

# YWRC ACTIVITY BOOK



8<sup>TH</sup> – 12<sup>TH</sup> GRADE

USING MAGAZINE OR NEWSPAPER CLIPPINGS, PASTE A COLLAGE OF IMAGES AND WORDS THAT INSPIRE YOU &  
SUPPORT YOUR WELLBEING



## **Breathing Meditation**

Sit up tall with your legs crossed or lie down on your back. Close your eyes.

Begin breathing deep enough that you can hear your breath.

Feel how the breath moves through your body, and notice the flow of the breath through your nostrils - in and out of your body.

Try to feel the contact of the air with the inside your nose, or how the air touches your upper lips.

Now gradually make the breath much gentler and let it flow naturally but keep listening to its sound.

Try not to listen to your thoughts; listen more to your breath.

Whenever you find yourself thinking of other things, come back to your breath.

Practice this with your breath for as long as you want or need to.

(You can practice the same meditation listening to your heartbeat by bringing your full attention to it in a similar manner.)

## **Sitting Still Together**

Sit back to back with a friend or family member, backs and heads touching.

Feel each other breathing through your backs.

Breathe in and out slowly and deeply, coordinating the rhythm of your breath.

Sit as still as you can, just for a few moments, as you listen to the sound of the breath or to silence.

Help each other focus and go within by remaining still.

Now, try to feel how, with your breath, you connect to your friend/family member, and everything around you.

We all support each other and we are all interconnected!

# MORNING MINDFULNESS

**Instructions:** Fill out this sheet in the morning to strengthen your brain throughout the day.

**DATE:**

**GOALS FOR THE DAY:**

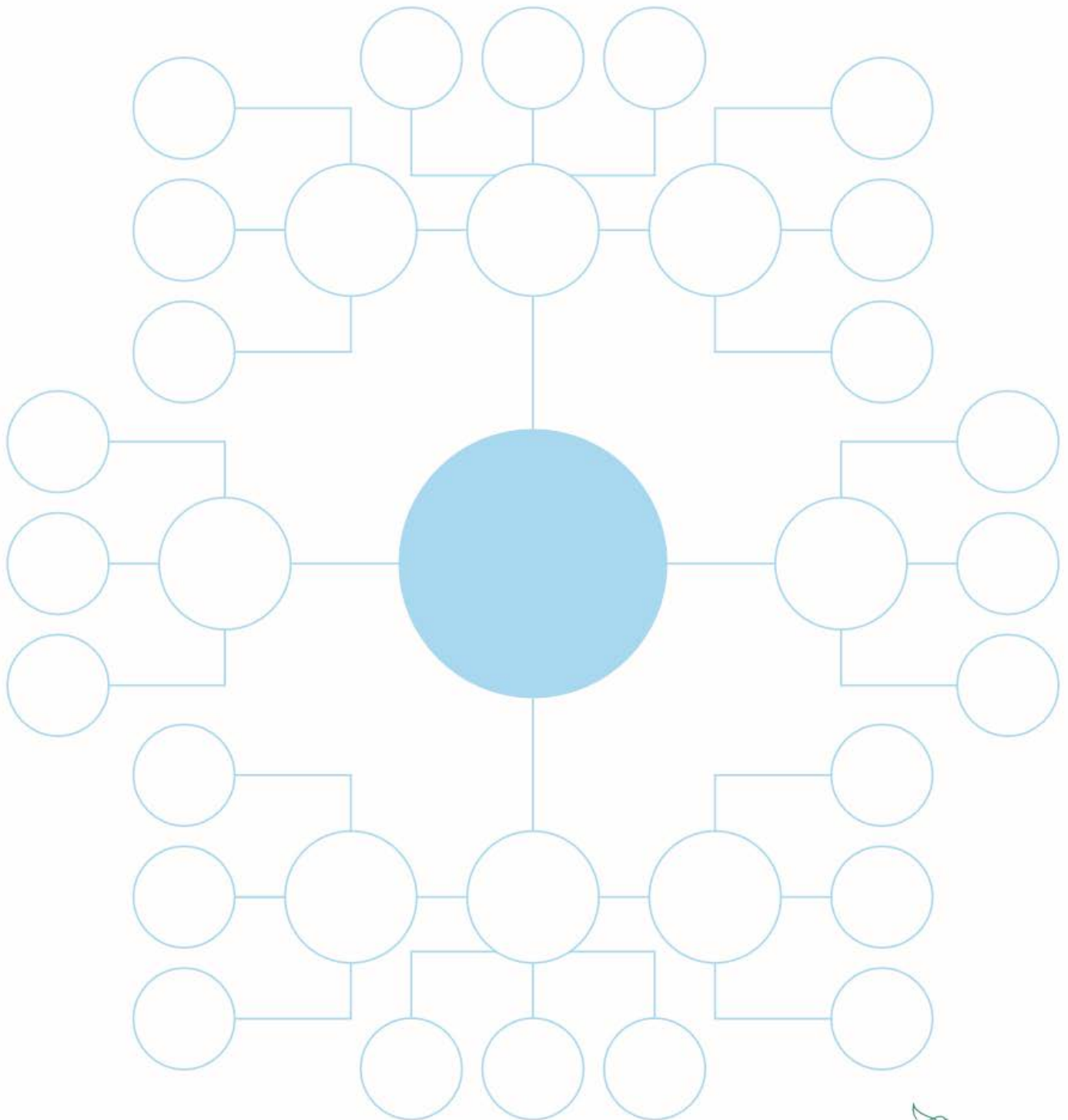
**I AM THANKFUL FOR:**

**ONE THING I WILL DO FOR  
MYSELF TODAY IS:**

**THE WORD THAT DESCRIBES  
MY MOOD IS:**

# MIND MAP

**Instructions:** Notice your current thoughts and identify a main theme or topic you are focused on. Take that topic and write it in the larger center circle. Moving outwards from the middle, begin filling the circles with related topics, question, ideas and worries you think of.



# Self- Care Checklist

Over the next several weeks our lives may change, in big and small ways. Let's make sure we are taking care of ourselves during a hard time. **Directions:** Go through the following checklist and mark the items with an (X) that you think you are doing well. If you see something on the list you want to try put a (O)!

Challenge: Write in your own self-care practice in at least one of the blank (Other) items.

