age visits you from a time in the past or a time in the future.

2

Write instructions for that boy or girl on how to pass a regular day in your community.





Bird's eye and bug's eye

1

Imagine what a place in your community looks like through the eyes of a bird flying above or sitting high in a tree. Draw a picture of what it would see.

2

Imagine the same place from the point of view of an ant or a beetle standing on the ground. Draw a picture of what it would see.





Learn from an expert

1

Find an adult or another adolescent.

2

Ask them to tell you about something they know or can do well.

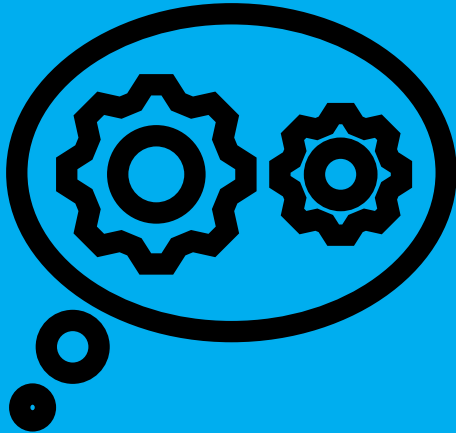
3

Ask them to explain how to do it.

4

Write or draw instructions based on what you learned.

Check with the expert to make sure your instructions are correct!





Imagine an invention

1

Think of a problem that you face every day. It can be a big problem or a small problem.

2

Imagine an invention that would make the problem better or solve it.

3

Draw a diagram of the invention you imagined. Write an explanation so other people can understand how it would work.





Papier maché

1

Pour clean water into a bowl. Mix in flour a little bit at a time. Keep the mixture smooth with no lumps.

2

Soak strips of newspaper or white paper in the mixture.

3

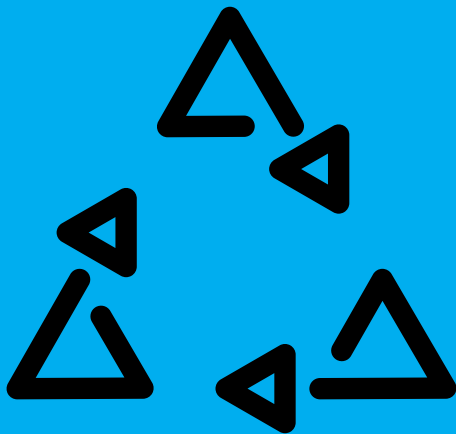
Take them out and place them on a piece of paper to make a mask, a map, or another shape.

4

Wait for them to dry in the sun.

5

Paint your sculpture.





Recycle mosaic

1

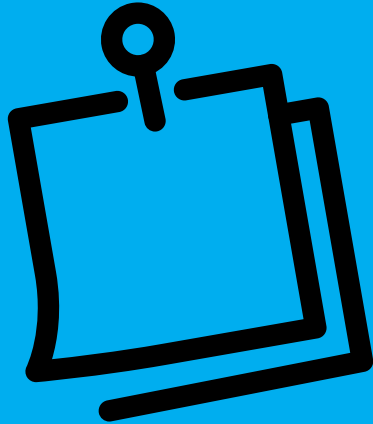
Find old magazines and newspapers, plastic bags of different colours, or scraps of fabric.

2

Cut them into small squares, around 1cm/1cm.

3

Make a picture by gluing squares onto a piece of paper.





Thank you note

1

Write a letter to someone who was helpful to you once, but does not know how much they helped you.

2

Decide whether to keep or send the letter.





Change the game

1

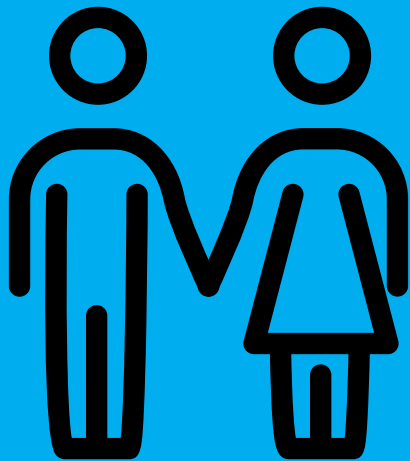
Think of a game you and other adolescents know well.

2

Change one of the rules.

3

Try to play the game with the new rule. Is it easier or harder to win? Is it more fun or less fun ?





Each one reach one

1

Find an adolescent in your community who is not participating in programmes for people your age.

2

Together, come up with suggestions for how to make programmes more interesting or accessible.

3

Share your ideas with other adolescents and adults, especially those who might be able to use your suggestions.





Market opportunity

1

Visit a market in your community.

