



MUSIC

GIRLS ROCK LONDON

The GRL Guide to
Creativity and Wellbeing

FOR

YOU



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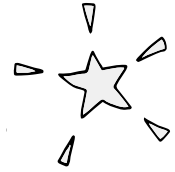
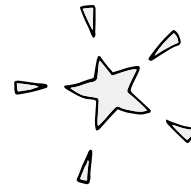
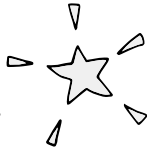
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Who is GRL? girlsrocklondon.com

At Girls Rock London we run music camps in Hackney for girls, trans and gender non-conforming youth aged 11-16. We believe in the power of music to help you feel good. We think that everybody should have the opportunity to get creative and have their voice heard. Creativity and wellbeing are connected and creativity can take many forms - for example art, music, craft and cooking.

There are four chapters in this book and each one contains different exercises and activities to help you get creative at home:

Take Inspiration

Inspiration can come from anywhere; these activities will help you find creative inspiration from the world around you.

Try New Things

These ideas will unlock your creativity if you feel stuck, adventurous or want to change it up.

Be Kind to Yourself

Getting creative shouldn't be about putting pressure on yourself or feeling bad; these techniques will help you stay kind to yourself.

Connect

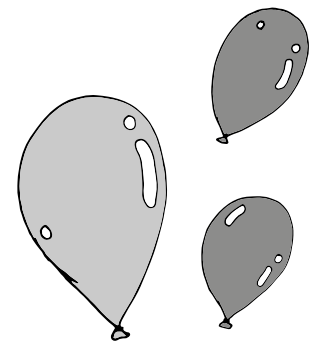
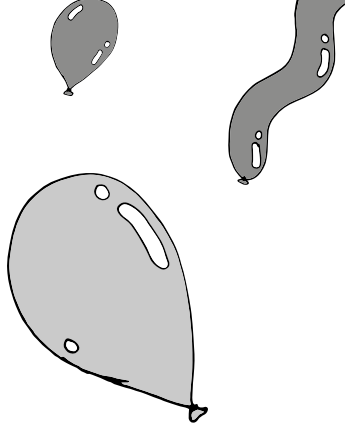
It can feel good to share your creativity with others. You can try some of the activities in this section with friends or show them what you are working on.

Feel free to show us what you are making by emailing us at girlsrocklondon@gmail.com or you can write to us at Girls Rock London, 27 Speranza Street, London, SE18 1NX

Sometimes you may just want to keep it for yourself. And that's fine too :)

How to Use This Book

There is no correct way to use this book! Different activities will feel good at different times - you can dip in and out and dot around. This isn't homework - it's yours to play with how you like. This book can help you create something, move your mood, or connect with somebody. Go with the activities that will work for you. Sometimes getting into a daily routine can help. You might like to set aside some time each day to be creative.



Let's Talk About Gender

Why Girls Rock London?

GRL is a music project for girls, women, trans and gender non-conforming youth and adults. The reason for this is that we see women and trans people excluded by the mainstream music industry, and we think those musicians deserve as much recognition and space as anyone else.

Girls, trans and gender non-conforming youth are often unfairly and negatively judged because of their gender, and dissuaded and excluded from playing music and expressing themselves creatively at school. This means they miss out on all the amazing benefits that creative freedom can offer. We know that the self-esteem of women, trans, non-binary and gender non-conforming people is lower than that of boys, especially during secondary school. Expressing your creativity by making music in a safe and supportive place can help everyone gain confidence and learn to support each other.

This is why we put our energy into making GRL inclusive in this way.

A world where young people and adults can be exactly who they want to be without feeling afraid of how others react is a world where we all can thrive and this is the world that GRL wants to work towards!

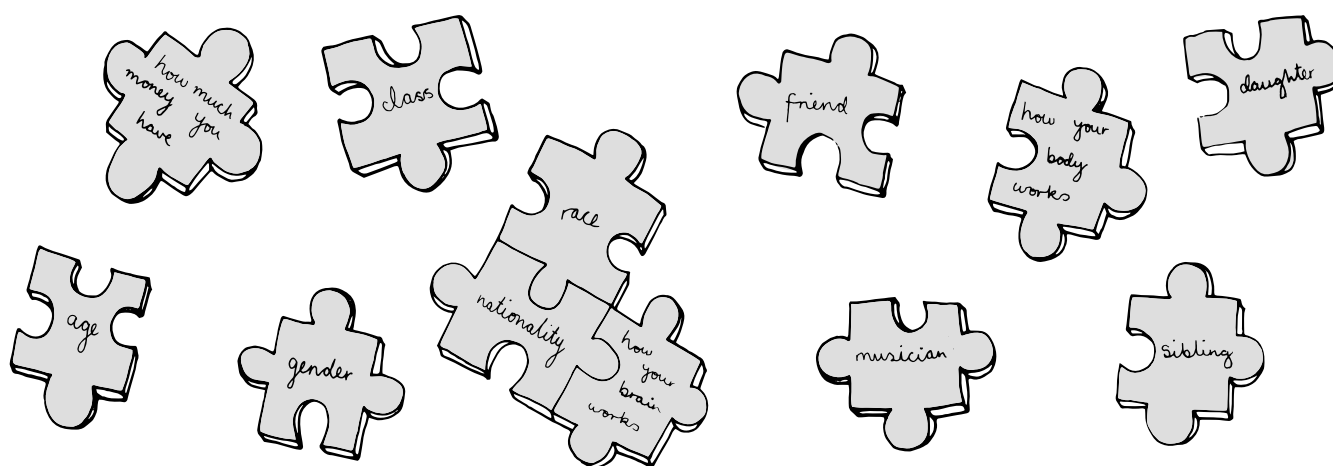
A Quick Note on Pronouns

Pronouns are words like 'she', 'he' and 'they'. They're what we use to talk about each other instead of always using our names. Not everyone will use the pronouns you might expect them to.

Try to remember to ask someone what pronouns they use before you make any assumptions, and if you make a mistake, it is ok to apologise and move on. It might seem difficult to understand or remember at first, but getting it right can make a HUGE difference to someone's day!

Identity Jigsaw

There are loads of other things that make up our identity as well as gender. A helpful way to think about it is to break our identity up into its separate pieces. Have a look at the examples on the jigsaw pieces below.



Some of these will change over time and some will remain the same all our lives. These combinations of jigsaw pieces are unique to us, and can produce very different experiences depending on what makes up your jigsaw. They can affect how we are seen by the world we live in, or might impact how much power we have. Just as with their gender, some people are unfairly judged or excluded because of how the world sees them.

At GRL we believe everyone has the right to be included and understood for who they are, and to take up space and be creative in our own ways. We're all different in an infinite number of ways, but we can all come together to support each other, in music and in life, to be the best that we can be as a community of unique individuals!

This idea that our identities are combinations of jigsaw pieces, and that they produce different experiences of the world for us, is sometimes called intersectionality. It was coined by lawyer, philosopher, civil rights activist and academic, Kimberlé Crenshaw, to describe the specific experiences of black women in the legal system in the United States.

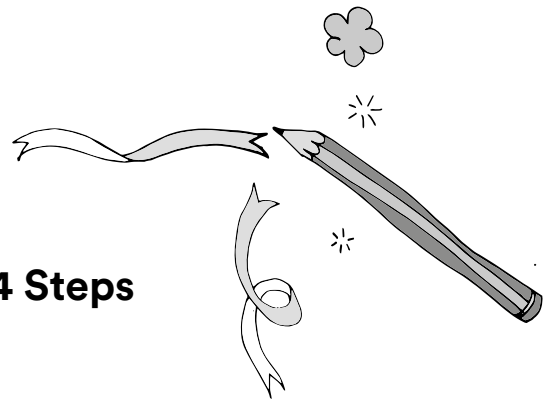
DIVERSITY



Different people do different things and have different feelings. It's so important that we have lots of different kinds of people in our community and that everyone feels safe.

Think about your friends. What are some of the ways you are different from them?
And in what ways are you similar?

Songwriting in 4 Steps



If you want to write a song, a good place to start is by breaking it down into these four sections:

1. Inspiration
2. Melody
3. Lyrics
4. Song structure

Inspiration

To write a song, you need a subject (this can be anything from a global problem to the socks on your feet) or motivated feeling (joy, anger, confusion, an activity you're passionate about, love - why do you think so many songs are inspired by heartbreak?) and then a melody, some lyrics and BOOM.

Melody

If you want to set your lyrics to music, (and you don't have to), you will need a melody. They might just come into your head and out of your mouth or you might play around with a musical instrument to find something you like. All you need to do is go for it - keep trying until something sounds right.

Lyrics

There aren't any rules to writing lyrics. You can write lyrics anywhere. You can write them before the melody is written or after you already have a melody in your head. Lyrics can be about anything and they don't have to make any sense at all. Just start writing until something sounds right to you. The exercise on page 9 is a really good way to start.

Lyrics can be direct and rhyme:

*I do my make up in somebody else's car
we order different drinks at the same bar*

(From Green Light by Lorde)

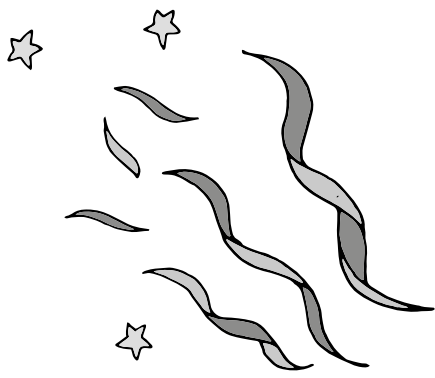
Or abstract and without rhymes.

There can also be rhymes within lines
(internal rhymes):

*I am free yeah yeah come water me
oh oh love your soul but if you don't I
have to leave oh no*

(From Water Me by Lizzo)

Rhyming is not essential but it can feel good and help with the rhythm.
Remember that the words don't have to rhyme exactly...



Structure

Every song has its own pattern or structure. You can make up whatever structure you want for your song or you can follow this familiar approach:

Verse 1: Often builds or rises towards the chorus.

The Chorus: is usually the catchiest part of the song. It's easy to sing along to and repeats throughout the song. The lyrics express the song's main message.

Verse 2: Follows the same tune as the first verse with different words to continue the storytelling. Often something is added to keep the song building. For example, another instrument might come in.

Second Chorus: Often repeats for extra impact.

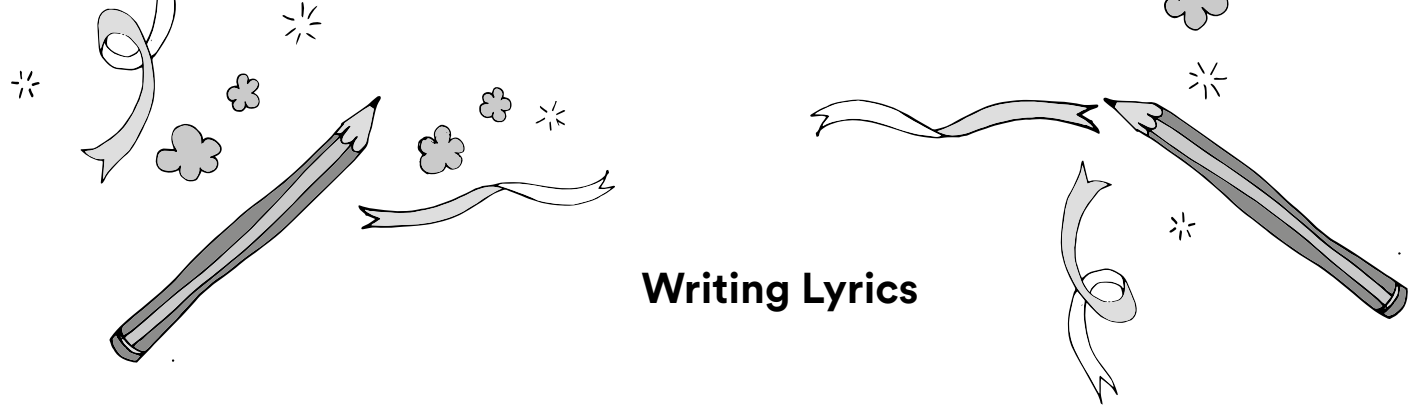
Bridge or Breakdown: is totally different to what has come before. It happens only once and can be very different in mood. By departing from the verse/chorus pattern it makes it even more effective when the final chorus comes in. In a breakdown, most of the instruments drop out and things are stripped right back to just voice and maybe the beat. Often the melody stays the same as the verse and then the sound builds back up towards the final chorus.