## **Physical Self-Care**

- ☐ Eat healthy foods regularly
- ☐ Take part in physical activities that are fun for you
- ☐ Take breaks alone when needed
- ☐ Get enough sleep
- ☐ Take care of your hygiene (wash hands, showers/baths, keep area around you clean, brush teeth)
- ☐ Time away from telephones and social media
- ☐ Other:

## **Psychological Self-Care**

- ☐ Make time for self-reflection
- ☐ Talk to a therapist/counselor
- ☐ Write in a journal
- ☐ Read things that interest you other than school work
- ☐ Try new things
- ☐ Other:

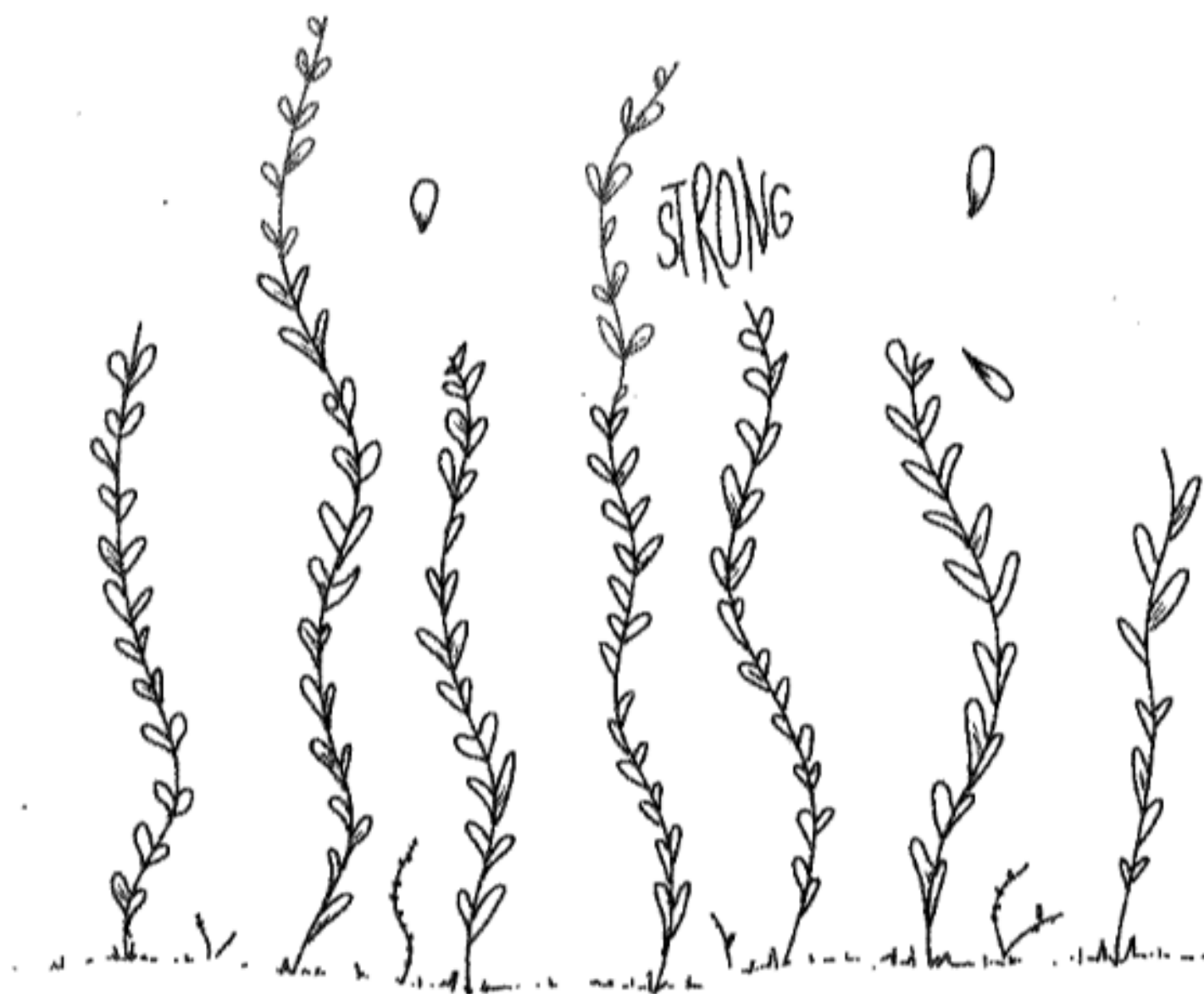
## **Emotional Self-Care**

- ☐ Stay in contact with important people in your life - schedule weekly video chats with family and friends
- ☐ Give yourself positive affirmations
- ☐ Identify comforting activities, objects, people, relationships, places and seek them out
- ☐ Allow yourself to cry
- ☐ Find things that make you laugh
- ☐ Strive for balance among school, family, relationships, play and rest
- ☐ Other:

## **Spiritual Self-Care**

- ☐ Spend time in nature
- ☐ Find a spiritual connection or community
- ☐ Identify what is meaningful to you and how it plays a role in your life
- ☐ Meditate
- ☐ Sing
- ☐ Other:

Fill the garden with positive affirmations :~



... Then read each aloud starting with "I AM..."



# HOW TO MAKE A ZINE

*Zine-making isn't about rules or knowledge; it's about freedom and POWER.*

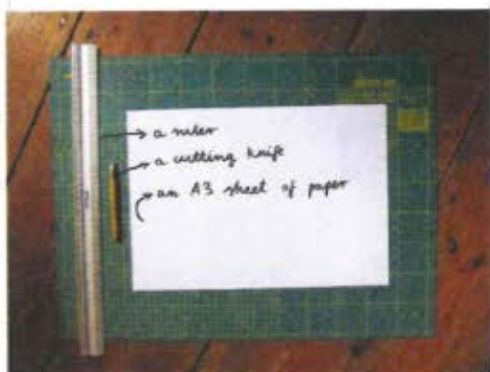
Writing by Emma D. Playlist by Leeann.

## YOU'LL NEED:

- ✦ A cutting knife (like an X-ACTO)
- ✦ A ruler
- ✦ An A3 sheet of paper (you can use another size, but an A3 will make a postcard-size zine—ideal for snail mail).

## YOU WILL NOT NEED:

- ✦ Glue
  - ✦ Tape
  - ✦ A stapler
- None of that junk is necessary!



Zines are self-published, small-circulation, often nonprofit books, papers, or websites. They usually deal with topics too controversial or niche for mainstream media, presented in an unpolished layout and unusual design. Everyone, from a major NGO to a teenager like you, can be an author (and also an editor, art director, and publisher) of a zine, and that's part of what makes them so awesome.

Since the invention of the photocopier machine, zine-making has been one of the most popular forms of independent publishing, especially in underground communities. But it's hard to generalize about zines, the same way it's hard to generalize about *culture*. Not just hard—impossible. Because like all art and media, zines can be anything and everything. And they are.

If you type “zine making” into Amazon, you'll get 10 pages of results. But to be honest, I've never read a book about zine-making, and I don't think you have to, either. For me, zine-making isn't about rules or knowledge; it's about freedom and (guess what?) **POWER**.

Zines are super powerful! They can communicate rebellious words and strong ideas. People who feel a burning need to share their energy with the world make zines, so

it's no coincidence that zine culture is often associated with some of the most energetic movements: punk, feminist, queer, etc. Some publications that sprang from those subcultures, like the punk fanzine *Chain-saw*, enjoyed cult status; others, like *Bitch*, got so popular that they turned into regular magazines that you can find in bookstores.

But zines are not looking for a broad audience. They're not supposed to appeal to everyone. That's the point: they're exclusive. And “exclusive” can mean anything from “anyone interested in *Doctor Who*” to “only you and your girl gang” to even “only you.”

Nowadays (boy I sound old all of a sudden) you can make a digital zine/mag and reach people on the other end of the planet in a blink, but what's nicer than a little handmade book you can hold in your non-virtual hands? Or the unique feeling of being one among a tiny group of special people in possession of a carefully made publication?

