



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.

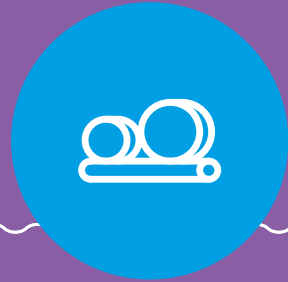


2

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

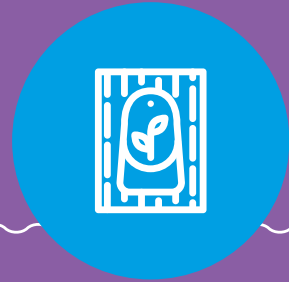
Throw with your fingers, like a dart or an airplane.



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.





Secret codes



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



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.



Imagine a better place



1

Choose a place in your community.



2

Imagine what would make it a better place for adolescents.



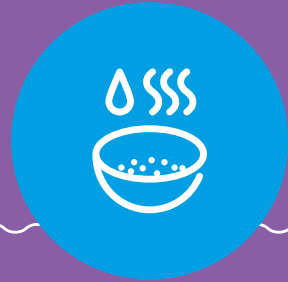
3

Draw a picture to show your vision.





Make paint



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



Mix an equal amount of clean water and ash.



If you have extra flour, add some.



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



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.



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 within your household.

2

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



3

Ask them to explain how to do it.



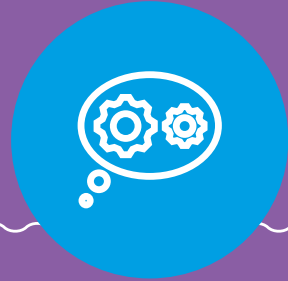
4

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



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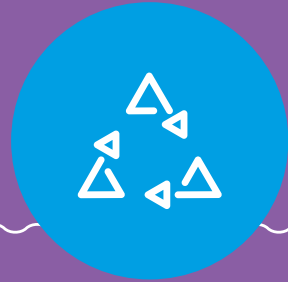
5

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.





Happiness jar



1

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

2

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



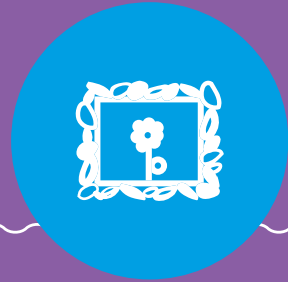
3

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 or 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.



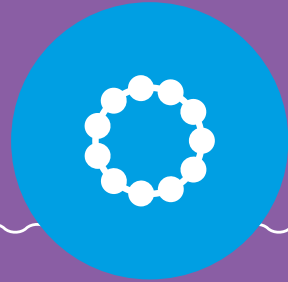
3

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



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



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



Save the bracelet to give it to a friend or someone else you want to encourage.





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.



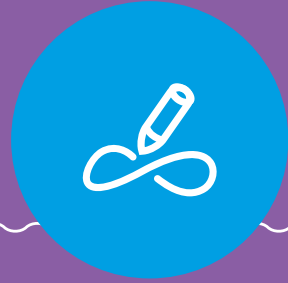
2

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.