Final chorus: Often repeats many times and is the biggest part of the song. There is no correct way to structure your lyrics but this might give you some ideas. You can just write one long verse if you want.

There are no rules!

A good exercise for getting started:

Listen to your favourite song. Now try and write a melody and structure that is similar but different enough from that song so that it is still your own. You'll need to listen enough so that you understand the structure of the song. Write your own lyrics in your own way to fit the melody you have come up with. You can do this with lots of different existing songs as you start to develop your own style.



Writing Lyrics

You will need:

- A notepad/paper
- A pen or pencil

The idea behind this exercise is to write lots of words and then edit them down afterwards into something you like.

Start by writing an imaginary letter to a friend about something you enjoy - your favourite 'thing':

1. Pick a topic to write about. Anything you like!!!!
2. When you write, imagine that your friend has **never heard of what you are writing about**. This might feel strange but it will help you **go into loads and loads of detail**.
3. There is no word limit - write as much or as little as you like.

Tip

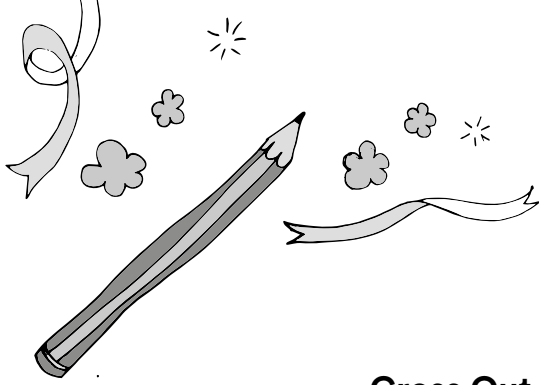
Use 'Who, What, Why, When, Where and How?' to help you when you think and write about your chosen topic.

For example, if you are writing about your favourite band, consider 'Who is in the band? What do they play? How do they play the instrument?'

4. You can write in full sentences or just specific words, it's up to you. The writing doesn't have to be perfect or make sense; the aim is to write some words and edit later.

Tip

Sometimes it can help to set a timer. For example, write for 10 mins without stopping and when the timer is up stop writing.



Cross Out Words to Make an Abstract Poem:

1. When you have finished writing, read your text all the way through.
Circle or underline words and phrases you like.
2. Now scribble out the words or phrases you didn't circle or underline, so that the only ones showing are the words you like. This process of crossing out will help you create an abstract poem – 'abstract' means it doesn't need to make sense. With these poems, you can read them from left to right, right to left, from top to bottom and bottom to top – your choice; it'll be different every time!
3. Instead of writing the letter, you can use magazines or newspapers and do the same process of crossing out the words you don't want to keep so that the words and phrases you like are visible to make your poem.

Example:

Writing

One of my favourite bands is Florence and the Machine. The instruments that the band members play are the drums, guitar, piano, harp and percussion, but there are also other instruments that sometimes are featured such as the violin, cello and a choir singing backing vocals. I love the way Florence sings and dances, even though I cannot sing or dance like her she inspires me to sing and dance in this energetic way. Their music can be upbeat and dynamic, but also can be mellow and peaceful. I enjoy the lyrics in the music because there are lots of natural images and metaphors, like water, trees and the sky. These natural images remind me of my favourite colours, different shades of blue and green, and I enjoy thinking and hearing about these colours and nature.

Edited writing/abstract poetry using the same piece of writing:

my Machine.
sometimes dances,
energetic dynamic
peaceful
natural water, trees sky.
shades green,
hearing nature.

Hi! We're the Big Moon



We wanted to put together some things to help you get started with writing lyrics. The silence can be daunting to pierce and some feelings can be scary to access, especially at times when everything around us feels very uncertain and unsafe. The wonderful thing about making music - or any kind of making really - is that you get to create that safety for yourself! You can write yourself into a whole new place, imagine the future you want to move into and say something you've always wanted to say! You have the power to be the rockstar that you want to see in the world. **How exciting is that.**

SO whether you have some music that you want to fit words to or you want to figure out the story of the song first - here are some lyric writing tips from us to help you get started and to shift you through the blocks.

☆ TBM'S TOP LYRIC TIPS :) ☆

Stream of consciousness

When trying to find the right words we find stream of consciousness writing really useful. It can often feel like the pressure to say 'the-exact-right-thing-in-the-exact-right-way' can block you from even getting started, so a way to move past that is to try just writing out everything you're thinking as it comes with no judgement. If it helps you feel braver at first, you can tell yourself that no one will ever see it and you can always delete it/cross it out/rip it up and start again.

Inspiration can come from anywhere

If nothing's coming to mind immediately try picking up a book. could be an old favourite, could be one that's lying around that you would never think to look at, could be a flyer that's been pushed through the door. See which words are jumping out at you, how do they make you feel? Why do you think they're what you're gravitating towards? Write them out and use them as a jumping off point. See what flows from there.

Remember. No judgement.

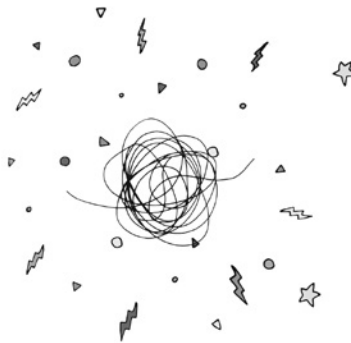
Walk away!

Once you've got everything out, walk away. Go make a cup of tea, put some laundry on, make your bed, tidy your room (I think these are just all the things I know I need to do right now, but your activity could definitely be funner). Just something where you're moving and lightly focussing on something else juuuust enough to give your brain a bit of a break and allow the ideas to ruminate.

Come back!

It's a wonderful magic feeling when you notice that connection happening between your subconscious and conscious brain. And trust yourself! You know how you feel. This exercise is just about making sure you're taking the time to listen to yourself and then getting it out into the world. There is always someone who needs to hear what you have to say. And sometimes that isn't even words, it's just a gutteral screaaaaaaaam right from the middle of your chest. But that is one of the other joys of being in a band.

When you come back to your word splurge you can see it all with fresh eyes and most of the time it'll be much better than you remember. Promise. Say the words out loud. Hear how they sound and how they feel to say or sing. They are meant to be heard and you are meant to voice them so give them their time to shine! If you've just got fragments of lines or words you can move them around and see what they look like or how they sound next to each other. You might begin to see an idea forming or a theme running through that you weren't aware of when you were writing them.



Talk to other people

Another thing you can do to shift you when you're stuck is to reach out to other people. The idea that art is made by one perfect genius who sits down and writes it from start to finish completely on their own is a total myth. You need people to bounce ideas off, people to encourage you to keep going with something, people to tell you when maybe something isn't quite working.

It can be scary to be vulnerable but pick someone you feel safe with and trust that they'll be good to you and your feelings. They might not always come back saying it's 100% perfect and that's ok too. It's good even! You might have been thinking something wasn't quite right but needed someone to confirm it for you, but also maybe you completely disagree with them and it makes you wanna stick harder to your idea. Take time to think about what they're saying and why they're saying it. If it's someone you respect and trust, value their input as much as you'd like them to value your songwriting.

Take the pressure off

And finally even if you didn't write a song today or nothing felt like it came together, that's ok. Sometimes it comes and sometimes it doesn't. Sometimes stuff pours out of you and that is a wonderful feeling! But it isn't always like that. And usually when that flow happens it's because the thoughts have actually been swimming around in your brain and body for a while, waiting for the right moment to come out. A slow percolation rather than a flash of inspiration. Be kind to yourself and come back to it later. But do keep making that creative time and space for yourself. **You really deserve it.**

Music Hall of Fame: 13 Artists of Colour

These artists have paved the way for women of colour making music in the UK today. Have you heard of them? If you can, why not look them up and have a listen to some of their music?

Does their music remind you of anything you enjoy listening to today?



Joan Armatrading

Known for her wide range of genres – including rock, folk, jazz, blues, soul and reggae, she has released 18 studio albums, with a career spanning over 40 years. Awards: Ivor Novello award and Lifetime Achievement Award, BBC.



Shirley Bassey

Best known for recording the theme songs to James Bond films, she was the first Welsh person to gain a number 1 in the UK charts. In 1977, she received the BRIT Award for Best British Female Solo artist in the previous 25 years and in 2000, she was made a Dame!



Sade

Sade formed their band in the early 80s. Their debut album sold over 6 million copies, making it one of the top-selling debut albums ever by a female vocalist. Sade have released 7 albums, won 3 Grammys and have sold more than 75 million records worldwide.



M.I.A

Rapper, singer-songwriter, producer and political activist M.I.A is known for her combination of alternative, dance, electronic and hip hop. She is also a visual artist, filmmaker and designer, has released five studio albums and founding her own record label, N.E.E.T Recordings.



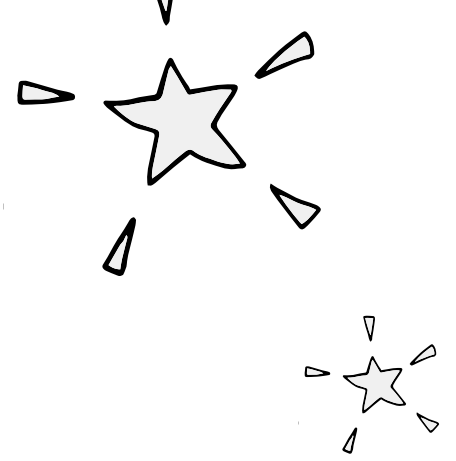
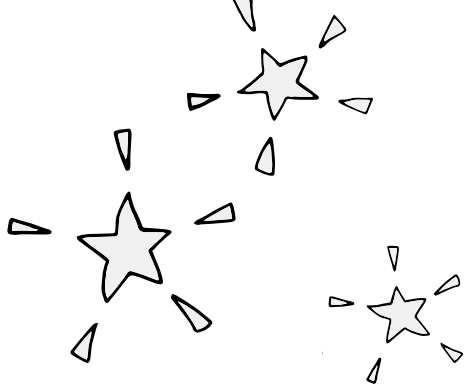
Poly Styrene

Frontwoman for punk band X-Ray Spex, Poly Styrene has been described by Billboard as the 'archetype for modern day feminist punk'. The band's first single Oh Bondage! Up Yours!, released in 1977, is regarded as a classic punk single, punctuated by Styrene's distinctive, powerful voice.



Pauline Black

Lead singer of two-tone band The Selecter, Pauline Black is often credited alongside bands The Specials and Madness for starting the ska revival movement in the late 70s. The Selecter released 4 singles that entered the top 40 in the 70s and 80s, including the hit 'On My Radio'.



Music Hall of Fame: 13 Artists of Colour



Ms. Dynamite

Rapper, singer, songwriter and producer Ms. Dynamite released her debut album *A Little Deeper* in 2002, winning the Mercury Music Prize for Album of the Year. In 2003, she won 2 BRIT Awards for Best British Urban Act and Female Solo Artist.



Leona Lewis

Known for her wide mezzo soprano vocal range, Leona Lewis rose to fame when she won *The X Factor* in 2006. Her single *A Moment Like This* peaked at number 1 for 4 weeks and broke the world record for having 50,000 downloads within 30 minutes.



Gabrielle

Pop singer-songwriter Gabrielle released her first single *Dreams* in 1993, topping the UK charts. She has released 5 albums and won the BRIT Award in 1994 for British Breakthrough Act and in 1997 for Best British Female. In 2008, she was awarded the Ivor Novello for Outstanding Song Collection.



Estelle

Singer, songwriter, rapper, producer and actress Estelle is best known for her number 1 hit *American Boy*, which won her the Grammy for Best Rap/Sung Collaboration. She has gone on to work with artists such as John Legend, will.i.am, Kanye West and De La Soul.