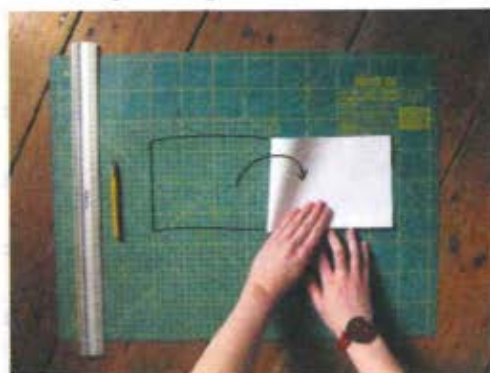
There are tons of ways to make a zine, of course. But the one I'm going to show you is one of the cheapest, quickest, and easiest—perfect for spreading your message widely! You will need only three items (that you certainly own) to make it, plus a one-sided printer to make copies.

## HOW TO MAKE YOUR ZINE:

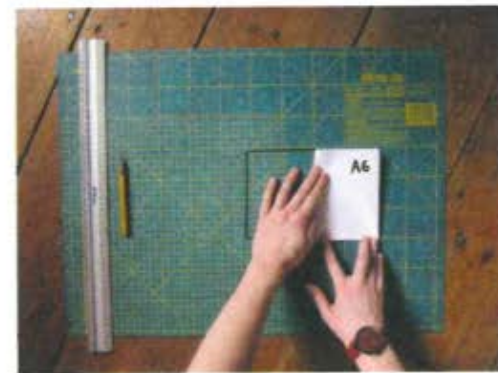
1. Fold the paper in half so that the two longer edges line up.



2. Fold it again the other way, so that the two shorter edges line up.



3. Fold it one last time, in the same direction as you did in step two, so that it's the size of a standard postcard.

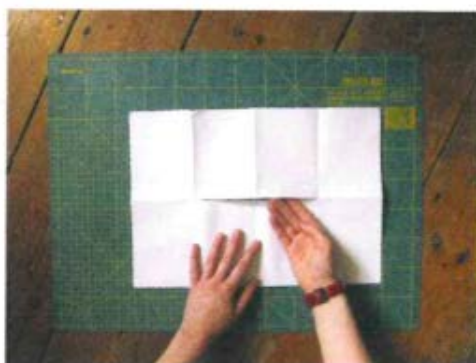
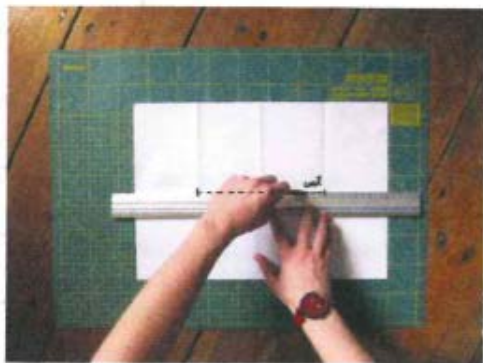


4. Unfold the paper. In the picture below I've mapped out where on the paper the different pages of your zine will live, as long as you've folded the paper the way I've laid out here. (It's OK if you folded it some other way, but this map of pages won't be the same for you.)

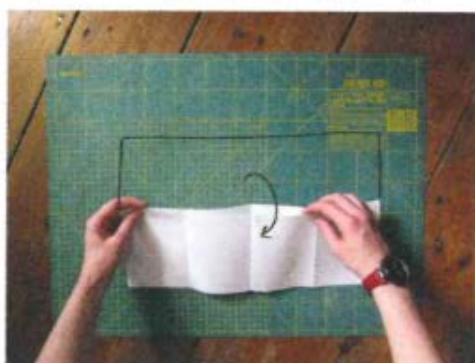




5. Cut a slit in the paper, lengthwise between the two outer folds (the pictures below do a better job of describing this than words ever could).



6. Fold the paper along that same line, bringing the two longer edges of the paper together.



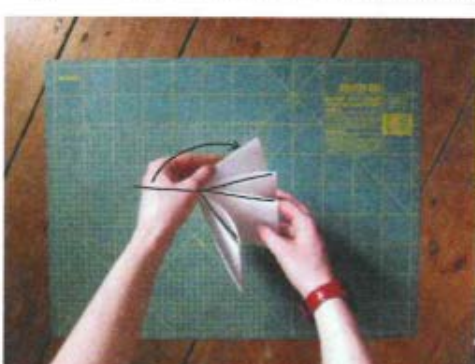
7. Grab the two sides of the paper and push them together to form a cross, like so:



8. Take the top and bottom legs (arms?) of that cross and fold them over so they sandwich the arm (leg?) on the right.



9. See that last double page that's sticking out on the left? Fold it over the top of the other pages (you'll move it clockwise, as shown below).



10. Flatten the zine by creasing the edges with your finger. It's almost ready!



11. Now you can start working on the art and the rest of the content. This is one of my zines, inspired by old punk/feminist zines that were made from newspaper cutouts (it'll look really cool when I Xerox it in black and white!):



12. As you probably noticed, all the pages are double, giving them a blank inside layer—that's because we only used one side of the original sheet of paper. You can add secret notes in the "hidden pages" that are different for every copy of your zine.



That's it! You're now an independent publisher. Congratulations! For more inspiration, I suggest you check out publishers such as [POGOBOOKS](#), [Café Royal](#), [BOLO](#), and [Nieves](#), all of whom are doing a great job navigating zine lovers through the sea of boring stuff flooding the internet, and plucking out only the very best for your enjoyment. ♦

TAKE A DAY OFF FROM SOCIAL MEDIA; WRITE ABOUT WHAT YOU DID INSTEAD...

# MY BRAIN DUMP LIST



Procrastinations



Fear



Anger



Discouragements



Incomplete goals



Sorrow





# DIY FINGER-KNITTED SCARF

*Cold, gloomy weather = the perfect time to wear a rainbow everywhere.*

By Marlena

For this cozy, fall-themed DIY, I'm gonna show you how to make your very own faux-knitted scarf. I say "faux" because for this project, you'll be using just your fingers to knit—no knitting needles! It's super-simple to do, and the result looks totally rad.

## WHAT YOU'LL NEED:

- **Lots of yarn.** Any kind, from medium to bulky weight, will work, but yarn described as superfine or lightweight is too thin. I went for a rainbow theme with my scarf, so I used yarn in a variety of colors, plus some white for clouds.

- **Scissors.**



## HOW TO DO IT:

1. The base of the scarf will be made of long finger-knitted "ropes." Start off with a piece of yarn that's still attached to the skein.

2. With your palm facing you, clasp one end of the yarn between your thumb and your index finger, as shown at left.

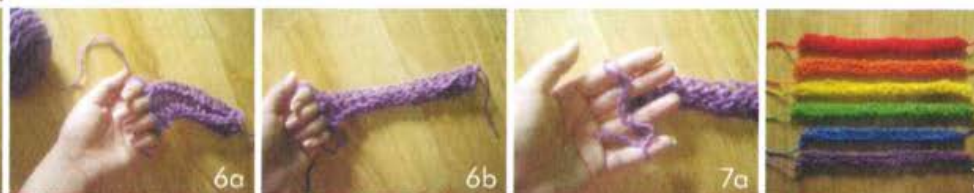
3. Wrap the yarn under your middle finger, over your ring finger, and under your pinkie. Bring it back over your pinkie, under your ring finger, over your middle finger, and under your index finger. Repeat this over/under wrapping process two more times, until you have what looks like two dashed lines of yarn across your fingers, like in the far left corner below.

