

14 DAYS ACTIVITY PACK



#SLGGAInternational

#SafeHomeHappyHome

#GirlGuidesSriLanka

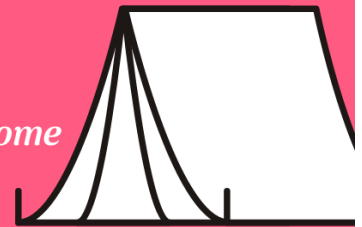
#WAGGGS

#KnowChildRights

#14daysChallenge

#FreeBeingMe

#StaySafeAtHome



#ILoveEnvironment

#EnvironmentChampions

#LimitlessCamping

#InnovatorInMe

#LoveyourPet

#ILoveCooking

#GirlPoweredNutrition

#FunWithFamily

#MyStepsforOnlineSafety



**Sri Lanka Girl Guides Association
Quarantine Challenge**



CONTENTS

Introduction

Guidelines

Day 01 - Family Together

Day 02 - Green Leader

Day 03 - Mental Health

Day 04 - Healthy Chef

Day 05 - Safe Online Space

- **Pledge To Be Positive**
- **Steps For Online Safety**

Day 06 - Movie Lover

Day 07 - Friends Forever

Day 08 - Safe Home Happy Home

- **Letters To The Loved**
- **Know Child Rights**

Day 09 - Book Lover

Day 10 - Animal Lover

Day 11 - Free Being Me

Day 12 - Innovator

Day 13 - Home Camper

Day 14 - Handy Woman

Activity Card

Annexures



STAY AT HOME ACTIVITY PACK 2020

The Sri Lanka Girl Guides Association's
"Stay At Home Activity Pack 2020"
is launched for everyone staying at home during the
Covid 19 pandemic.

The aim of this activity pack is to engage people staying at home to use their time in a fun and productive way. We hope this activity pack will be beneficial in enhancing creative skills, culminating positive thinking, spreading fun and laughter, changing attitudes, strengthening connections, creating an informal learning environment and keeping the well being of people.

This is a 14 days activity pack.
Each day will have a "theme" and a list of activities relevant to the day's theme.



STAY AT HOME ACTIVITY PACK 2020

Please follow the below guidelines to ensure that you get the best outcome from this activity pack.

- This activity pack is not a mandatory requirement and participants are welcome to try it out voluntarily
- This activity pack is not limited to Girl Guides, anybody interested are welcome to try this out
- Activities are optional. Participants can do either one or as many as they wish to do from each theme
- Once the activities relevant to each theme are completed, please tick relevant box in the attached activity card and email the completed card to international.slgga@gmail.com
- Participants below the age of 16 years may upload content of their Activities on Social Media under their Parents or Guardians supervision
- Any participant who does not have access to social media can complete this activity pack and send the photos, video etc to the following email address. international.slgga@gmail.com
- Please complete the consent form here to share the content online <https://forms.gle/BeiJQjgmRR4y4sDk9>
- Please use the relevant hashtags mentioned in each theme when sharing content on social media platforms (Check the annexures page for links)
 - Facebook
 - Instagram
 - Twitter
- If you have any concerns, questions, clarifications regarding the activity pack please contact international.slgga@gmail.com
- Please read and understand the given instructions before starting the activity or task