2

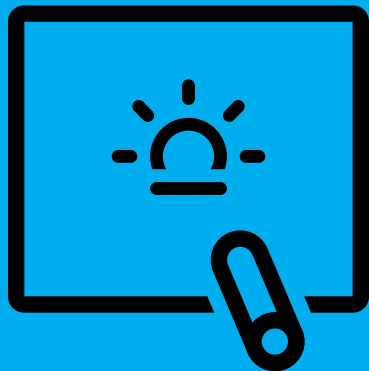
What is one item that adolescents would buy, but isn't available in the market (or is in low supply) ?

3

Make an advertisement for that item.

4

Could adolescents make or sell this item?





Chalk mural

1

Buy or borrow pieces of chalk.

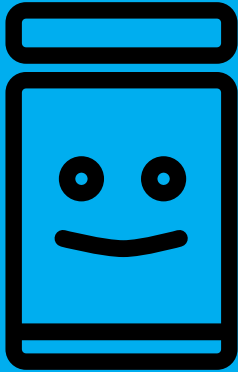
2

Find a wall or piece of sidewalk that you could decorate. Ask permission from the community if you will need it.

3

Together with other adolescents, draw a mural on the wall or sidewalk.







Happiness jar

1

Gather positive messages about life and happiness from books you have read, adolescents or adults in the community. Add your own creative ideas for positive messages.

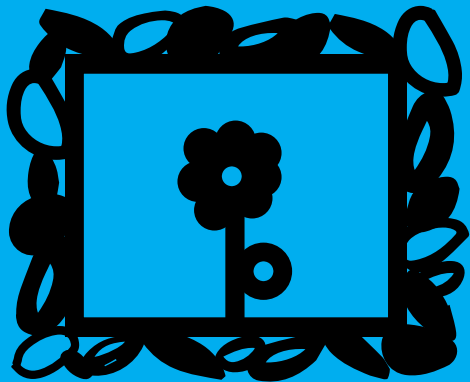
2

Write each message on a small piece of paper and put them into a jar.

3

Each morning pull one quote from the jar and read it to yourself or others.







Picture frames

1

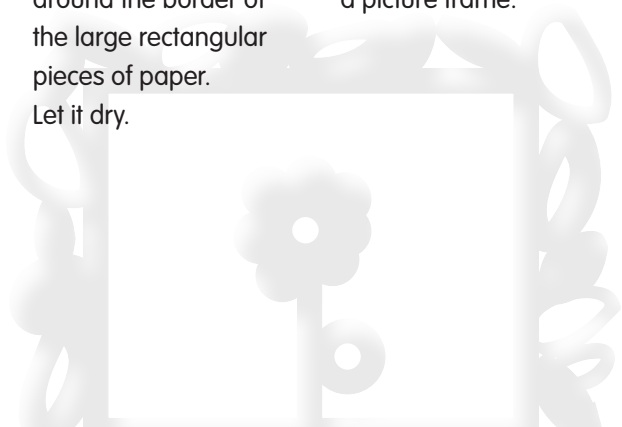
Find pebbles, scraps of paper or plastic, glue, and large rectangular pieces of paper or newspaper.

2

Glue pebbles, scraps of paper or plastic around the border of the large rectangular pieces of paper.
Let it dry.

3

Cut out the centre of the paper and use it as a picture frame.







Diary day

1

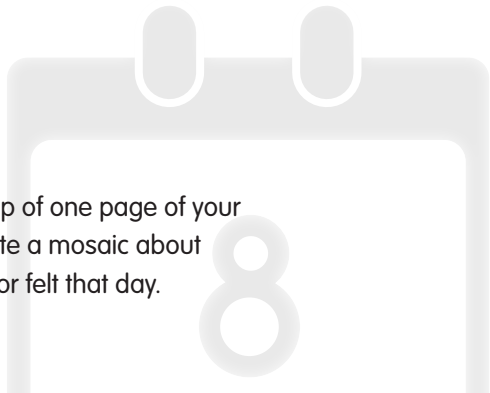
Find a blank notebook or create a notebook by folding pieces of blank paper in half and sewing them together along the folded edge.

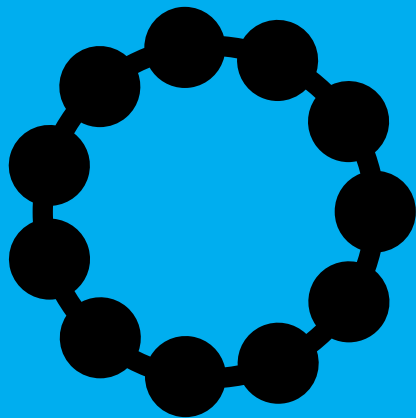
2

Decorate the front and back cover.