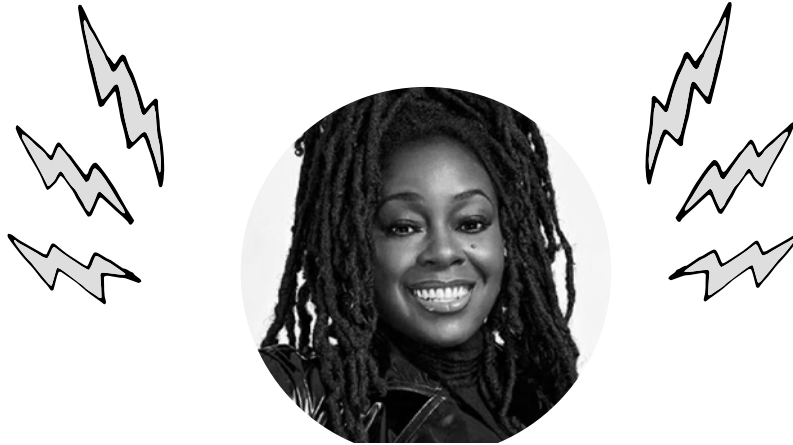
Bat For Lashes

Singer, songwriter and multi-instrumentalist Natasha Khan (*Bat For Lashes*) has released 4 studio albums, receiving three Mercury Prize nominations. In 2010, her single *Daniel* won the Ivor Novello award for Best Contemporary song.



Beverley Knight

Beverley Knight released her debut album, *The B-Funk* in 1995. Widely labelled as one of the UK's greatest soul singers, Knight has released 8 albums and starred in West End shows *The Bodyguard* and *Memphis*. In 2006, she was appointed an MBE for her contribution to UK music.



Caron Wheeler

Caron Wheeler was one of the founding members of female vocal group Brown Sugar and backing vocal group Afrodiziak, recording vocals for the likes of The Jam and Elvis Costello. She went on to release two solo albums, her music characterised by themes of love and empowerment, as well as black history.

In 1990, Wheeler won two Grammy awards for her collaboration with Soul II Soul on the tracks Back To Life and African Dance. In 2012, she was honoured with the PRS for Music Heritage Lifetime Achievement Award.

Who are the women of colour making music in Britain today that you like?
What do you admire about them?

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We will add your suggestions to our playlist of UK women of colour if you email us at girlsrocklondon@gmail.com or write to us at **Girls Rock London, 27 Speranza Street, London, SE18 1NX**

Source: Women's Music News



Musician Profile: Evelyn Glennie



Dame Evelyn Glennie was born in Scotland in 1965, where she grew up on a farm. She is the first person in history to have a full-time career as a solo percussionist, performing worldwide with the greatest orchestras, conductors and artists.

Evelyn had a prominent role in the Opening Ceremony of the London 2012 Olympic Games, leading 1000 drummers! She has performed in the world's most famous music venues, and has also taken her music into prisons and campaigned for better music education.

Evelyn was awarded an OBE in 1993 and now has over 100 international awards. She was recently appointed the first female President of a charity called Help Musicians.

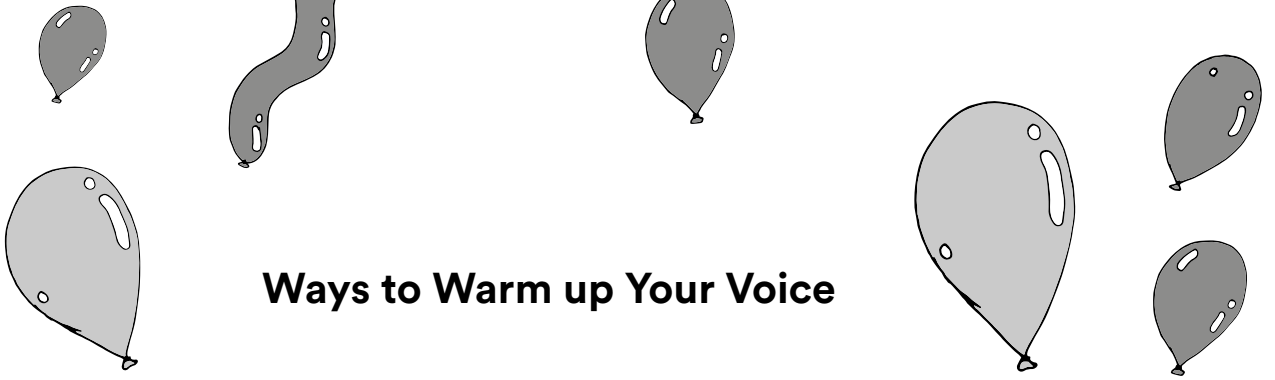
Evelyn started to lose her hearing at the age of 8, and was profoundly deaf by the age of 12. Glennie thinks that deafness is misunderstood by the public.

She explains that she taught herself to hear with parts of her body other than her ears. She regularly plays barefoot during both live performances and studio recordings to feel the music better.



Sources:

www.evelyn.co.uk | en.wikipedia.org



Ways to Warm up Your Voice

Your voice is an instrument that you carry with you everywhere you go. Even if you don't feel confident singing in front of other people, you can sing for yourself. You can also use your voice to write songs.

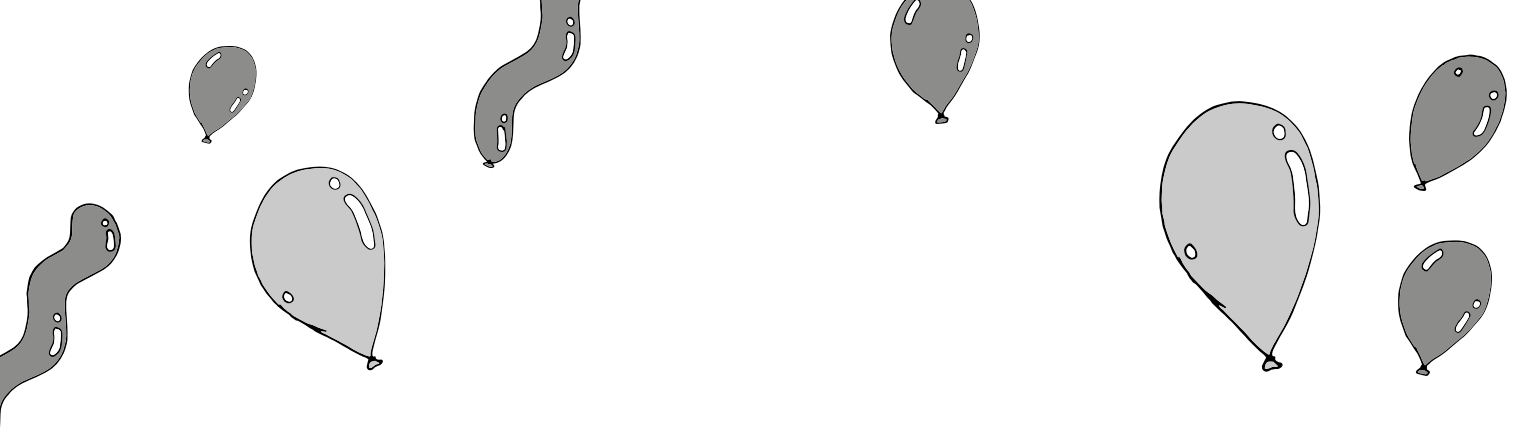
Warm up Technique 'Sirening'

- Say the word sing, then say singgggg.
- Once you've found that soft smooth 'ng' sound at the end of sing, slide the pitch up and down a little bit. If you like, you can imagine your finger is some sort of fly and take your fly on a journey up and down, following with the 'ng' sound in your voice by getting higher and lower.
- See if you can go a little higher and lower each time. If you find any places in your voice which feel less smooth, take your fly on little spirals around that area to smoothen it out.
- The "ng" sound is a great one to work with, as it allows you to explore the very top and bottom of your vocal range safely, without straining your vocal chords.

Loosening the Muscles

- Run your tongue along the front of all of your teeth, right to the back, on the top and bottom. You can work in circles, all the way from left to right at the top, and then all the way from right to left on the bottom.
- See if you can do this ten times in one direction and then ten times in the other direction. Your tongue will probably get quite achy and tired, this is good! This helps to loosen up the muscles in the tongue. You should find that this exercise helps your "singggg" sounds to get much smoother and easier!

GRL volunteer and songwriter Rose says: This is my favourite warm up as it always leaves my voice feeling really flexible and ready to go - AND, as it is quiet and subtle, you can do it anywhere. I've often done this on the tube on the way to recording sessions or rehearsals!

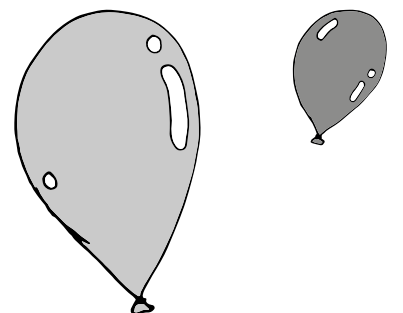
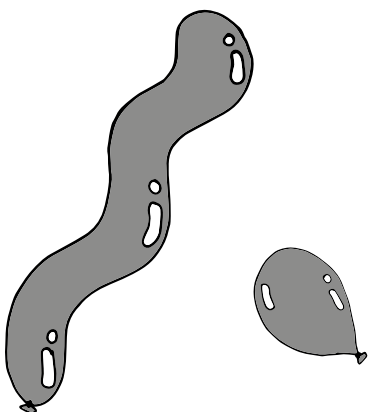


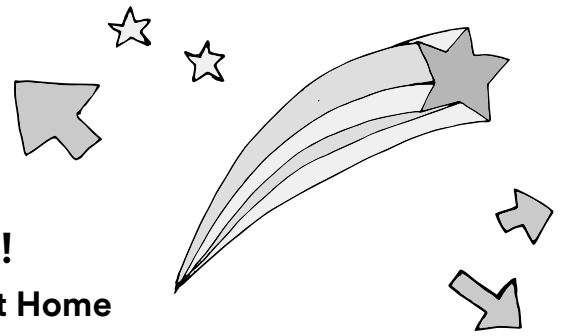
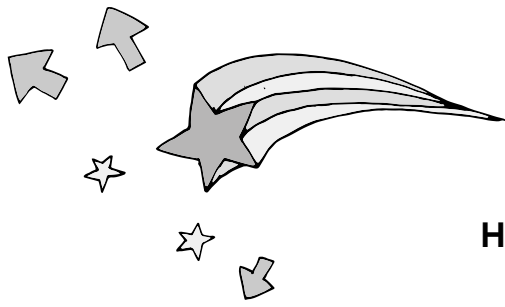
If you fancy something a little more calming, try this warm up:

- Lie down on a comfortable but firm, flat surface - preferably not your bed so you won't fall asleep!
- Raise your head with 2-3 books to give you good spine alignment.
- Place your hands by your side, palms facing upwards.
- Inhale and exhale 5 times each. Close your eyes or keep them open.
- Imagine your breath mimicking the sound of the ocean's tide, washing back and forth. The tide washes in and as it washes out, it takes all your tension away. Feel everything relaxing, from the muscles in your face, neck and shoulders to your stomach, knees and toes.
- Following your final exhale, take another breath in and on that exhale, make a noise. Start with a yawn and then a sigh and build up to a tone that lasts longer. Experiment with changing the pitch (high or low), length (long or short) and quality (clear, breathy) of the sound.

Don't be afraid to let go and let those higher sounds through!
Every sound you make is perfect!

Enjoy!





DIY Percussion!

How to Make a Shaker at Home

You will need:

- A container e.g. an empty water bottle or kitchen roll tube. A plastic container for food (any size you like!)
- Stuff to put into the container. e.g. rice, grains, dried beans, dried pasta, paper clips

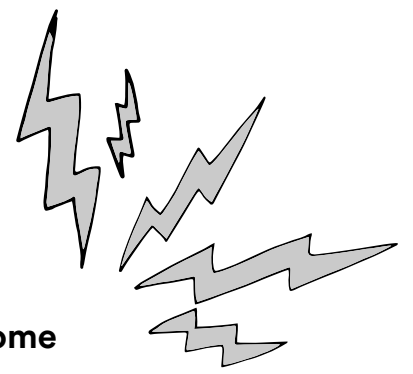
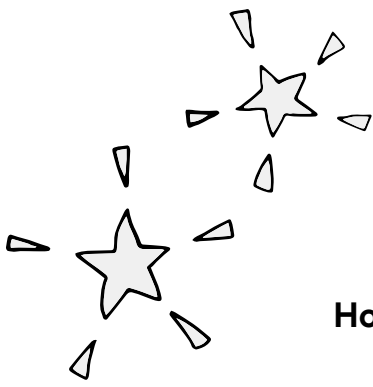
You may need:

- A pair of scissors
- Sticky tape or masking tape
- A ruler
- Paint or other arts and crafts materials to decorate your shaker

Let's Get Making:

1. Take your chosen container and fill with the small materials you have available. You could use just one type, such as rice or pasta, or fill the shaker with a mixture of materials to create different sounds and textures.
2. Seal up any parts of the shaker that are open with tape so that the shaker mix inside doesn't fall out!
3. Shake!
4. You can repeat these steps to make different shakers of different sizes, using containers made from different materials and use different small objects to put inside the container to make your own unique shaker set!