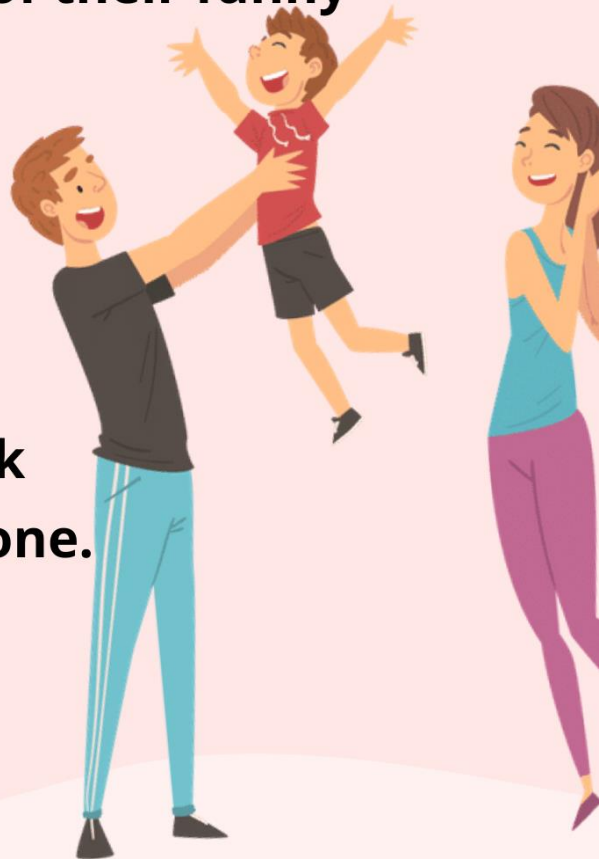
**Sri Lanka Girl Guides Association
Quarantine Challenge**

**DAY
01**

Family Together

#FunWithFamily

- (1)** Play a board game/team game with the family & take a picture and share your good times with us.
- (2)** Ask your parents how they spent their childhood and share one of their funny stories.
- (3)** Have a family time chat in the evening.
- (4)** Create a family scrapbook /photo Album with everyone.
- (5)** Draw your family tree.



Tag & Share

#FunWithFamily | #SLGGAInternational | #GirlGuidesSriLanka
#14DaysChallenge | #StaySafeAtHome | #WAGGGS



**Sri Lanka Girl Guides Association
Quarantine Challenge**

GREEN LEADER

#EnvironmentChampions

DAY
02

1) Make a crossword puzzle on different qualities of a good leader and tag friends to solve the puzzle you made (Share as much as possible)

2) Plant at least 3 plants with your family and share a picture with us

3) Conduct an online campaign to encourage girls and leaders to become green leaders (eg: Posters, cartoons, memes, GIFS etc.)

#EnvironmentChampions
#ILoveEnvironment
#GreenChampion
#GirlGuidesSriLanka
#SLGGAInternational
#14DaysChallenge
#StaySafeAtHome
#WAGGGS

Tag & Share



Sri Lanka Girl Guides Association
Quarantine Challenge



Mental Health

#MentalHealthMatters

DAY
03

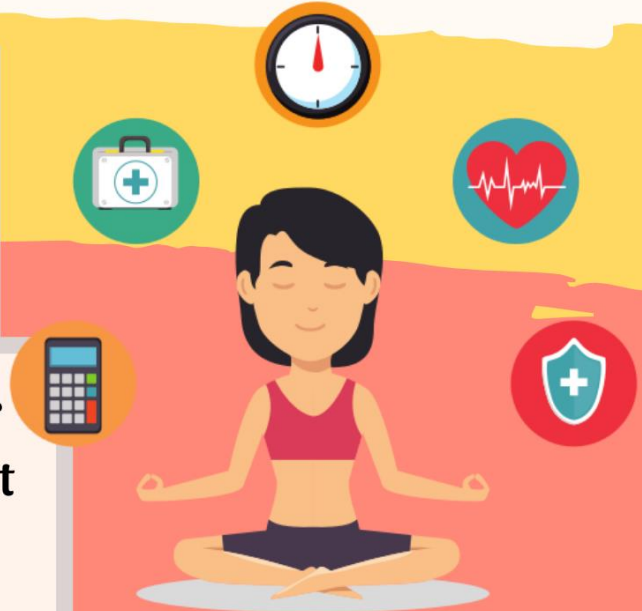
1) Make an Emoji chart for your moods during the day (Mood Chart)

