

Tasty Recipes

Puzzles

Fun

Activities to do at home

Plus lots more!!



Bright Futures

1st Edition April 2020

Girls Club Magazine



Get in touch - Contact Details
can be found at the back

Welcome to our first Girls Club magazine

What you'll find:

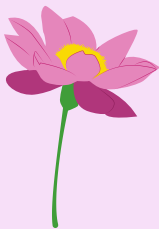


Coronavirus
Science Experiment



Lets Get Cooking - Tasty Recipes

Book Review



How to plant a flower

Exercise at home



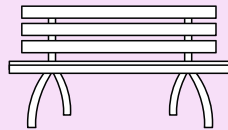
Healthy Relationships

Top tips to staying safe online

Jokes



Buddy Bench
Plus LOTS MORE!

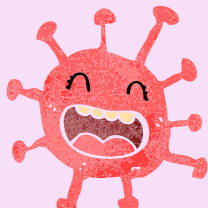


CORONAVIRUS

A virus is a teensy, tiny germ, way smaller than anything you can see. Viruses can make us sick, but they can't do anything on their own – they need to live inside another creature to survive. To do that, they have to get into our cells.

You may have noticed lots of adults talking about a "coronavirus." There is a new kind of this virus spreading around the world. It's called a coronavirus because "corona" means "crown" in Latin. And the virus looks like it's wearing a spiky crown.

You can help stop the virus by washing your hands. Using soap and water and rubbing your hands together to clean all your fingers, under the fingernails and between the fingers. You can sing the ABCs or come up with another tune that lasts about 20 seconds.





SAY NO TO GERMS

Science has got to be one of the coolest subjects around.

**Take part in our simple experiment to understand why
washing our hands is so important**

- **Fill a bowl with water – but not to the top.**
- **Sprinkle pepper on the top – The pepper represents germs like viruses that can make us sick.**
- **Stick one finger in the 'germs' and watch what happens.**
- **Put a clean finger in the soap and swirl it around until it covers the end of their finger.**
- **Put the soapy finger in the 'germs' and watch the germs try to escape.**



**A fun experiment
to understand
germs**



to



Of being a young woman

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Manage your own anxiety

RELAX

Even very young children can feel stressed and anxious, especially during times of change or upheaval. Luckily, there are lots of simple activities you can do together to help feel calm.

Top Tips to Relax:



- Use your mind - Find a food item, look at it, smell it, see what it feels like in your mouth, taste it and listen carefully to the sound it makes
- Have a giggle - Watch a funny TV programme, play a prank or tell a joke
- Breathe deeply - Lie down and take deep breaths for 5 minutes
- Stretch as tall as you can and then flop back down
- Colour in a picture
- Do a puzzle
- Listen to relaxing music
- Meditate - Look on Youtube for videos



Daily Routine Planner

Having a daily routine when you're working from home can help reduce stress. Use the template below and fill in with your daily activities.

Wake up, brush your teeth, get dressed and have a yummy breakfast

9:00 -

10:00 -

11:00 -

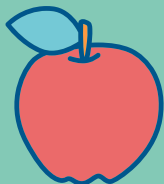
12:00 -

1:00 -

2:00 -

3:00 -

Remember to include daily exercise, fun activities and a good nights sleep!



ITZZA PIZZA PARTY!



1. Ask a grown-up to pre-heat an oven to 220°C fan / gas mark 8

2. Grease a baking tray with oil and put your tortilla on the tray.

3. Drizzle some more oil over the tortilla and then squeeze tomato puree on top. Then smooth it out with a spoon

- YOU WILL NEED
- OIL
- TORTILLA
- TOMATO PUREE
- VEGETABLES OF CHOICE

4. Add your toppings, using vegetables to make a face

5. Ask a grown-up to put the tortilla pizza in the oven for 4-6 minutes or until the cheese has all melted.



SEND US YOUR PHOTOS!!

Prep: 25 Mins
Cook: 15 Mins

Home Made Pizza with Veggie Faces

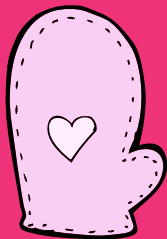
Strawberry Cheesecake



Ingredients:

- 250 g cream cheese (softened)
- 280 g Lemon Juice
- 200 g Digestive biscuits
- 250 g fresh strawberries (halved)

1. Line 10 holes of a muffin tray with oil. Mash up digestive biscuits until smooth and put in the bottom of the trays.
2. In a large bowl, using an electric beater beat cream cheese and lemon butter until smooth and velvety. Spoon the mixture evenly across the 10 biscuits.
3. Freeze for at least 3 to 4 hours. To serve, remove the base and garnish each cheesecake with strawberries.





Book Review

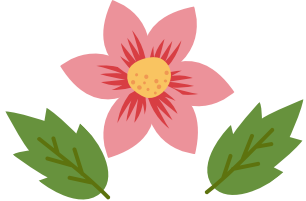
Children who read regularly get better at it...After all practice makes perfect! We would like you to review one of your favourite books!

Things to include:

- The title of the book
- The author of the book
- A summary of the book
- What did you like?
- What didn't you like?