* If you are using a kitchen roll tube, cut 4 tabs using a pair of scissors on each side of the cylinder measuring 3cm each. Fold the tabs over on one end of the cylinder and secure with tape. Keep the other side open to fill with small objects before sealing with tape.



DIY Drum Kit!

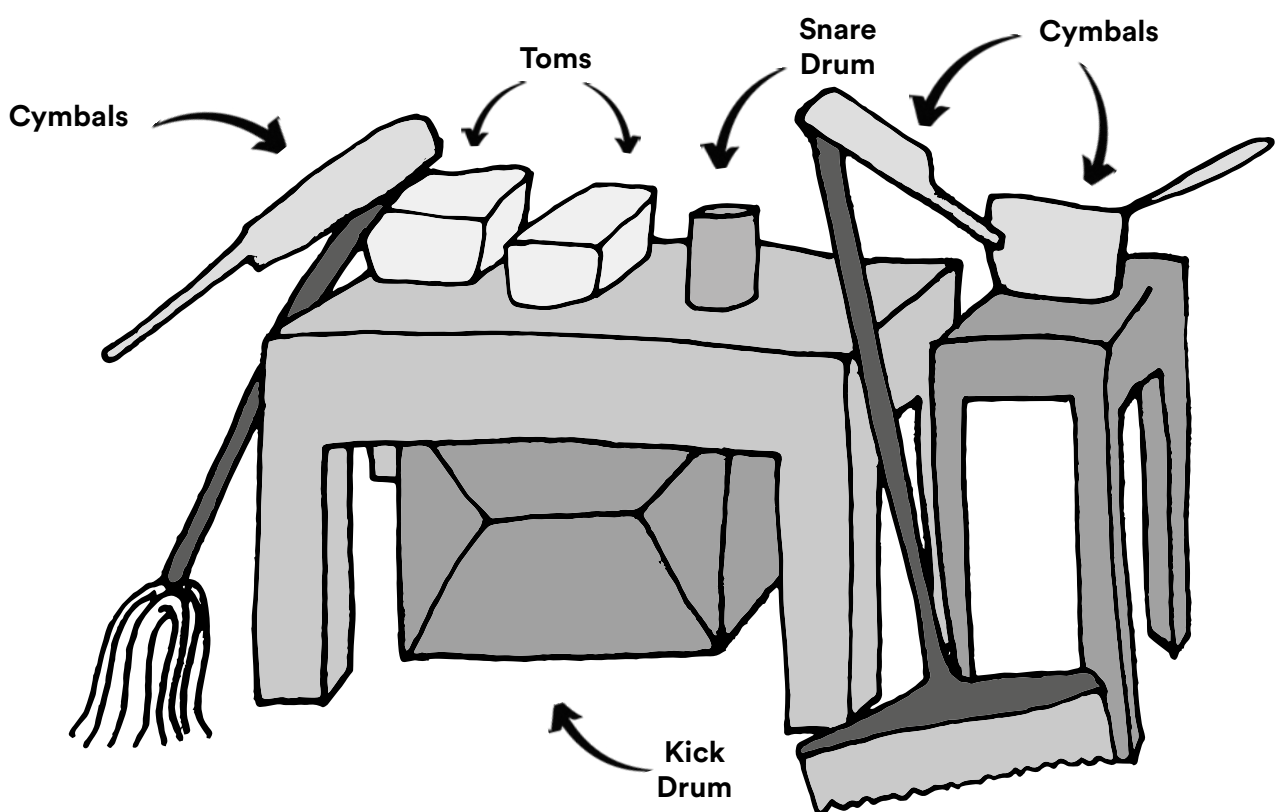
How to Make Your Own Drum Kit at Home

Play the drums at home by making your own drum kit with stuff from your kitchen!

You will need:

1. 1x Big box (for example, the package of a medium-large electrical appliance) this will be your **Kick Drum**.
2. 3x Pots of different sizes –you can also use pans. These will be your **Cymbals**.
3. 3x Plastic boxes –like the ones used to pack mushrooms. These will be your **Toms**.
4. 1x Tin with a lid filled with stuff made out of metal, like a pack of push pins. You want for it to rattle a little, as this will be your **Snare Drum**!
5. 3x Stands (1x for each pot). Here you have to use your imagination! Maybe you can use a broom, an upright vacuum cleaner, a mop, or a tower fan.
6. Make your own drumsticks! For example, you can use chopsticks or pencils.

Tip: Tape your toms and snare drum to a table to prevent them from moving when you're hitting them





Recipe: Banana Ice cream



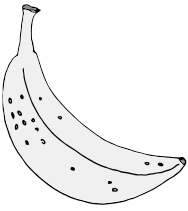
Ingredients:

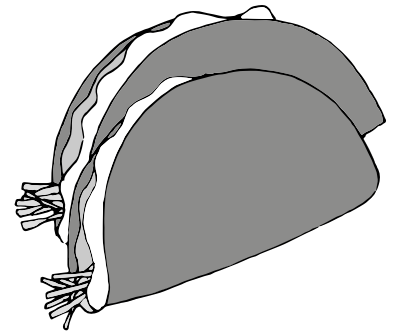
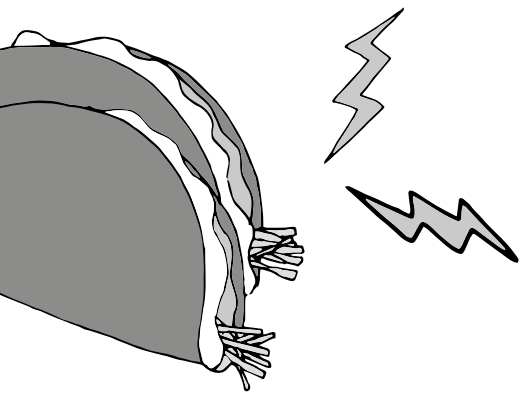
4x ripe bananas
Extra Flavours! Oreos, peanut butter, Nutella,
milk/oat milk/soya milk, etc.

Blender/Food Processor



Method:

1. Slice up the bananas and pop them in the freezer for at least 2 hours
(You could just put them in overnight!)
 2. Take it out of the freezer and blend it with a hand blender/smoothie blender
(or just mash it up with a fork! Warning: It can take a lot of blending to get the banana
to be smooth like ice cream but stick with it and you will get there!)
 3. Add your extra flavours: Oreos, peanut butter, chocolate chips, nutella - or really
anything you can think of - and whizz it up in the blender. You can add a little milk
here if you need to make it easier to blend
 4. Put the mixture in a tupperware with the lid on and freeze it until solid!
- 



Recipe: Tacos

Ingredients:

1x packet (usually 500g) minced beef or Quorn mince

Diced onion

1x teaspoon paprika (optional)

1x teaspoon cumin

Salt and papper to taste

1x teaspoon mixed herbs OR dried oregano (optional)

1x packet of crispy tortillas

Method:

1. Chop the onions into small cubes
2. Add oil to pan, wait for it to be hot and put in onions
3. Add the mince beef/quorn and stir for 5 mins until brown
4. Add the spices and stir, leave this to cook for 20 minutes until cooked through

Taco Toppings!

Grated carrots

Grated cheese

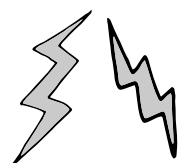
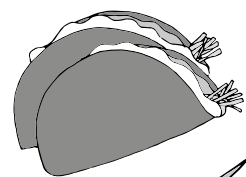
Salsa sauce

Avocado

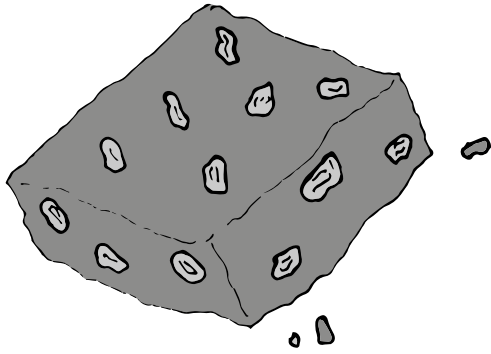
Sour cream

Lettuce

Cucumber



Load your hot and cold fillings into the tortilla shells and enjoy!



Recipe: Flapjacks

Ingredients:

200g jumbo porridge oats

125g butter (or coconut oil if you're non dairy)

50g sugar (preferably light brown soft sugar, but any will do)

6x tablespoons golden syrup/honey

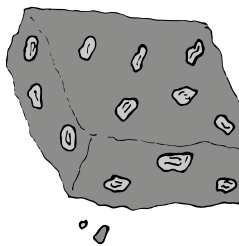
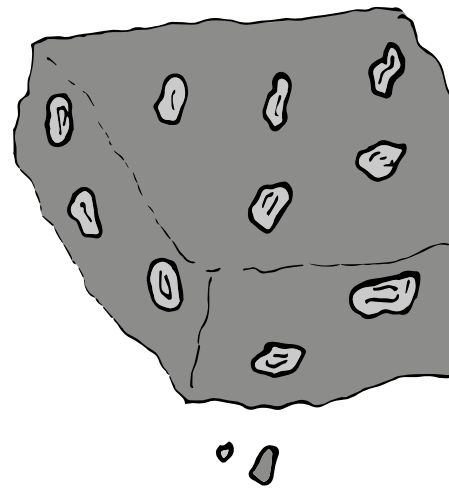
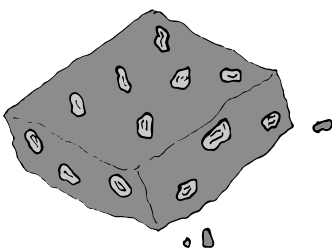
40g optional dried fruit of your choice – dates, raisins, sultanas, mango, apricot, any of them!

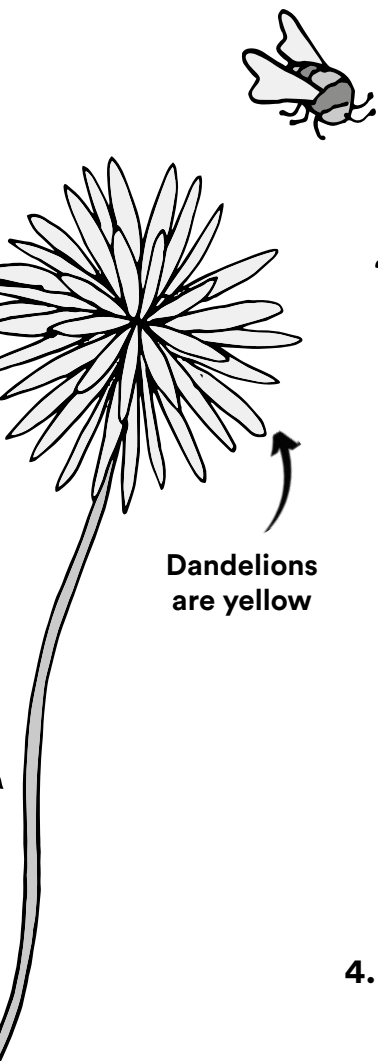
40g optional nuts and seeds of your choice – hazelnut, walnut, pumpkin seeds, sunflower seed, pecan, any good old nut!

Method:

1. Heat oven to 200C or 180C Fan
2. Put everything in a bowl and mix it up until it sticks together
3. Lightly grease a 20x20cm baking tin with butter/oil and put the mixture in
4. Press into the corners with the back of a spoon so the mixture is flat
5. Put in oven and bake for 15 minutes until golden brown
6. Take out of the oven and leave to cool completely
7. Cut into about 12 pieces

Enjoy!