2) Make a 1 min dance for your favorite tune, record it and share with us

3) Draw/colour/paint what is in your mind, take a picture and upload

4) Decorate your room with your creative skills

5) "What are you grateful for?" share your thoughts with us



Tag & share

#MentalHealthMatters #GirlGuidesSriLanka

#SLGGAInternational

#14DaysChallenge

#StaySafeAtHome

#WAGGGS



Sri Lanka Girl Guides Association
Quarantine Challenge

Healthy Chef

DAY
04

#ILoveCooking



1) Cook a rainbow plate (balanced meal) for the members of your family

2) Try a new recipe that you have not tried before

3) Join with your friends online and cook a meal together

Tag & Share

#GirlGuidesSriLanka

#StaySafeAtHome

#WAGGGS

#SLGGAInternational

#14DaysChallenge

#GirlPoweredNutrition

#ILoveCooking



Sri Lanka Girl Guides Association
Quarantine Challenge

DAY
05

1) List down questions you should ask yourself before posting anything online.

Eg: Does this photo reveal too much personal data?
Would I be okay to have this photo available online after 10 years?

Online Safety

2) Share your questions/ guidelines to educate others using any creative form and upload it with the Hashtag

#MyStepsForOnlineSafety

Eg: Poster, Flowchart, Steps for Online Privacy, Video explaining the guidelines.



Tag & Share

#MyStepsforOnlineSafety

#SafeOnlineSpace

#GirlGuidesSriLanka

#SLGGAInternational

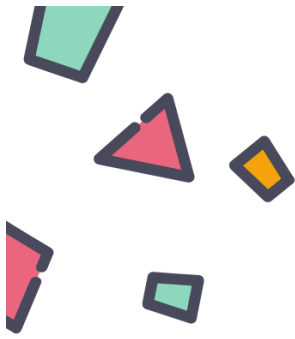
#14DaysChallenge

#StaySafeAtHome

#WAGGGS



**Sri Lanka Girl Guides Association
Quarantine Challenge**



PLEDGE TO BE POSITIVE

DAY
05

#PledgetobePositive Bingo Challenge

Be a part of the challenge by following the below steps;

1) Download the flyer/poster available in this link - <https://ibb.co/sgKWQfM>

2) Upload this flyer/poster on your social media profiles (Facebook/Instagram/Twitter) with the hashtags - #SafeOnlineSpace & #PledgetobePositive

3) Nominate your family and friends to be positive online by committing themselves to this pledge.

4) Follow the same steps and nominate more people.



Sri Lanka Girl Guides Association
Quarantine Challenge



SLGGA

#PledgeToBePositive



WAGGGS

I Will...

#SafeOnlineSpace

NOT use offensive language on social media	NOT add rude comments or embarrass anyone online	NOT laugh at a person's body structure/body shape/skin color	NOT stereotype based on gender	NOT look down upon a person's achievements
NOT mis-use anyone's photo to create memes/ videos	NOT post anything online without the consent from the person/s in the photos/videos	NOT hack anyone's account	NOT check someone else's social media account secretly	NOT stalk anyone online (not check for personal data with a bad intention)
NOT torment/ threaten anyone with physical abuse	NOT make sexual advancements online without consent (ex-sharing sexual content)	NOT bully or humiliate anyone online causing mental & emotional distress	NOT make extremist comments or disrespect any religion/ faith / ethnicity	NOT circulate fake news or content that I don't receive from a reliable source
NOT make fun of another person's photo for his/her fashion choices/ styling	NOT objectify or sexualize human bodies	NOT promote sensationalized news based on gender, politics, religion etc.	NOT spread negative energy online	NOT encourage someone else to be negative in the online space