Take a picture of you and your book and send in your reviews.





HOW TO PLANT A FLOWER

FOLLOW OUR SIMPLE STEPS TO PLANT A FLOWER

1. Fill your flower pot with small rocks until the pot is about $\frac{1}{4}$ of the way full. This allows the soil to drain out excess water.
2. Fill the flower pot with potting soil. Stop when there is a 1 inch lip at the top of the pot. If you don't add enough soil, the edges of the pot will cast a shadow over your young plants, denying them the sunlight they need to grow.
3. Evenly space 5 shallow wells around the edge of your pot, about 2.5 cm in from the edge. Place 2-3 seeds in each well and cover with 0.5 cm of potting soil.
4. Lightly pack down the potting soil with your hands and gently water each spot. Be careful not to flood your seeds so they break through the covering soil.
5. Find a sunny window for your new plant to grow. Be sure to water new seedlings regularly when the soil feels dry to the touch. Taking pictures every day is a fun activity for you to see how much they've grown!



Lets get crafty



Directions to Make Paper Roll Flowers

1. Paint the toilet paper rolls using green paint. Allow rolls to dry.
2. Cut out your leaves, approximately 10cm long using green paper. And cut out a smaller center using a lighter green paper. Put some glue on the small leaves and sprinkle with glitter. Glue these smaller leaves onto the larger ones.
3. Glue the leaves to the front of the toilet paper rolls.
4. Using different coloured paper, cut out different flower shapes like tulips and daisies. You can freehand draw your flowers.
5. Glue little pom poms onto the daisy shaped flowers.
6. Cut a half inch slit on each side of the toilet paper roll to slide the flower into.

Now place your flowers on display and make your own flower garden with them!

TRY OUR HOME WORKOUT CHALLENGE



Local Fitness Instructor Carla Graham has set a family friendly home workout.

30 seconds on each exercise- how many can you do?



- High knees
- Mountain climbers
- Star Jumps
- Frog jump
- Plank - can you hold this for 30 seconds?
- Burpees
- Get ups
- Squat thrusts
- Fast feet
- Punch outs



For demonstrations on each exercise please visit our Facebook Page

Simple steps to bicycle safety

Make your safety a priority

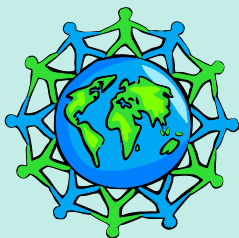


- 1. Always wear a helmet to protect your head**
- 2. Obey Traffic lights – Red means STOP and Green means GO**
- 3. See and Be Seen – Wear bright clothing so people and cars can see you**
- 4. Watch for road hazards & Pot holes**
- 5. Avoid riding in the dark to stay safe**
- 6. Use hand signals to let cars and people know where you are going**

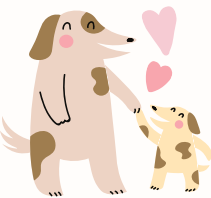
GUESS the COUNTRY

How to say hello in 21 different languages -

See if you can guess the country



Bonjour
Hola
Privet
Nǐn hǎo
Ciao
Yā, Yō
Guten Tag
Olá
Anyoung
Goddag
Ahlan
Goedendag
Yassou
Namaste



Relationships

Think about the relationships you have with others in your life. There are many kinds of relationships. The way we interact with others can have a big effect on our health. They can help to protect us by being supportive or can ruin our confidence.



Bright Futures Is This Love...



Think of an example of a good relationship you have and write a letter to that person telling them why you love them and how they make you feel.



Bright Futures Is This Love...

We've provided this information to help you to understand important things about staying healthy and happy. However, if you feel sad or unhappy, it is important to tell your parent, carer, a teacher or another grown-up you trust



For more information and support please visit our Facebook Page - Bright Futures Young Women's Project or contact 0191 455 1196



Healthy Friendships



Mark with a tick the statements
you think are 'Healthy Relationship' and mark with a cross the
statements you think are
'Unhealthy Relationship'.

1. You are afraid of your friends temper
2. Your friend threatens to hurt you
3. Your friend pressures you to do things you do not want to
4. Your friend tells you not to be friends with certain people
5. You feel happy around this person
6. You share secrets with this person
7. You're scared your friend tells people your secrets
8. You enjoy being around this friend but you also have other friends
9. Your friend listens to your problems
10. Your friend is happy when you do good at something

Remember to tell an adult if someone is being unkind towards you or your friends!