Recipe: Dandelion Honey

Ingredients:

1x cup of dandelions Water
1.5x cups of sugar
4x tablespoons of lemon juice

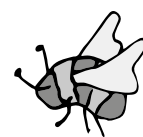
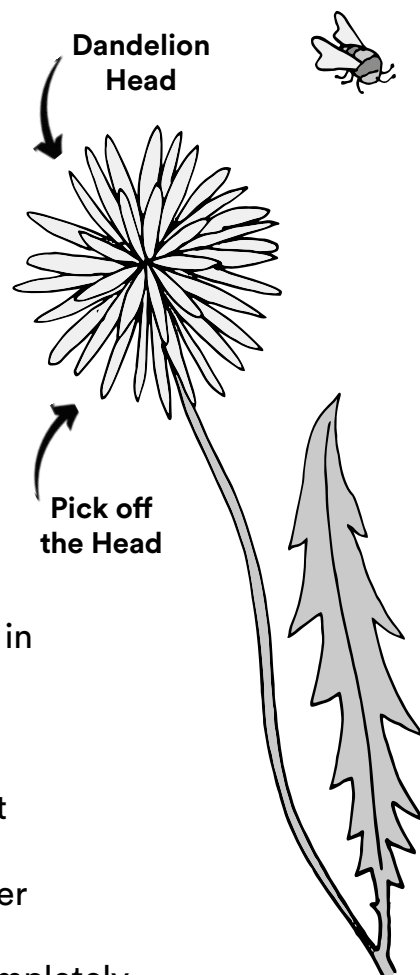
You will need an old jar to store your honey in

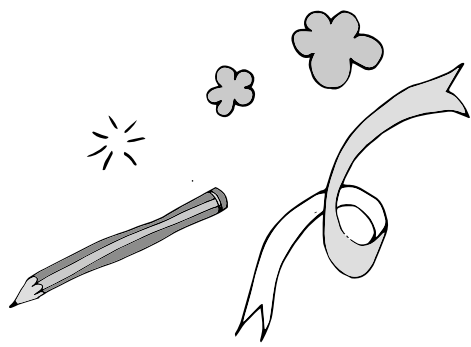
Method:

- * Important:** you must sterilise the jar first
1. Heat your oven to 160C
 2. Wash and dry the jar with hot soapy water
 3. Put into a hot oven for 10 mins
 4. Using oven gloves remove and leave to cool completely

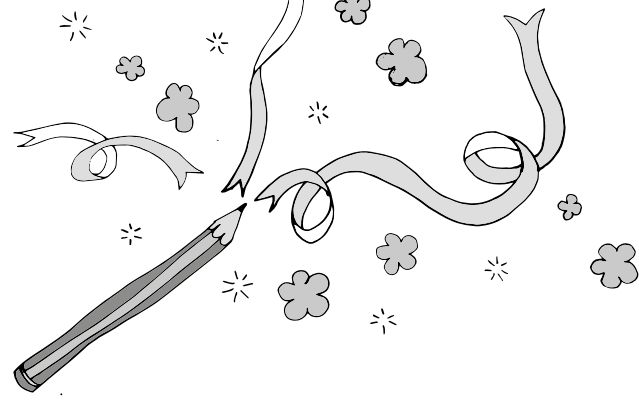
The Honey:

1. Pick the heads off the Dandelions (make sure to brush off any bugs)
2. Remove the petals from the flower and set them aside
3. Add the petals to a pan with 3 cups of water
4. Bring the petals to boil and then let it simmer for 15 minutes
5. Remove from the heat and let sit for at least 2 hours
The longer they're left, the strongest the flavour
6. Strain the petals and water.
7. Chuck the petals in the compost and set aside the water
8. Put the liquid in a pot and add 1.5 cups of sugar and 4tsp of lemon juice.
9. Boil for 15 minutes
10. Pour the mixture into an old jar and let cool
The honey can keep for up 3 months





Flow Drawing

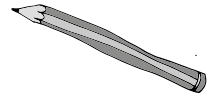


The aim of these exercises is to enjoy the process of creating and drawing rather than focusing on what the drawing looks like. You don't need to have any drawing experience to try these activities.



You will need:

- A notepad or pieces of paper
- A pen or a pencil



1. Pick an object/subject you have in your home to draw; for example, a tea/coffee cup, a plant, or even someone you live with.

Take your plain piece of paper and your pen/pencil and draw the object/person without looking at the piece of paper or taking your pen/pencil off of the paper, so that the sketch is created using one line. When you feel like you have finished you can stop drawing.

Take a look at your drawing, what do you think of it? What do you see?

You can repeat these steps to practice drawing without looking at the paper. This is also fun to do with other people at the same time.

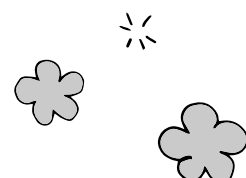
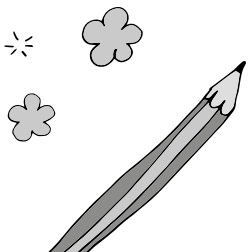
2. With your pen or pencil, draw on the paper in front of you without looking at the paper - you can either close your eyes or look at something else as you draw/scribble on the page, whatever you feel comfortable doing.

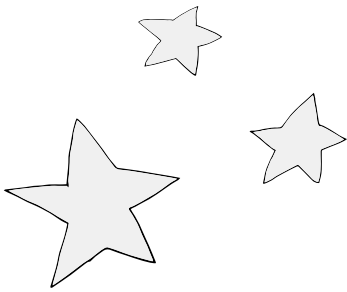
You don't need to think about what you are going to draw, just let your pen/pencil take the lead. You can scribble quickly or slowly, draw big or small lines etc - whatever you feel like doing in that moment.

What did it feel like to create in this way?

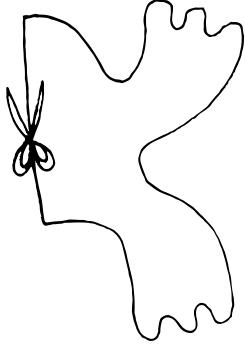
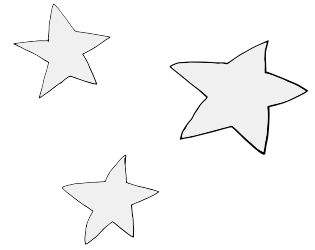
You can try this technique when you feel any emotions like anxiety, sadness or frustration, or happiness – it can help to translate any thoughts and feelings onto paper in a creative way.

You can then write the date on the back of the drawing so that when you do this exercise more often it becomes a bit like a visual diary.

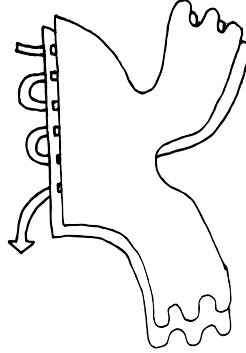




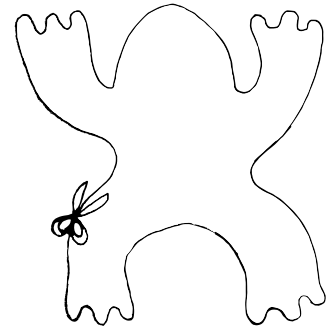
How to Make a Felt Frog



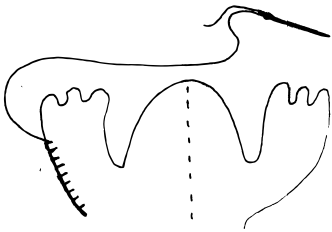
1. Using the first template, cut two shapes out of the felt.



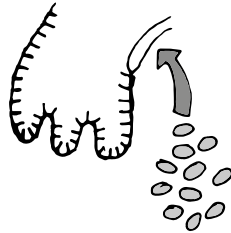
2. Sew them together using a needle and thread. (this is the top of the frog)



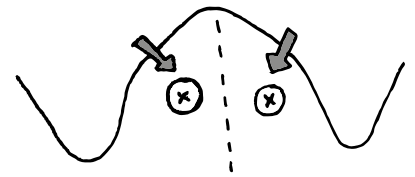
3. Cut out second template from the felt. (this is the bottom of the frog)



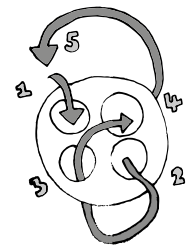
4. Sew the top and bottom of the frog together using blanket stitch - see inside the box below. Leave a hole for the filling.