MOVIE LOVER

DAY
06

#MovieLover

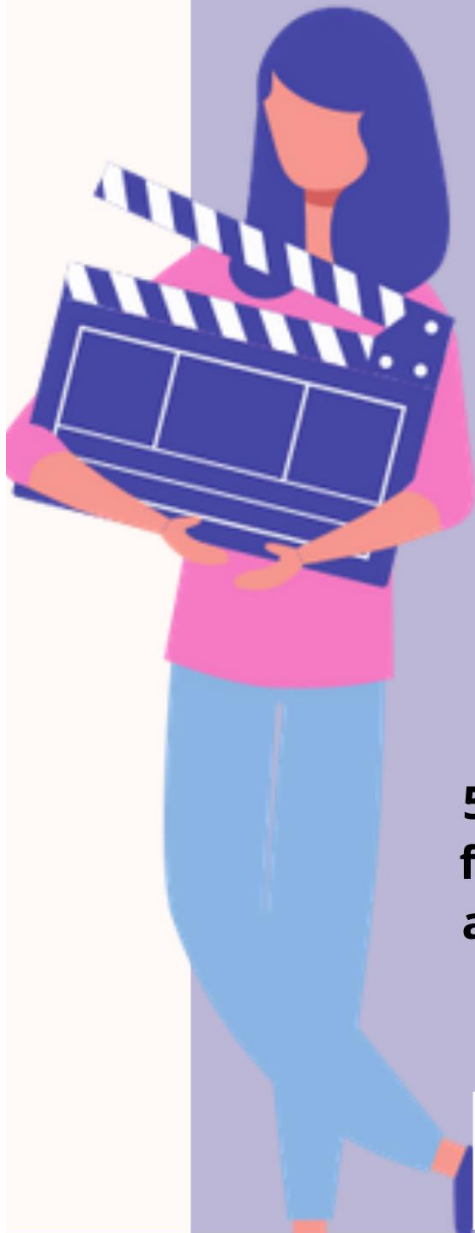
1) Name 3 movies/TV series that you would recommend everybody to watch

2) Name your favorite movie genre/category and write a description on why it is your favorite

3) Name the 2 movies that made you laugh the most and cry the most. Tell us why

4) If you get an opportunity to play a character in any movie, which character would you choose and why?

5) Record a dialogue or a quote from a movie (less than 90 secs) and let your friends guess what movie it is from



Tag & Share:

**#MovieLover | #GirlGuidesSriLanka | #SLGGAInternational
#WAGGGS | #14DaysChallenge | #StaySafeAtHome**



**Sri Lanka Girl Guides Association
Quarantine Challenge**

**DAY
07**

Friends Forever !

#FriendsForever

- 1) Talk to a friend whom you have not been in touch for a while**
- 2) Make a greeting/well wishes card to a friend**
- 3) Do a live Instagram/Facebook video - sing a duet with a friend online while being in 2 places**
- 4) Share your best unforgettable memory, incident, or experience that you had with your friend**

Tag & Share

#FriendsForever

#SLGGAInternational

#GirlGuidesSriLanka

#14DaysChallenge

#StaySafeAtHome

#WAGGGS



**Sri Lanka Girl Guides Association
Quarantine Challenge**

#LettersToTheLoved

DAY
08

#SafeHomeHappyHome

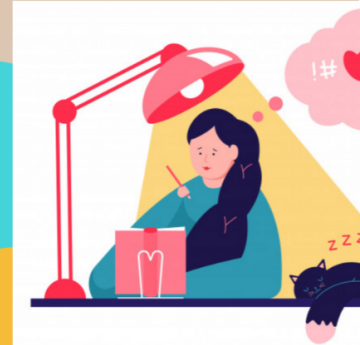


(1)

Write a note (Eg: letter, Email, message) to your loved ones expressing how you imagine your safe and happy home would be like, what will you want them to do differently?

(2)

Request your loved ones to write back to you with their thoughts on how you can contribute to the safe and happy home.



(3)

If you like, you can share the first reaction of your loved ones to your note as a quote along with a photo of your loved ones reading the note if available.