4. Now it's time to start knitting! Pull each loop from the bottom row of yarn up and over the top row of yarn and your fingertips.

5. You'll be left with just one row of yarn along the palm side of your fingers. Push these loops down your fingers a bit as shown.

6. Repeat steps 3 and 4. Continue repeating those two steps until you have something that looks like photo 6a, below. If you kind of tug on the end a bit it'll start to look more like a rope.

7. When your finger-knitting reaches the length you want it to be, finish the end off by weaving the tail into and out of the loops on your fingers, removing the yarn from your hand, and tugging the end again to tighten it up. Photo 7b shows much shorter versions of what your finished ropes will look like. For reference, my finished ropes were about 60 inches long.



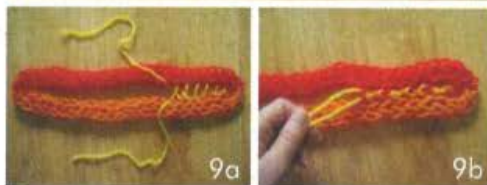


8. Pair off your ropes in whatever color combinations you like, such as red/orange, yellow/green, and blue/purple, and tie the loose ends on each side of the ropes together.

9. Using a crisscross pattern, lace each pair of ropes together with a piece of matching or contrasting yarn. Gently tug on the yarn as you go along to help close up the gap.

10. Once you've laced the entire thing up, tie the loose ends together and snip off the excess.

11. To make this scarf actually look like a scarf, you'll need to lace up all three rope pairs. If you don't want to bother with the lacing, you can braid the ropes together instead, or even just wear them as-is! It's up to you.



#### TO MAKE AND ATTACH THE POMPOMS:

1. Wrap some more yarn around your hand (or a small piece of cardboard) multiple times to create a bundle.

2. Lay that bundle on top of a length of yarn about three times longer than the length of the bundle (see photo 2 at right).

3. Triple-tie that loose length of yarn around your bundle. Tie it tight! This will create a bunch of loops on either side of the knot.

4. Mark the ends of the yarn that you used to tie your bundle with a piece of tape or a marker so that you won't get them confused with the rest of the yarn—you're gonna need these strings in a minute.

5. Cut all of the loops open with your scissors and give the pompom a trim. Remember: Don't cut the yarn that you marked in step 4! But otherwise, don't be afraid to cut off a lot—pompoms usually look more pompom-y once you've cut away a good portion of the yarn.

6. Weave the strings that I told you not to snip through the ends of the scarf and tie them together to secure the pompoms in place.

And there you have it! Your new scarf is perfect for gloomy fall days, wouldn't you say? *R*



## \_\_\_\_\_'S FEMINIST PLAYLIST

BratMobile - GIMME BRAINS

Nirvana - BEEN A SON

Nina Simone - FOUR WOMEN

Destiny's Child - SURVIVOR

Sleater-Kinney - IT'S ENOUGH

Salt-N-Pepa - NONE OF YOUR BUSINESS





# MUST-WATCH FEMINIST FILMS

Forget “chick flicks”—play an empowering movie in the background as you craft and chat with your gal pals.

## ADVANCED STYLE

(dir. Lina Piliolyte, 2014)

This colorful documentary bursts at the seams with style as it follows well-dressed older women who don't let their age stop them from looking fabulous.

## BELLE

(dir. Amma Asante, 2013)

Gugu Mbatha-Raw stars as Dido Elizabeth Belle, the illegitimate mixed-race daughter of the first Earl of Mansfield, in this based-on-a-true-story period drama about a woman of color fighting for equality and finding love in British society.

## BEND IT LIKE BECKHAM

(dir. Gurinder Chadha, 2002)

Friendship, football, and fun: this hilarious story of Jesminder “Jess” Bhamra (Parminder Nagra), an 18-year-old Punjabi Sikh woman determined to play soccer despite her family's objections, has it all.

## BUT I'M A CHEERLEADER

(dir. Jamie Babbit, 1999)

The now-classic satirical comedy tells the story of, yes, a cheerleader (Natasha Lyonne) who's sent to undergo conversion therapy to “cure” her lesbianism.

## THE COLOR PURPLE

(dir. Steven Spielberg, 1985)

Based on Alice Walker's Pulitzer Prize-winning novel, this Academy Award-nominated film about the struggles of African American women—and the friendship that sustains them—stars Whoopi Goldberg, Oprah Winfrey, and Margaret Avery.

## CLUELESS

(dir. Amy Heckerling, 1995)

Um, as if! Alicia Silverstone stars as socially savvy Beverly Hills teen Cher Horowitz in this cult classic comedy loosely based on Jane Austen's *Emma*.

## FRIED GREEN TOMATOES

(dir. Jon Avnet, 1991)

Female friendship—both in the era of the Depression and the “modern” 1980s—is at the heart of this acclaimed film starring Kathy Bates, Jessica Tandy, Mary Stuart Masterson, and Mary-Louise Parker as two generations of strong Alabama women.

## KIKI'S DELIVERY SERVICE

(dir. Hayao Miyazaki, 1989)

This delightful animated tale of a young witch learning her trade and finding herself in a new city is a charming (and kid-friendly!) alternative to clichéd cartoon princess movies.

## NINE TO FIVE

(dir. Colin Higgins, 1980)

This timeless, Bechdel-test-busting buddy comedy features the unstoppable trio of Lily Tomlin, Jane Fonda, and Dolly Parton as coworkers who resort to desperate measures to rid their office of a sexist boss.

## PERSEPOLIS

(dir. Marjane Satrapi and Vincent Paronnaud, 2007)

Based on Satrapi's graphic memoir of the same title, this animated film chronicles the author's life and coming of age among her Persian family in the time of the Iranian Revolution.

## REAL WOMEN HAVE CURVES

(dir. Patricia Cardoso, 2002)