3

Every day, write the date at the top of one page of your diary. On that page, draw, or paste a mosaic about something you did, experienced or felt that day.







Inspiration bracelets

1

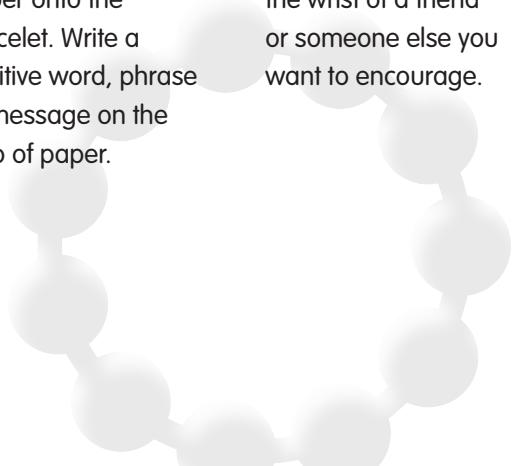
Make a bracelet with strips of paper, string, glue, leaves, or other things you find.

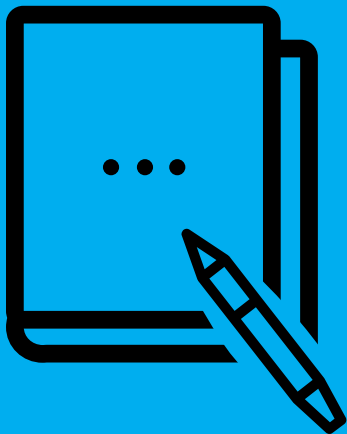
2

Glue a strip of blank paper onto the bracelet. Write a positive word, phrase or message on the strip of paper.

3

Tie the bracelet around the wrist of a friend or someone else you want to encourage.







Circular story

1

Sit in a circle with other adolescents. Every adolescent should have one piece of paper and a pen or pencil to write with.

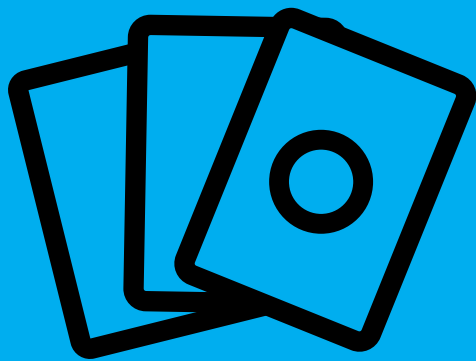
2

Writes one sentence of a story at the top of your piece of paper, then, pass the paper to the person sitting to your right.

3

Write the next sentence of the story on the piece of paper that was handed to you. Continue until everyone has written one sentence of each story.







Personalized playing cards

1

Find pieces of blank paper or old magazines or newspaper.

2

Cut the paper into rectangles or squares of equal sizes to make a deck of cards. Decorate the cards with numbers, symbols or pictures.

3

Make up new games with the deck of cards.





Recipes for life

1

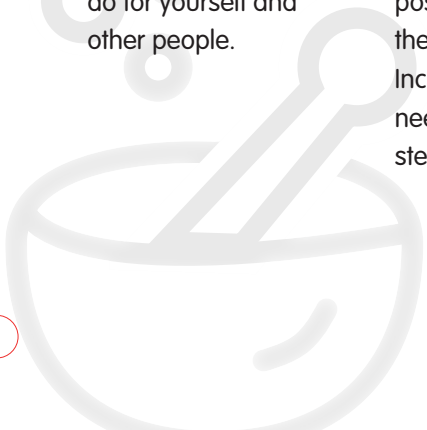
Make a list of the positive things that you do for yourself and other people.

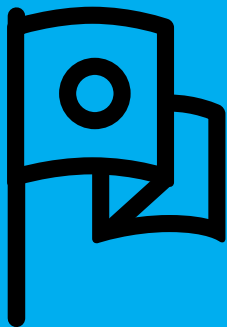
2

Write instructions for how to do these positive things as if they were recipes. Include the ingredients needed and the steps to take.

3

Make a book or exhibition to share your recipes.







Create a country

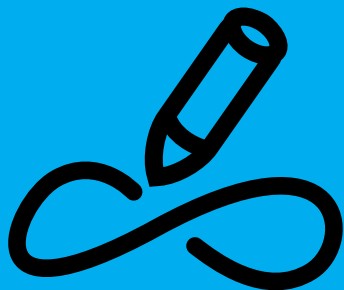
1

Draw a map of a country you imagine.

2

Invent a history for the country, and stories of the people who live there.







Find poetry

1

Spend a day listening to the things that you hear people around you say. Write down the words, phrases or sentences you overhear.

2

Create a poem by putting the words, phrases or sentences together in any order you like.