#Tags

#SafeHomeHappyHome
#LetterstotheLoved
#GirlGuidesSriLanka
#SLGGAInternational

#14daysChallenge
#StaySafeAtHome
#WAGGGS



Sri Lanka Girl Guides Association
Quarantine Challenge

#KnowChildRights

01. Download the Rate Card from the shared link -

<https://ibb.co/mcvtZPX>

DAY
08

02. Discuss with your family and understand all the child rights shared in the rate card.

03. Question yourself what rights are the most important to you and in the scale from 1 - 10 rate your preference (1 being the most important)

04. You can share the rate card with your preferences and tag your family and friends to do the same.

Tag & Share

#KnowChildRights
#SafeHomeHappyHome
#GirlGuidesSriLanka
#SLGGAInternational
#14DaysChallenge
#StaySafeAtHome
#WAGGGS



Sri Lanka Girl Guides Association
Quarantine Challenge

#KnowChildRights

What Rights are the most important to you?

Articles from *UNCRC	Rating
Families have the right and responsibility to direct and guide their children to use their rights properly	
All children have the right to life and good health	
Children have the right to participate and be listened to	
Children have the right to information and to learn different things	
Children have the right to privacy	
Children have the right to be protected from violence and abuse and neglect	
Children have the right to be cared for if they cannot be looked after by their own families	
Children have the right to healthcare, to clean water, to healthy food and a clean environment	
Children have a right to a good life	
Children have a right to go to school	
All children have a right to relax and play	
Children have the right to not do any work that could harm themselves, their health or their education	
Children have the right to be protected from dangerous drugs	
Children have the right to be protected from sexual abuse	
Children who have been neglected or abused should receive special help to restore their self-respect	

*UNCRC - United Nations Convention on the Rights of the Child



Sri Lanka Girl Guides Association
Quarantine Challenge



Book Lover

DAY
09

#BookWorm

- 1) Post a picture of a book you read recently with a description on why you liked it
- 2) Name a book which you think should be made into a movie and tell us why
- 3) List down 3 books from your favourite author with a short description about the author
- 4) Name your favorite book character and write a short description about it
- 5) Name a book that you think should have had a different ending and explain why

Tag & Share

#BookWorm

#GirlGuidesSriLanka

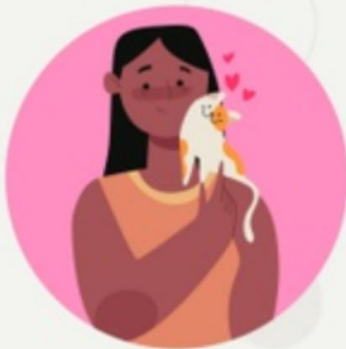
#SLGGAInternational

#14DaysChallenge

#StaySafeAtHome



Sri Lanka Girl Guides Association
Quarantine Challenge



**DAY
10**

Animal Lover

#LoveAnimals

1) Maintain a feeding table for birds, squirrels in your garden/backyard/balcony

2) Give a bath to your pet

3) Clean your pet's space

4) Share a picture of you and your pet with a quote of what your pet is thinking right now-
"If your pet can talk"

Tag & Share

#LoveAnimals

#GirlGuidesSriLanka

#SLGGAInternational

#14daysChallenge

#StaySafeAtHome

#WAGGGS



**Sri Lanka Girl Guides Association
Quarantine Challenge**

Free Being Me

DAY
11

1) Tell us why you love yourself in a 1 minute video.

(what makes you beautiful and unique)

2) Post a photo of yourself with a caption using only emojis.