5. Fill the frog with lentils or rice until it feels full enough.

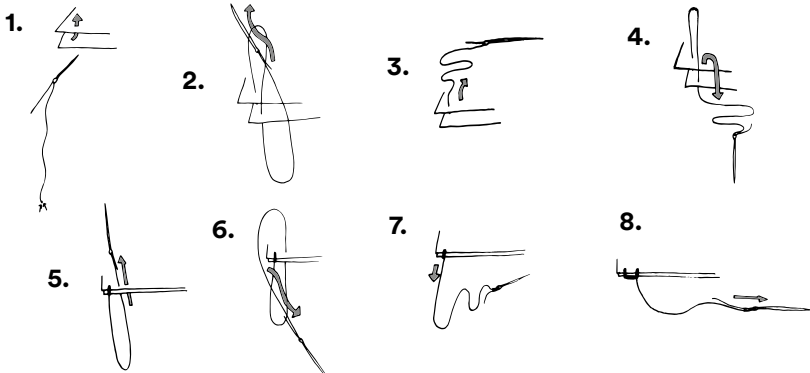


6. Sew on buttons for the eyes.

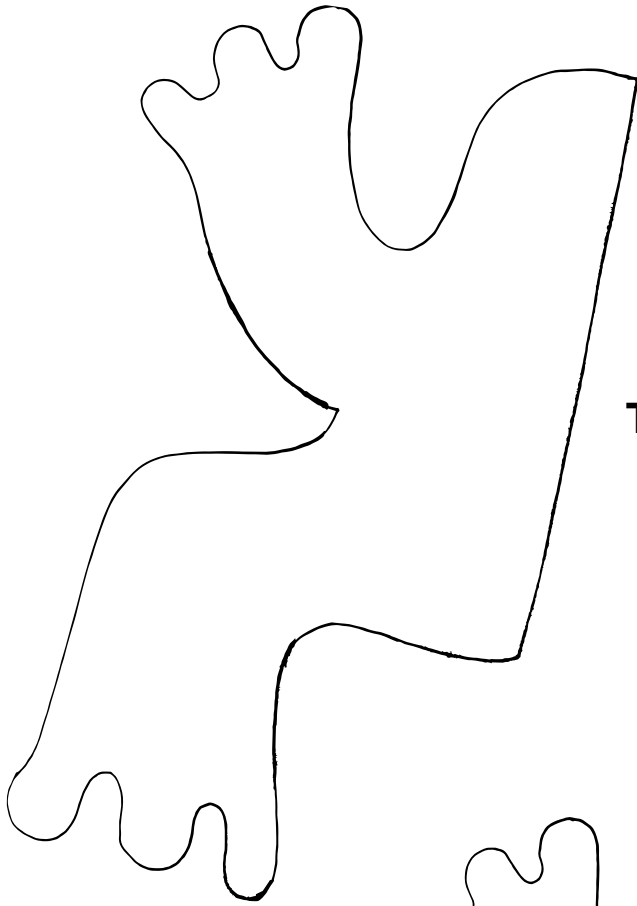


7. Follow the arrows with your thread, going over several times to make sure the buttons are on tight.

Blanket Stitch

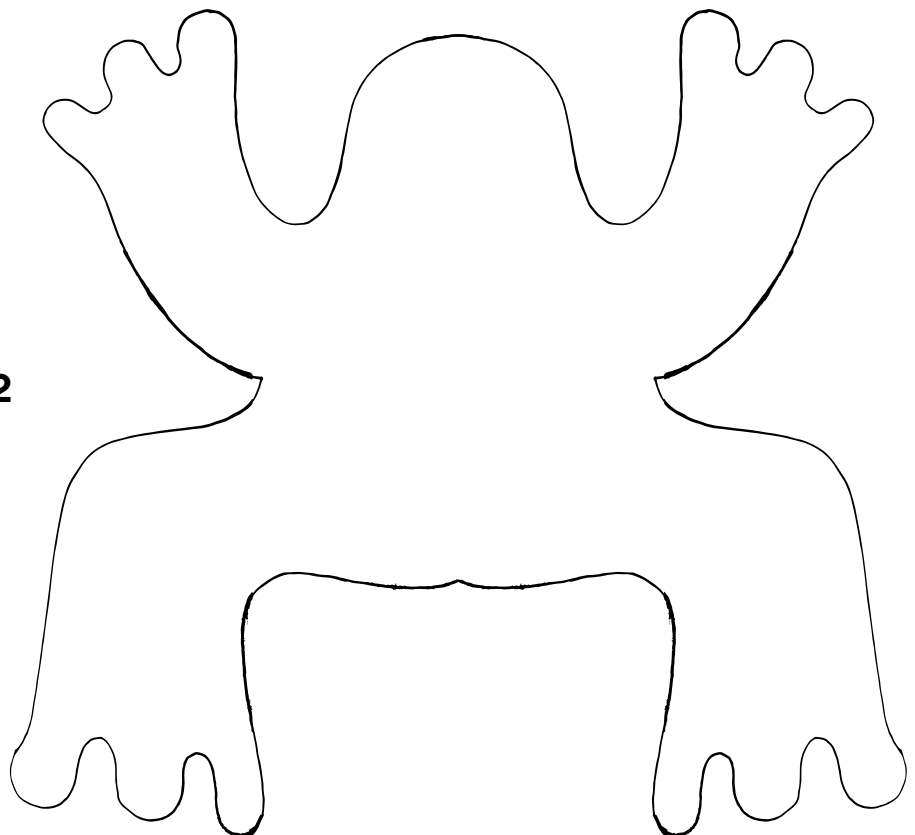


Felt Frog Template

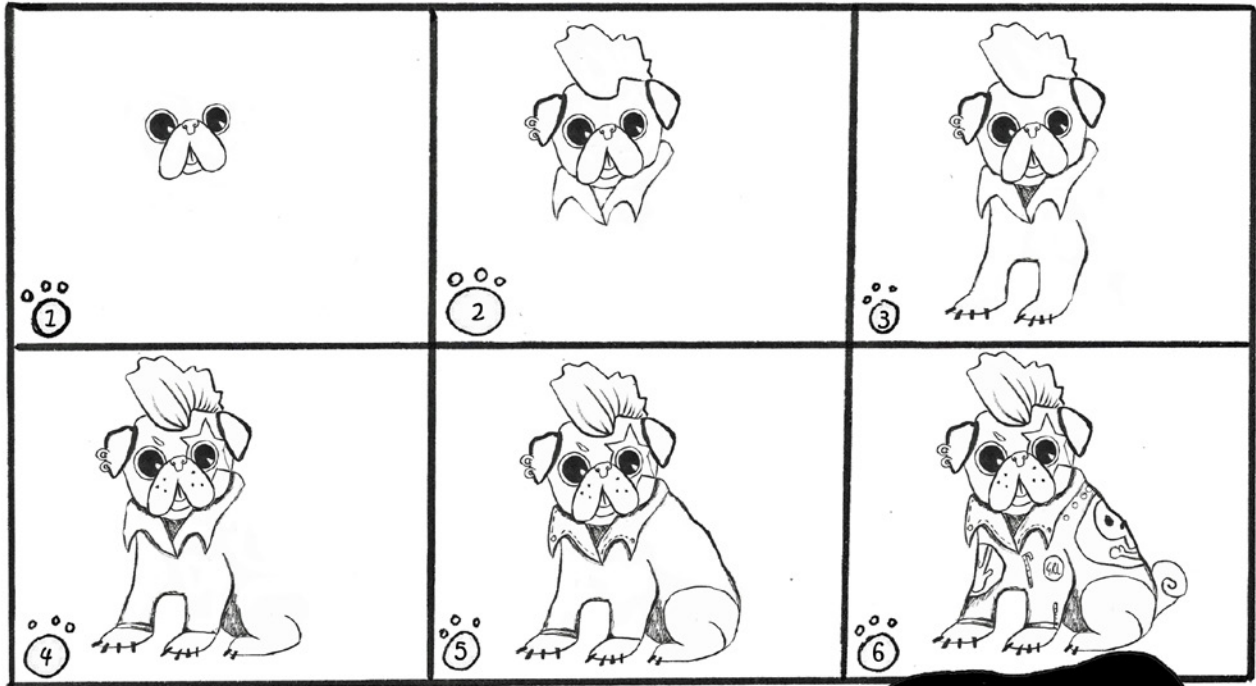


Template 1

Template 2



How to Draw a Punk Rock Pug



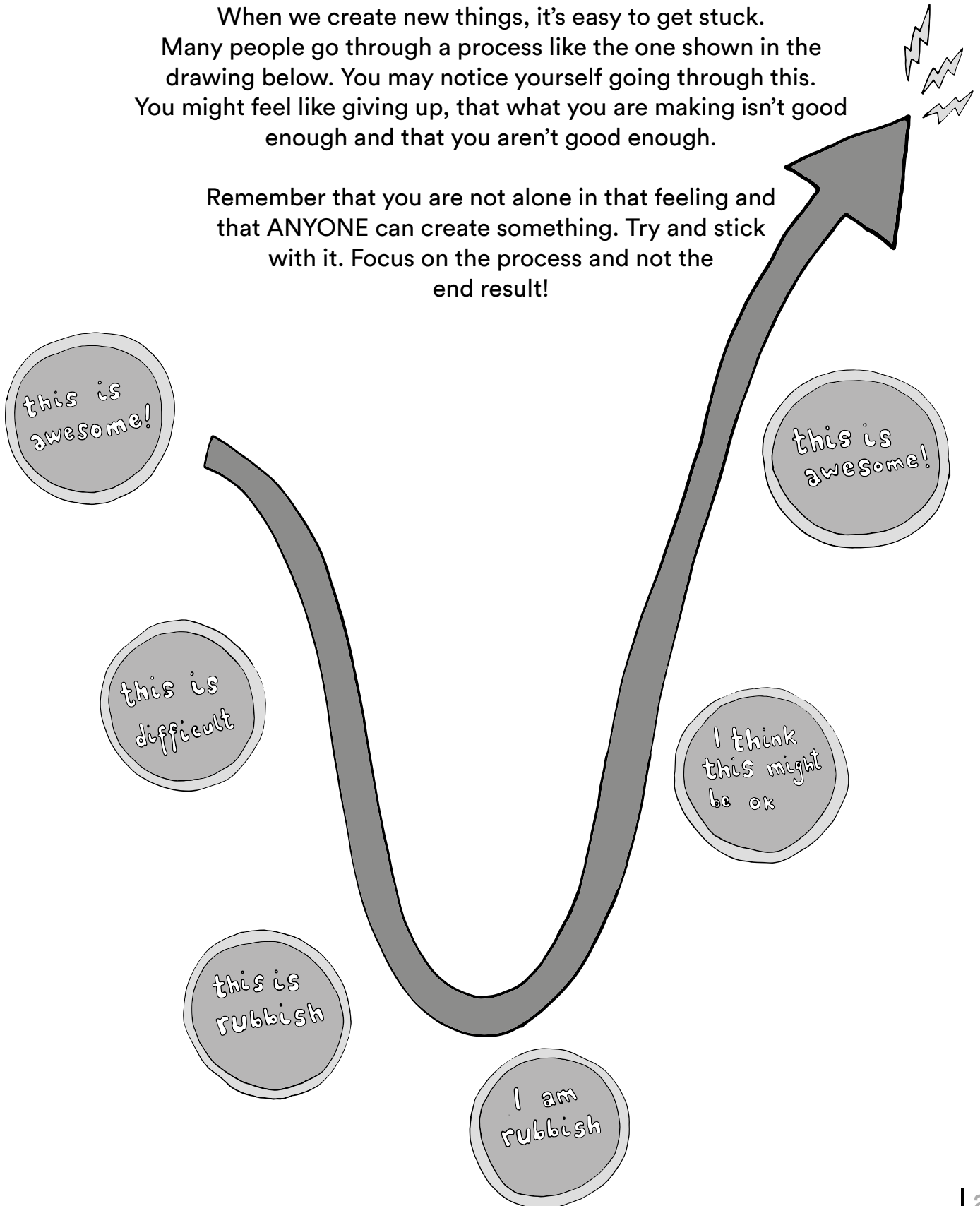


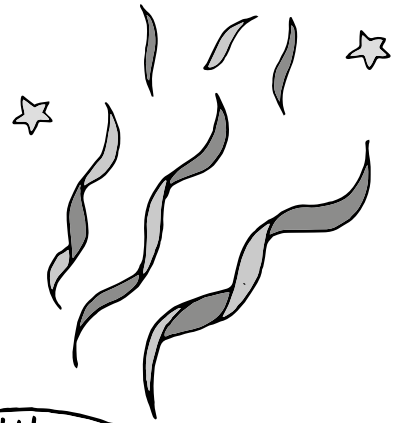
The Creative Process



When we create new things, it's easy to get stuck. Many people go through a process like the one shown in the drawing below. You may notice yourself going through this. You might feel like giving up, that what you are making isn't good enough and that you aren't good enough.

Remember that you are not alone in that feeling and that ANYONE can create something. Try and stick with it. Focus on the process and not the end result!





Your Self-Care Water Bottle

Sometimes things can make us feel overwhelmed and stressed and exhausted.

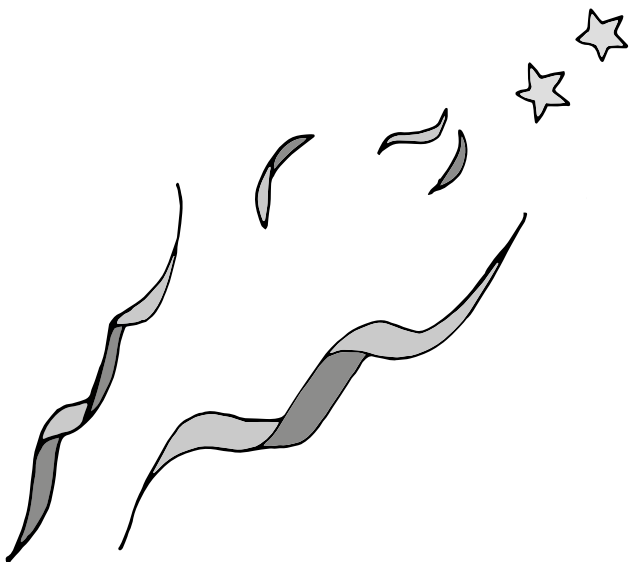
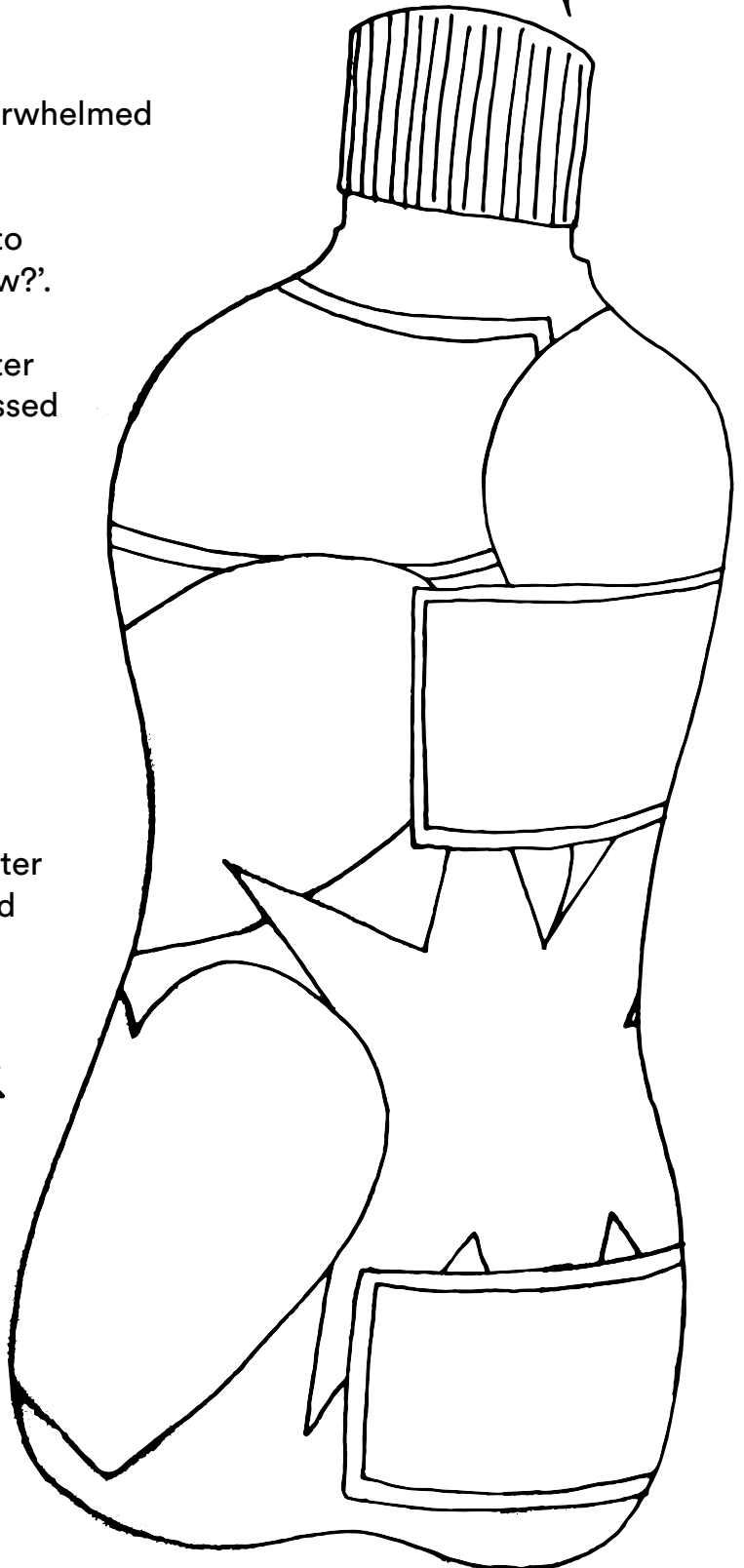
When we feel like that it can be useful to ask ourselves, 'What do I need right now?'