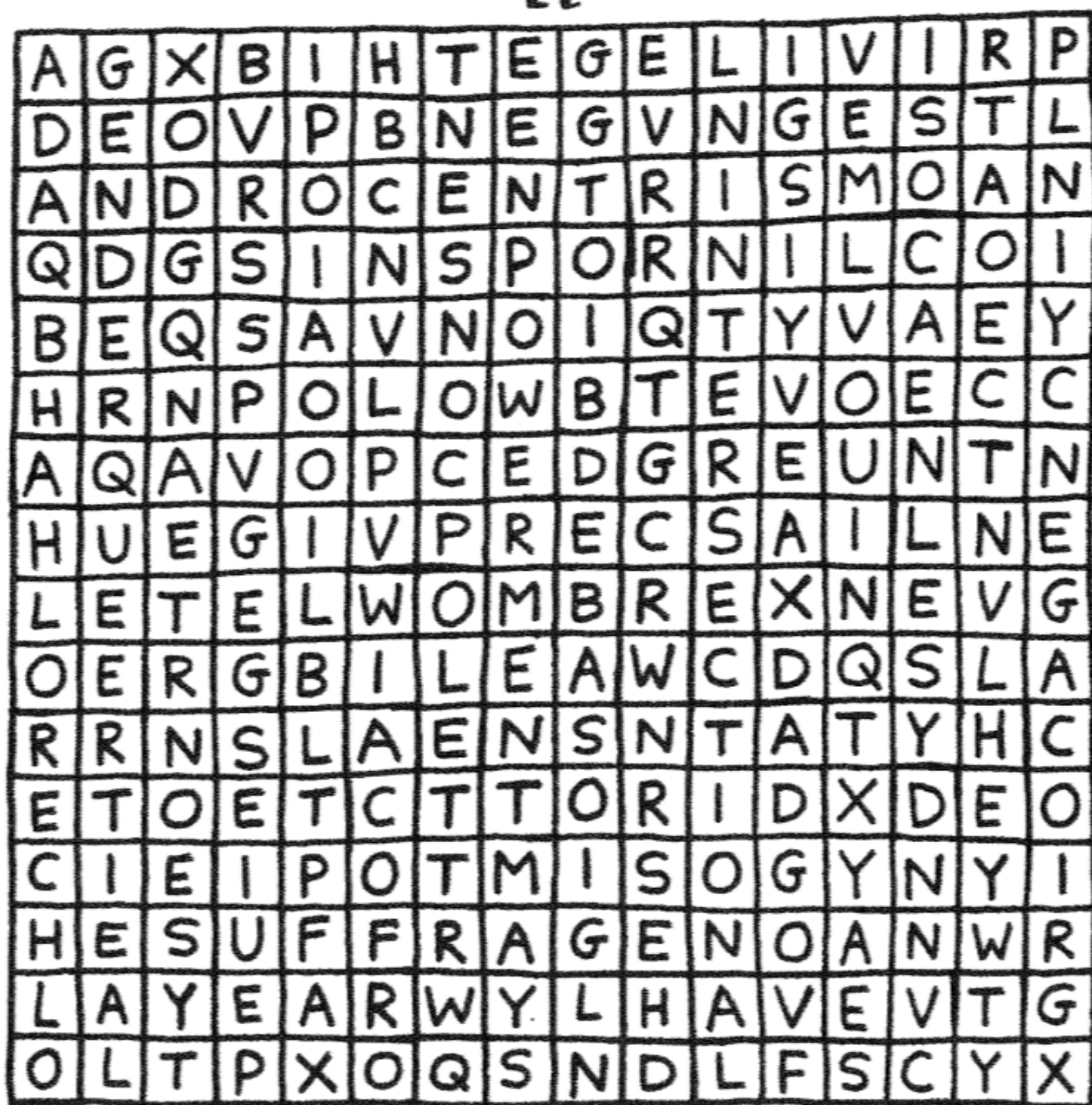
America Ferrera stars as Ana García, a hardworking Mexican American girl who dreams of going to college, in this uplifting (and body-positive) tale of self-acceptance and family.

## WE ARE THE BEST!

(dir. Lukas Moodysson, 2013)

Outcast teens Bobo, Klara, and Hedvig team up to start an all-girl punk band in this energetic and joyful Swedish film about rocking out and being yourself in spite of the haters.

# WORD FIND



CAN YOU FIND... ANDROCENTRISM, INTERSECTIONAL, GENDER, SEX, QUEER, MISOGYNY, EMPOWERMENT, HERSTORY, SUFFRAGE, VULVA, VAGINA, BRA, CONSENT, WOMB, AGENCY, PRIVILEGE, CIS, TRANS?

(WORDS GO HORIZONTALLY, VERTICALLY, DIAGONALLY, BACKWARDS AND FORWARDS)

# 5 BASIC YOGA POSES



## Cat-Cow

This pose stretches your abs, neck and back, and it keeps the spine flexible. It's especially helpful for stiff backs.



## Child's Pose

This pose stretches the lower back and hips. It helps to relieve stress, lower back discomfort, fatigue, gas and bloating.



## Downward Dog

This pose strengthens arms, shoulders, abs, quads and ankles, while stretching shoulders, hamstrings, calves, and the chest.



## Plank

This pose strengthens the arms, wrists, and spine. And it tones abs. You can easily glide into this position from Downward Dog.



## Cobra

This pose stretches the chest and abs and keeps the spine flexible. It also helps poor posture and combats depression, lower back discomfort, and low energy.



# A FEMINIST ABC



is FOR ACTIVISM



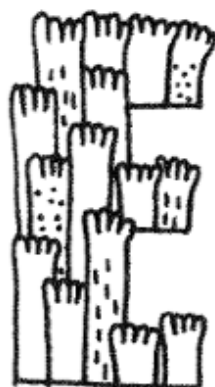
is FOR BECHDEL



is FOR CONTRACEPTION



is FOR DEMOCRACY



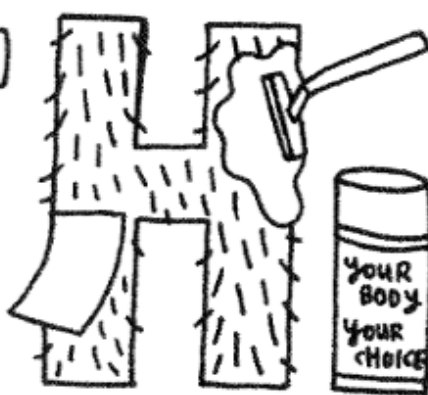
is FOR EQUALITY



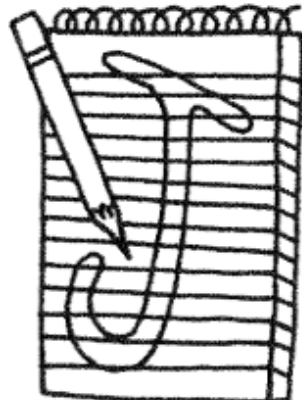
is FOR FAT



is FOR GENDERQUEER



is FOR HAIR



is FOR JOURNALISM



is FOR KAHLO



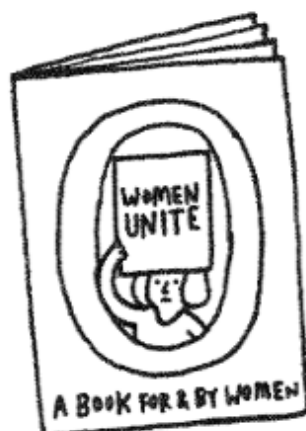
is FOR LIBERATION



is FOR MATERNITY



is FOR NATIONAL WOMENS PARTY



is FOR OUR BODIES OUR SELVES



is FOR PLANNED PARENTHOOD



is FOR QUEER



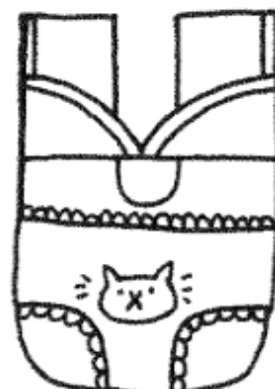
is FOR RIOT GRRRL!