Staying safe online

The internet can be fun and you can learn lots of new things and talk to friends but there can be risks
Here are our top safety tips to follow:

- **DON'T GIVE ANYONE YOUR PASSWORD, NAME, ADDRESS, THE NAME OF YOUR SCHOOL OR ANY INFORMATION ABOUT YOUR FAMILY**
- **DON'T TALK TO STRANGERS ON THE INTERNET**
- **DON'T AGREE TO MEET ANYONE IN PERSON THAT YOU'VE MET ONLINE**
- **DON'T FILL IN A PROFILE THAT ASKS FOR YOUR NAME AND ADDRESS**
- **DON'T VISIT A CHAT ROOM WITHOUT AN ADULT'S / PARENT'S PERMISSION**
- **DON'T STAY ONLINE IF YOU SEE SOMETHING YOU THINK YOUR PARENTS WON'T LIKE**
- **DON'T POST PICTURES OF YOURSELF WITHOUT YOUR PARENTS' PERMISSION**
- **DO NOT DOWNLOAD OR INSTALL ANYTHING ON YOUR COMPUTER WITHOUT YOUR PARENTS' PERMISSION**
- **IF YOU HAVE ANY QUESTIONS ABOUT SOMETHING YOU READ, ASK YOUR PARENT OR GUARDIAN**
- **IF YOU ARE TALKING TO SOMEONE ONLINE AND THEY MAKE YOU UNCOMFORTABLE, REMEMBER YOU DON'T HAVE TO TALK BACK TO THEM**



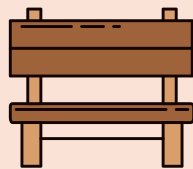
Bee a Buddy.

At Bright Futures we don't think anyone should ever feel lonely and should have someone to share their problems with. A lot of schools have a 'Buddy Bench' where children who feel lonely can sit on a bench and other students will be there buddy to cheer them up.

If you feel lonely or would like to talk to someone, you can write to Bright Futures and share your problem.

We we will act as an agony aunt and reply with a solution. Remember to include your name, age, school and contact details so we can get back to you.

We may need to tell an adult if we are worried about you!



X X X X X X

MAKE SOMEONE LAUGH TODAY!

SEND IN YOUR BEST JOKES SO WE CAN
SHARE THEM ON OUR SOCIAL MEDIA

What do you call a dinosaur that is sleeping?

A dino-snore!

What did the left eye say to the right eye?

Between us, something smells!

What do you get when you cross a vampire and a snowman?

Frost bite!

Why did the student eat his homework?

Because the teacher told him it was a piece of cake!

What did the Dalmatian say after lunch?

That hit the spot!

Why did the kid cross the playground?

To get to the other slide.

Why was 6 afraid of 7?

Because 7, 8, 9



FUN FACTS

- There are 2,000 thunderstorms on Earth every minute.
- The moon is very hot (224 degrees Fahrenheit, average) during the day but very cold (-243 degrees average) at night.
- Even in an airplane, a trip to Pluto would take about 800 years.
- The strawberry is the only fruit that bears seeds on the outside.
- The world's longest French fry is 34-inches long.
- Clouds look white because they are reflecting sunlight from above them.
- Only half of the dolphin's brain goes to sleep when asleep and the other half stays awake.
- The largest living animal is the blue whale, which can measure as much as 100 feet.
- The nose can detect a trillion smells!
- Human teeth are as strong as shark teeth!
- It is impossible for most people to lick their own elbow. (Try it)
- A crocodile cannot stick its tongue out.
- Dreamt" is the only English word that ends in the letters "mt"
- A hippopotamus can run faster than a man.
- Apples float on water.
- Your nose and ears continue growing for your entire life.



Baby Animals

DIRECTIONS: Fill in the crossword puzzle grid with the names of each animal's baby. Use the word bank if you get stuck.

Across

2. Sheep

4. Crocodile

5. Fox

6. Dog

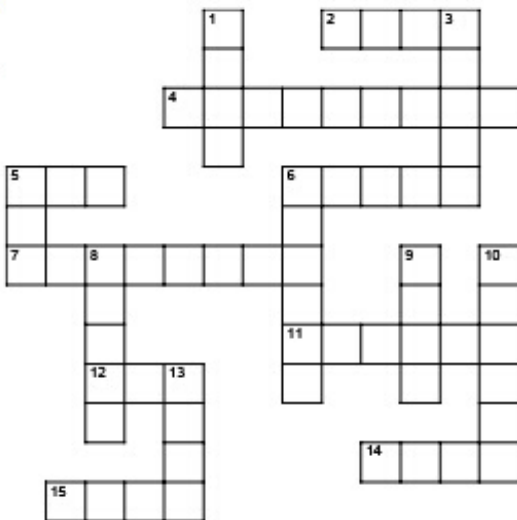
7. Duck

11. Eagle

12. Bear

14. Deer

15. Kangaroo



6. Pig

8. Chicken

9. Cow

10. Cat

13. Human

Down

1. Horse

3. Rabbit

5. Goat

WORD BANK

BABY
BUNNY
CALF
CHECK
CUB
DUCKLING
EAGLET
FAWN
FOAL

HATCHLING
JOEY
KID
KIT
KITTEN
LAMB
PIGLET
PUPPY

Easter Word Search



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

Basket
Bonnet
Bunny
Candy
Chicks
Chocolate



Dye
Easter
Egg Hunt
Eggs
Family
Flowers

Lily
Parade
Peeps
Rabbit
Spring
Sunday



Contact Us

We hope you liked our first magazine. If you would like to get in touch or send any photos to please see our contact details below.

- www.brightfuturesne.co.uk

- brightfutures@live.co.uk

- 0191 455 1196



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**'Bright
Futures Young Women's Project'**



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