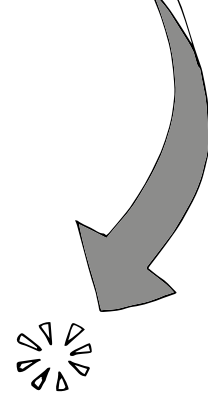
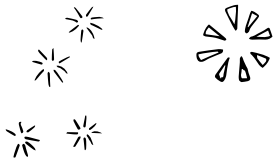
It is just like when we need to drink water when we are thirsty; when we feel stressed there are things we can do to give ourselves relief.

What are the things you do for yourself when things are too much?

They could be things like talking to a friend or going for a walk. There are no wrong answers!

Write or draw them on the self-care water bottle, and if you ever feel overwhelmed you can use this as a helpful guide for how to feel better.





Move Your Body: A Shaking Meditation

For when you want to **MOVE**

Sometimes being still and calm can be just what we need. And other times you might just want to **SHAKE IT OUT**.

If you are feeling tense, this can interrupt the fight/flight response in our bodies and helps us process tension and anxiety.

Put on a tune you love

And start to shake out your hands, arms, feet and legs and then your whole body

SHAKE IT OUT



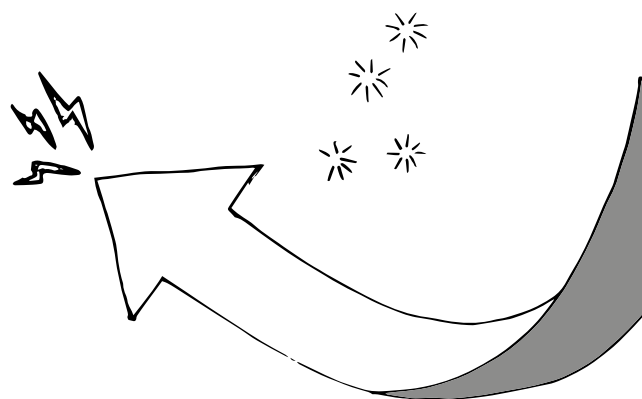
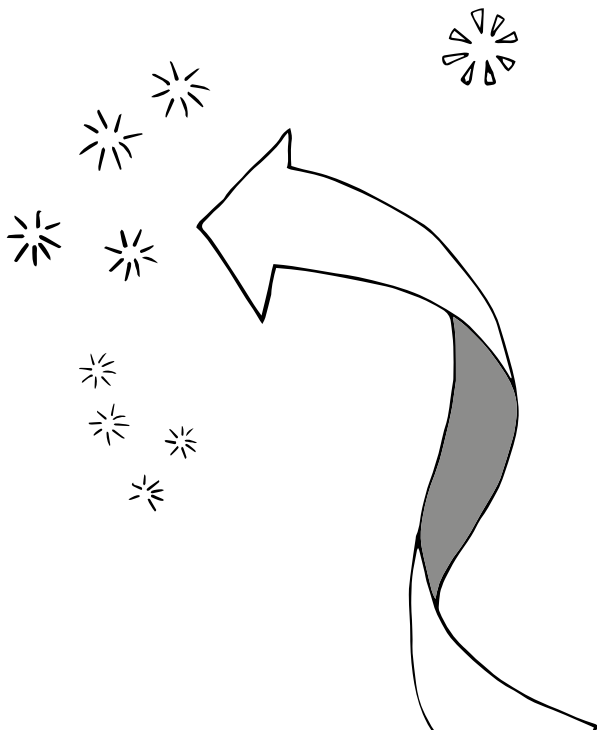
Do what is comfortable for **your body**

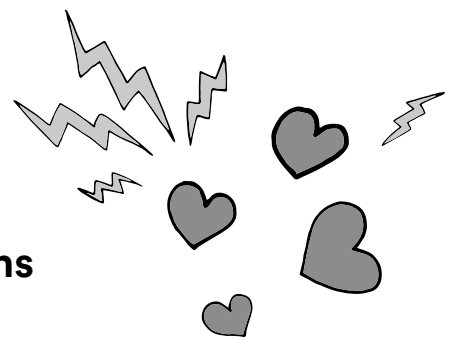
Let your arms fling around. Do what is comfortable. Try not to think about it.

And see where the moving takes you

Keep moving and shaking it out until the end of the tune

BOOM





Self-Esteem Affirmations

We all have days when we don't feel great. Because of the way our brains work, when we feel low it is very hard to remember positive things about ourselves. To help with this, it can be a really good idea to create a stash of 'positive affirmations' – things that we like about ourselves, things that our friends or loved ones would say about us, things that we are proud of. It's useful to find a time to do this when you are feeling GOOD!

You could also ask someone to help you if you feel stuck.

Examples of positive affirmations might be personal qualities such as:

I am a good listener
My friends say that I make them laugh
My nan says that I am kind

They could also be situations, big or small, where you helped another person or did something kind, such as:

Yesterday I stood up on the bus to let an older person sit down
I care for my pets and remember when they need food
I read bedtime stories to my younger siblings

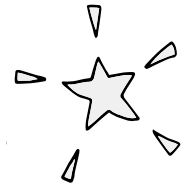
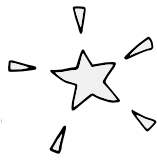
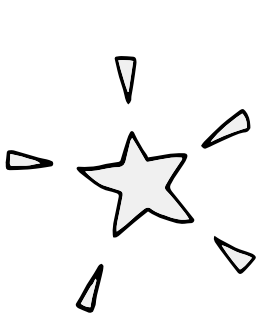
They could be things you're proud of:

I learned to cook my favourite meal
I didn't give up on my science homework, even though I found it hard
I won a medal

And finally some affirmations that are true for EVERYONE:

I am worthy of love and respect
My thoughts and feelings are important
I am a unique and awesome human being – there will never be another person exactly like me on this planet!

You can get CREATIVE with this activity – you could write or draw your affirmations on coloured paper, make a collage from newspapers, or even make them into a poem! Store your affirmations somewhere safe where you will be able to find them when needed – you could keep them privately under your pillow, or stick them on a mirror so you will see them first thing every day.



Building Your Body Positivity

The media can have an impact on what you think a 'normal' body should look like. You may feel uncomfortable in your own skin, anxious, unhealthy or disempowered. Body image can have an impact on your self-esteem and confidence.

Top tips for a positive body image:

- Keep a top-10 list of things you like about yourself: things that are not related to how much you weigh or what you look like. Read your list often.
- Remind yourself that true beauty is not skin-deep. Look at yourself as a whole person; beauty is a state of mind and not a state of body.
- Surround yourself with positive people: it's easier to feel good about yourself and your body when you are around others who are supportive and who recognise the importance of liking yourself just as you are.
- Clothes: Wear clothes that are comfortable and make you feel good about your body.
- Body image, the media and social media: Be aware of images, slogans, or attitudes that make you feel bad about yourself or your body. Remember that images may have been edited by Photoshop.
- Do something nice for yourself: Do something that lets your body know you appreciate it. Take a bubble bath, make time for a nap or find a peaceful place outside to relax.

Use the following words to help you identify 10 things like about yourself;

love
learning
artistic
imaginative
friendly
persistent
brave
creative

curious
caring
fair
fun
helpful
musical
optimistic


open-minded
hard-working
energetic
honest
enthusiastic
kind
compassionate

Once you have written your list, don't forget to read it every day!

Source: *Pause*, part of *Forward Thinking Birmingham*

Building Self Esteem

Take a look in your mirror



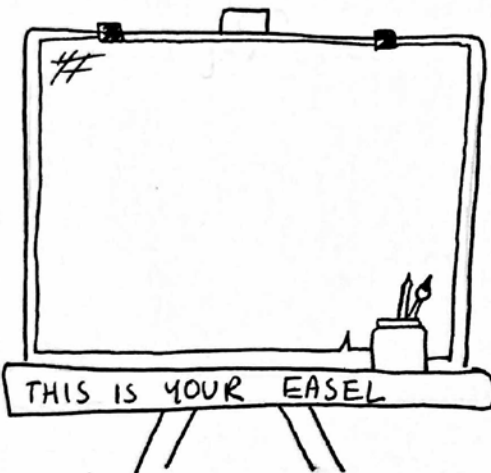
Write down 3 positives you see. These can be internal or external.

START!
Describe yourself in one word.




This jar is filled with your stars.

Fill your stars in with your best qualities and attributes.



Here are 3 medals. Fill them with your best

ACHIEVEMENTS



write/draw when you feel in your element or at your **BEST**

What do OTHERS ADMIRE in you?

family? _____

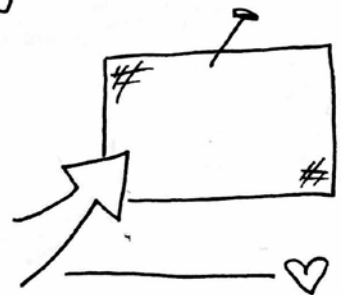
friends? _____

teachers? _____



Keep on climbing, but don't forget to look back and appreciate how far you have come.

FINISH!
Now describe yourself in one word.




_____ ♥



Letter to Your Future Self: Worksheet

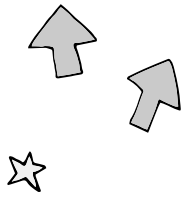
We are changing all the time. Have you thought about yourself in the future? Writing a letter to your future self can help you reflect on where you are now, and think about where you are going.

1. Decide which future self you would like to write your letter to.



Is it you in 2 month stime?
Or in 3 years time?
Or after a school term?

2. Keep the tone of your writing friendly, relaxed and natural – you're writing to yourself so just be yourself!



3. Start with a summary of where you are now.
Are you at school?
What is it like and how do you feel about it?

4. Define your hopes and goals.

What is currently important to you and what are your hopes for your future?

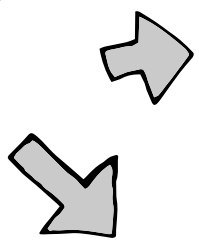
5. What advice would you want to give your future self?
This can be simple or complex.

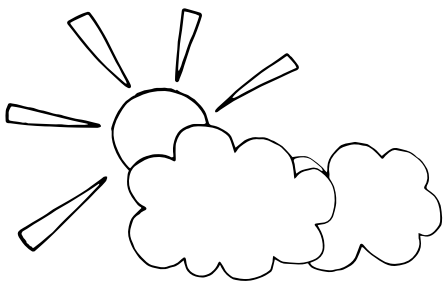
6. If it's helpful, you can send us your letter and we will send it back to you after a timeframe of your choice.



Email to girlsrocklondon@gmail.com
or post to this address:

Girls Rock London
27 Speranza Street
London SE18 1NZ





Grounding Anchors

Feeling grounded means we feel safe and secure, with our feet on the ground. Who and what are the people, places, situations and things that help to ground you? Maybe for you it is calling your auntie, or going to your favourite park.

Write them on the anchor on the following page to remind you who or what keeps you grounded, even when things feel up in the air.

When you feel completely overwhelmed, the feelings can seem like they will go on forever. If you ever feel like this it can be helpful to be kind to yourself, and remember that feelings are neither negative nor positive - they are information. Feelings ask for your attention, and tell you something about what you need in that moment.