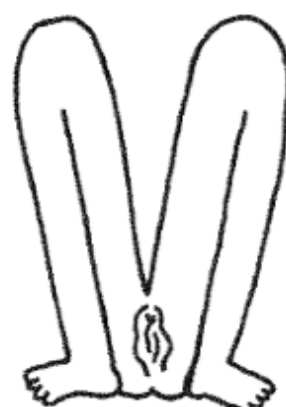
is FOR SUFFRAGETTE



is FOR TAMPON



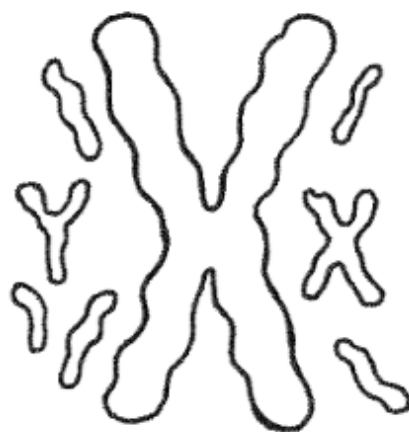
is FOR UNDERWEAR



is FOR VAGINA



is FOR WOMYN



is FOR CHROMOSOMES

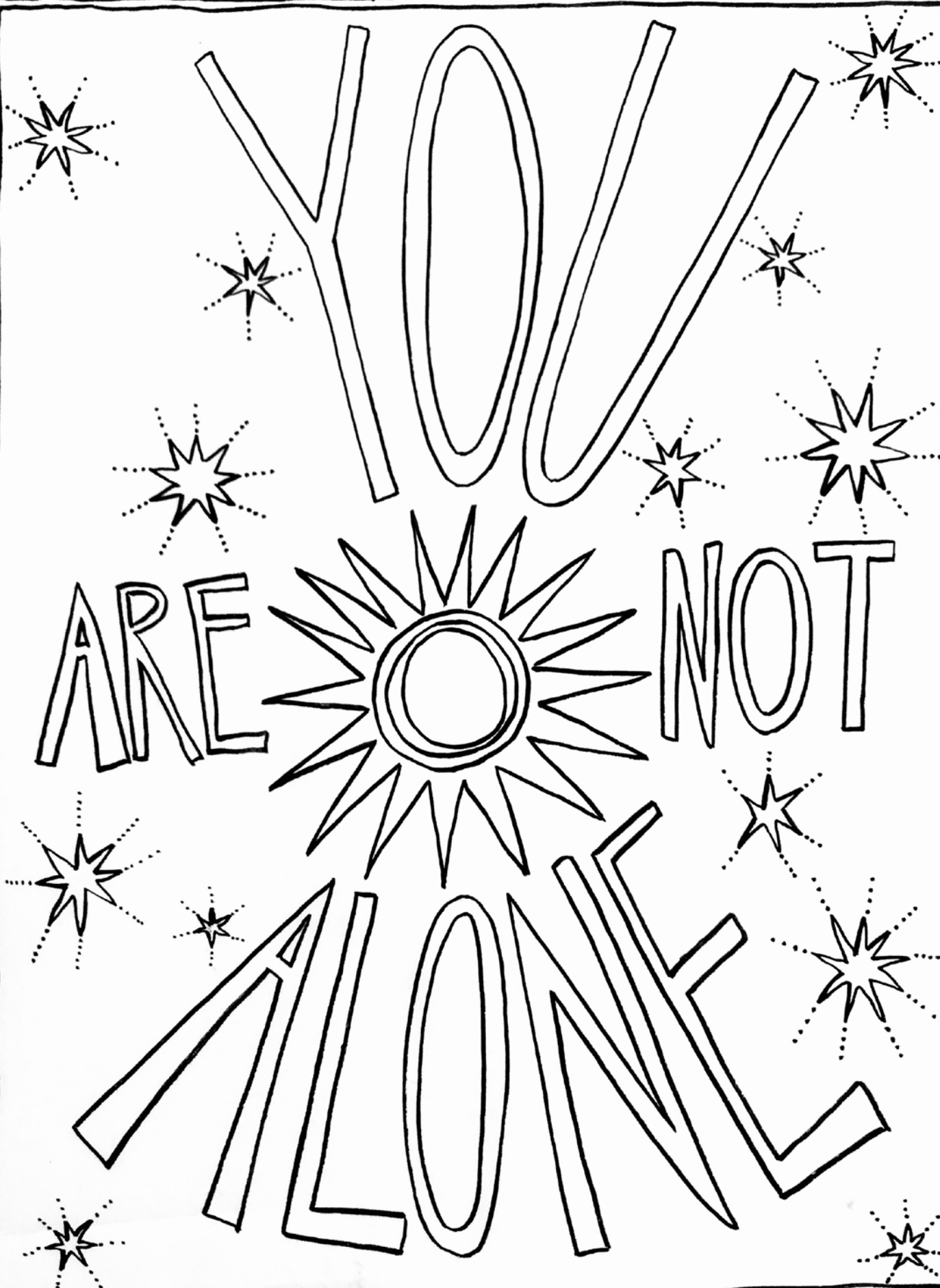
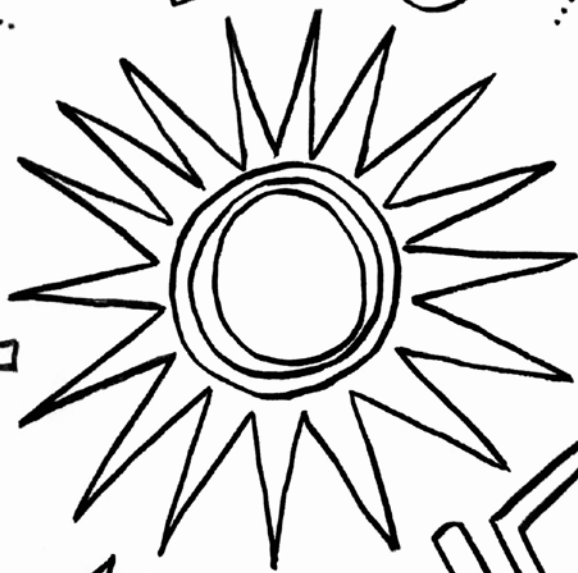