Ask your friends to guess the caption

3) Post 5 things (activities, things, places, people, pets, etc) that you cannot live without

Tag & Share:

#ILoveMyself

#FreeBeingMe

#GirlGuidesSriLanka

#SLGGAInternational

#WAGGGS #14DaysChallenge

#StaySafeAtHome



Sri Lanka Girl Guides Association
Quarantine Challenge

INNOVATOR

DAY
12

#InnovatorInMe

1. Make handmade *"Quarantine Gifts"* for your family

2. Start a personal Vlog or Blog

3. Innovate your dream Girl Guide activity badge

- Name for the badge
- Develop your own set of criteria

4. Create your own DIY video and share

Tag & Share

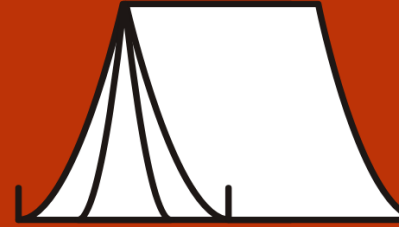
#InnovatorInMe
#GirlGuidesSriLanka
#SLGGAInternational
#14DaysChallenge
#StaySafeAtHome
#WAGGGS



Sri Lanka Girl Guides Association
Quarantine Challenge

**DAY
13**

HOME CAMPER



#LimitlessCamping

(2)

**TRY CAMP
COOKING AT
HOME WITH
YOUR FAMILY**

(1)

**SET UP A TENT
WITH
MINIMUM
SUPPLIES AT
HOME**

(3)

**MAKE A
CREATIVE
BONFIRE
AND SING
CAMPFIRE
SONGS WITH
YOUR
FAMILY (IT
DOES NOT
HAVE TO BE A
REAL
BONFIRE-
(EG:TORCH)**

(4)

**MAKE A
USEFUL
CAMP
GADGET
WHICH CAN
BE USED AS
A TOOL AT
HOME**

**EG: CUSHIONS, BED
SHEETS, CHAIRS
ETC.**



Tag & Share

**#LimitlessCamping
#GirlGuidesSriLanka
#SLGGAInternational
#14DaysChallenge
#StaySafeAtHome
#WAGGGS**



**Sri Lanka Girl Guides Association
Quarantine Challenge**



Handy Woman

DAY
14

#IDoltMyself

1) Try DIY videos that you have not tried before on how to make gadgets that can be used at home

2) Recreate your worn out clothes to make something useful

3) Repair something that has been disabled/ broken

Tag & Share

#IDoltMyself

#WAGGGS

#GirlGuidesSriLanka

#SLGGAInternational

#14daysChallenge

#StaySafeAtHome



Sri Lanka Girl Guides Association
Quarantine Challenge

ACTIVITY CARD



DAY 01 - FAMILY TOGETHER

DAY 02 - GREEN LEADER

DAY 03 - MENTAL HEALTH

DAY 04 - HEALTHY CHEF

DAY 05 - SAFE ONLINE SPACE

DAY 06 - MOVIE LOVER

DAY 07 - FRIENDS FOREVER

DAY 08 - SAFE HOME HAPPY HOME

DAY 09 - BOOK LOVER

DAY 10 - ANIMAL LOVER

DAY 11 - FREE BEING ME

DAY 12 - INNOVATOR

DAY 13 - HOME CAMPER

DAY 14 - HANDY WOMEN



NAME

PACK/COMPANY/SCHOOL NAME
.....



**Sri Lanka Girl Guides Association
Quarantine Challenge**

Annexures

Social Media Handles and Hashtags

When posting your activities online tag the below Girl Guide related pages and use the common hashtags

Facebook

SLGGA International

<https://www.facebook.com/slggainternational/>

SLGGA Official

<https://www.facebook.com/SriLankaGirlGuides/>

WAGGGS Official

<https://www.facebook.com/wagggsworld/>

Instagram

SLGGA International

<https://www.instagram.com/slga.international/>

WAGGGS Official

<https://www.instagram.com/wagggsworld/>

Twitter

SLGGA Official

<https://twitter.com/GirlGuidesSL>

WAGGGS Official

<https://twitter.com/wagggsworld>

*#GirlGuidesSriLanka | #SLGGAInternational
#WAGGGS | #14DaysChallenge | #StaySafeAtHome*



**Sri Lanka Girl Guides Association
Quarantine Challenge**