is FOR YES MEANS YES

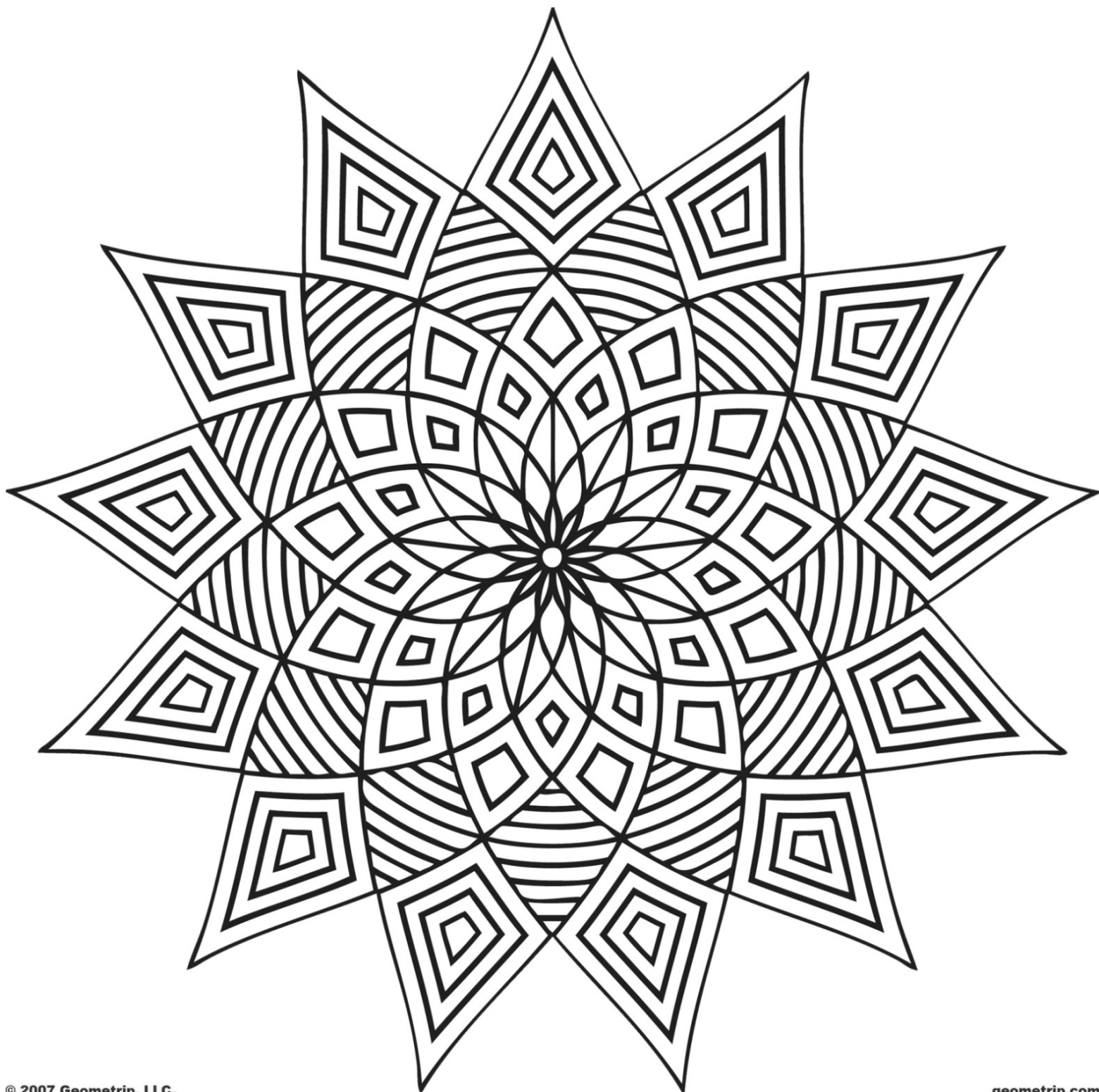


is FOR ZINES

YOU  
ARE NOT  
ALONE







“EMPOWERED

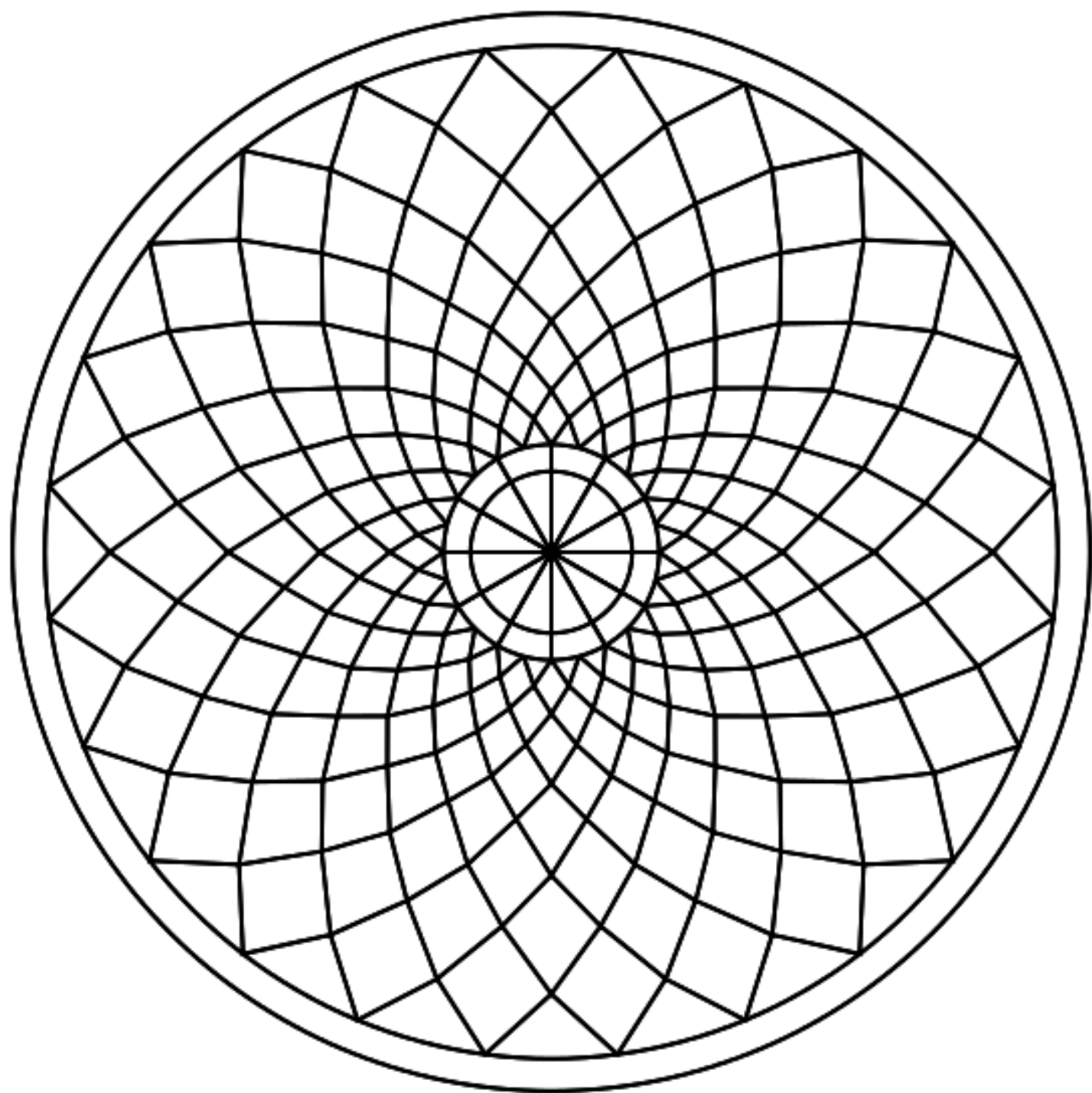


WOMEN

EMPOWER

WOMEN

- Gloria Steinem,  
Feminist Activist  
and Author



CUT OUT & COLOR

# PAPER DOLL

DRAW SOME  
TATTOOS ON ME,  
IF YOU WANT...

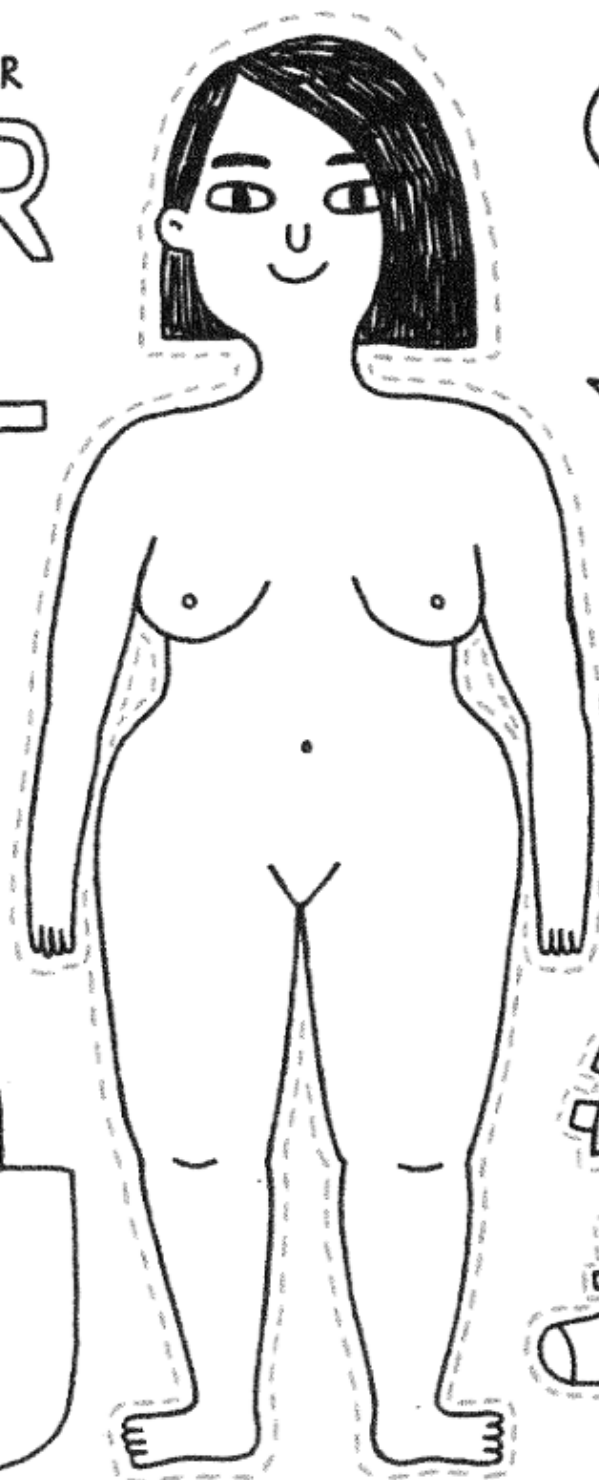
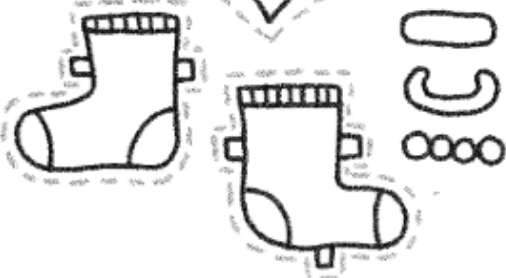
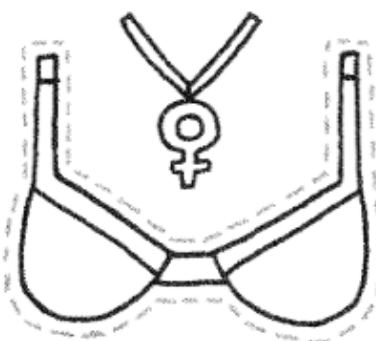
AND AS  
MUCH- OR AS  
LITTLE- BODY  
HAIR AS YOU  
LIKE.

DESIGN  
MY TOTE!



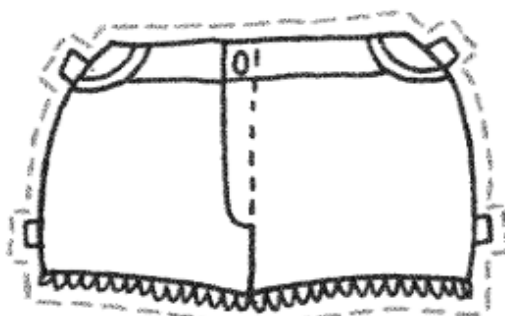
DRESS ME UP!

I CAN WEAR  
WHATEVER  
I DAMN  
WELL WANT  
TO WEAR!

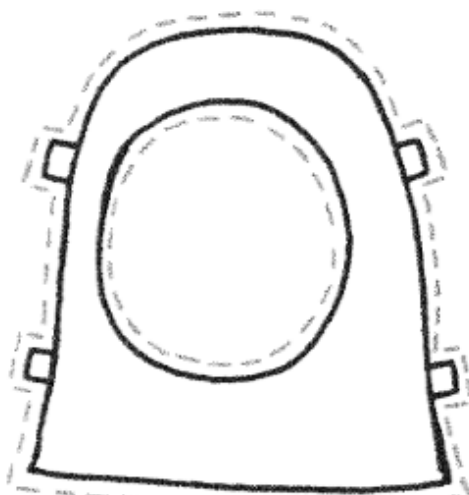




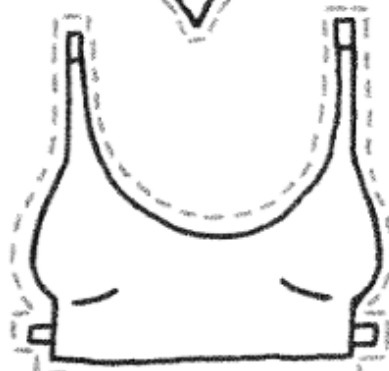
"ARE YOU  
BEACH BODY  
READY?"



"TOO REVEALING"



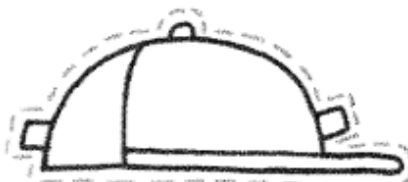
"OPPRESSIVE"



"TOO DISTRACTING"



"TOO  
GIRLY"



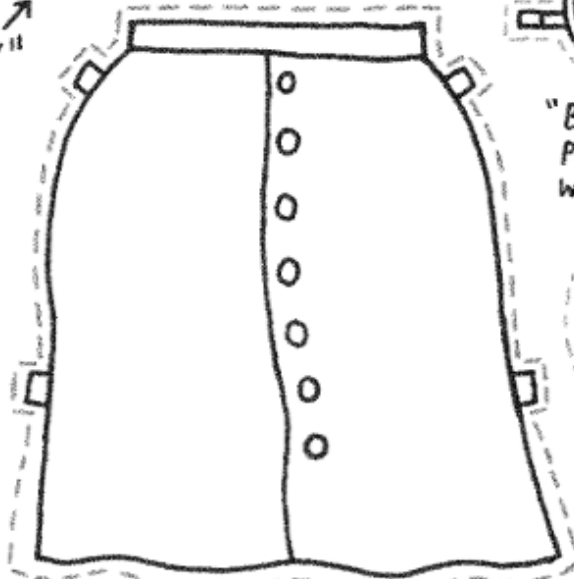
"UNFLATTERING"



"BOYS DON'T MAKE  
PASSES AT GIRLS  
WHO WEAR GLASSES"



"TOO MASCULINE"



"TOO DOWDY"



"INAPPROPRIATE"



# INSPIRATIONAL PIZZA BANNER

By Allegra







Cut out the notes and hide them places to find later :~

dream big today

you have so much to offer this world  
~ never forget that ~

you are loved, you are enough, don't change  
who you are for anybody.

thanks for being

YOU