Dealing with Grief and Loss



If you lose someone close to you, it's natural to feel sad, depressed, worried or angry. Everyone reacts in their own way. Grief can sometimes make you feel very alone. It's very important to find ways to look after yourself and stay connected to people you trust.

You might want to try:

- Sending a text message to a friend to let them know how you are really feeling. It's hard to say "I'm feeling sad" or "I miss X" but it will help friends know how to support you.
- Getting some green into your day as nature can help us feel calmer. You could try a walk to the nearest park, looking for patches of green out the window or watching videos of relaxing beaches.
- Creating a memory box with photos, pictures and written notes. You can ask friends and family to help you capture memories by asking questions like
 - > What was the silliest/funniest thing [name] did?
 - > What was the kindest thing [name] did?
 - > What were they especially good at?(It could be something practical or a special quality they possessed)
 - > What was their favourite TV programme/film/book?

There's no right or wrong way to grieve. You might feel angry, sad or depressed, or even guilt or relief. You might be numb and not feel anything. If you're finding it hard to cope, it's important you ask for support.

You can find a list of support services on the back page.

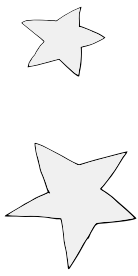




Mindfulness: Leaves on a Stream

Sometimes we can get really **STUCK** in our thoughts and feel overwhelmed. One thing that can help with this ‘overthinking’ is to try to get some distance from our thoughts, by using exercises like the one below. If you’ve got a spare 5 minutes, give it a try!

1. Find a comfortable and quiet place to sit down. Either close your eyes or rest them gently on a fixed spot in the room. (Tip – if you can’t find a quiet spot, try putting headphones on, or sitting under a blanket!)
2. Visualize yourself sitting beside a gently flowing stream on a calm day, with leaves floating along the surface of the water. Imagine what you might see, smell and hear. What colour is the sky? What is the weather like?
3. For the next few minutes, take every thought that pops into your head – whether positive, negative, or neutral – and imagine that you are placing that thought on a leaf and watching it flow away down the river.
4. If your thoughts stop, continue to watch the stream. Sooner or later, your thoughts will start up again.
5. Allow the stream to flow at its own speed. You’re not trying to rush the leaves along or get rid of your thoughts. You are allowing them to come and go at their own pace.
6. If your mind says “This is dumb,” “I’m bored,” or “I’m not doing this right” place those thoughts on leaves, too, and let them pass.
7. If a leaf – or thought – gets stuck, allow it to hang around until it’s ready to float by.
8. If a difficult or painful feeling comes up, such as ‘I’m sad’, simply say to yourself, “I notice myself having a feeling of [sadness]” Place those thoughts on leaves and allow them float along.
9. From time to time, your thoughts may distract you. This is normal and natural – it’s just what brains do! Just keep returning to the stream when you realise this has happened.
10. When you are ready, bring the exercise to an end. Tune back into your surroundings and open your eyes. Welcome back.



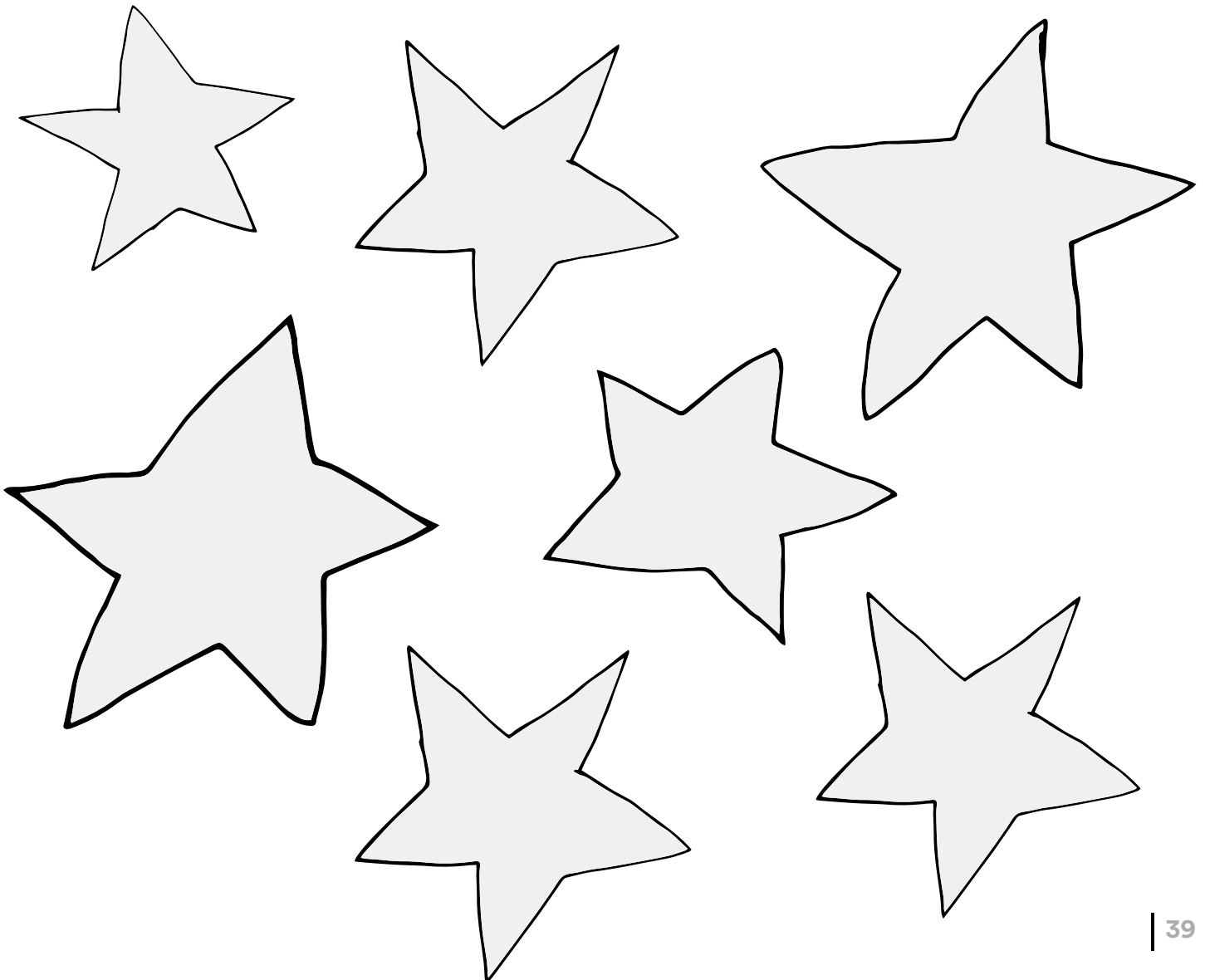
Spread Joy With Acts of Kindness

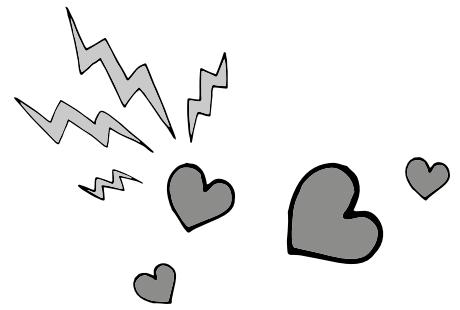
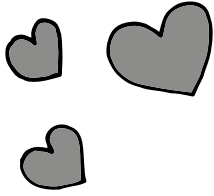
Random acts of kindness are meant to offer the world kindness. They are proven to make us feel good, and it can help us feel connected to reach out with kindness.

They can be small acts such as getting something from a shelf that someone can't reach, or bigger acts such as helping a sibling or friend with homework, or sending someone an uplifting message or a gift.

In the stars below, fill in your random acts of kindness. You can do one a day for a week, one a week, or just whenever you feel like them.

How does it make you feel to offer the world your kindness?





Friendship Bracelets

The way you make the ridged, woven looking surface of a friendship bracelet is by making lots of small knots, with a plaited section at the end that you use to tie it in a knot around your wrist.

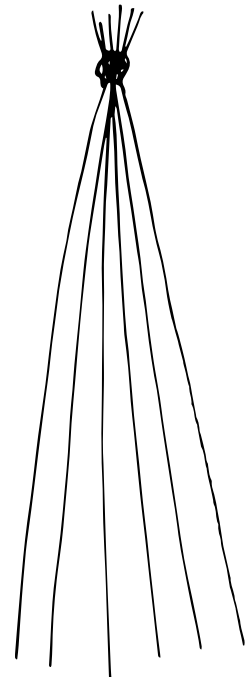
You will need:

Embroidery thread

Scissors

Safety pin or sticky tape

1. Get 6 strands of embroidery thread and wrap them around your wrist 5 times. Cut the thread.
2. Tie a knot in the top so all the threads are held together.
3. If your thread is different colours, decide the order you want the stripes to be. Place the strands in that order.
4. Combine your 6 strands into three and plait them until you have a plait that's about as long as the distance between your finger tip and your thumb when stretched out.
5. Make another knot like before and get a safety pin and push it through this knot into a cushion or a pillow and fasten. If you don't like pins, you can use tape to fix this to a cupboard door or something firm and solid you're able to stick tape to. This is to stop your bracelet moving around when you're making it – trust me it goes all wiggly if you don't!
6. Now it's time to start!



7. The strand farthest to the left is going to create your first row. You'll be knotting it around the other strands of thread until that bit of thread is on the farthest right hand side.

8. Grab strands 1 and 2.

9. Take strand 1, and pass it over the strand 2, and then behind. It is important you knot **OVER** the second strand, it'll give it the right look.

10. Now hold the second strand taut, and pull the first strand up and towards the large knot. Pull until you meet resistance, but not any harder! This will create a small knot on the second strand.

11. Continue moving across to the right, using the strand 1 to create two knots on strand 3, 4, 5, and 6.

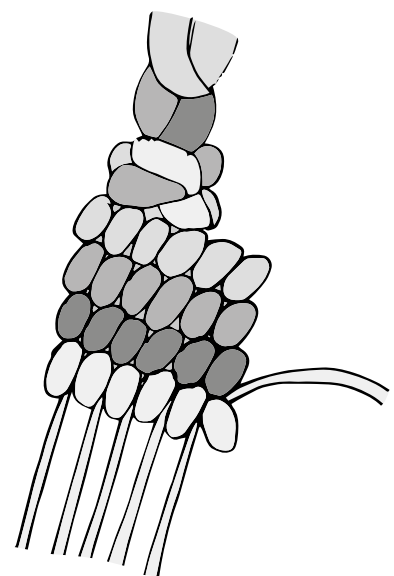
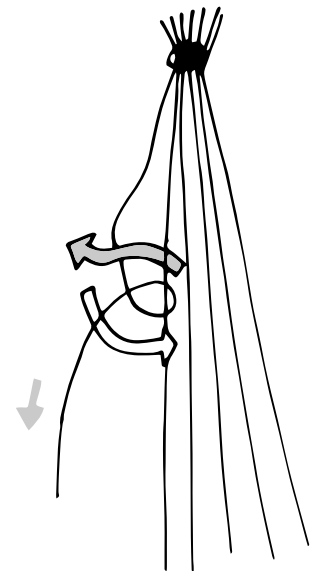
12. Once you've knotted all the way across to the right and reached the last strand of floss/yarn, begin again using the first strand on the left (which is strand 2). Make sure you're making **TWO** knots on each strand.

13. Keep going until the bracelet reaches nearly all the way around your wrist.

14. Tie a knot to keep it all together and then plait like you did at the top until you reach the end.

15. Tie another knot and your friendship bracelet is ready to wear! You can send it to a friend to wear, or put it on your wrist and commit to being a good friend to yourself!

There are tons more ways you can make friendship bracelets in different styles, so get in touch and let us know if you want more!





Root Cause Tree: A Tool for Change-makers

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” Margaret Mead

“Young people are leading the movement for change. They are marching in the streets for equal rights. They’re walking out of classrooms for climate change. They’re standing up for people killed by guns. They are ending stigma around abortion. And they’re rewriting the script that tells us how to think, behave, and treat one another.” Youth Activist Toolkit

The Root Cause Tree is a tool you can use to better understand a problem and its underlying causes. If you want to create lasting change, it is important that you address more than the symptoms (leaves) of the problem. You will want to look at the factors that hold your problem up (trunk) and connect it to deep histories of injustice (roots).

Complete the tree by filling out the different levels of the problem:

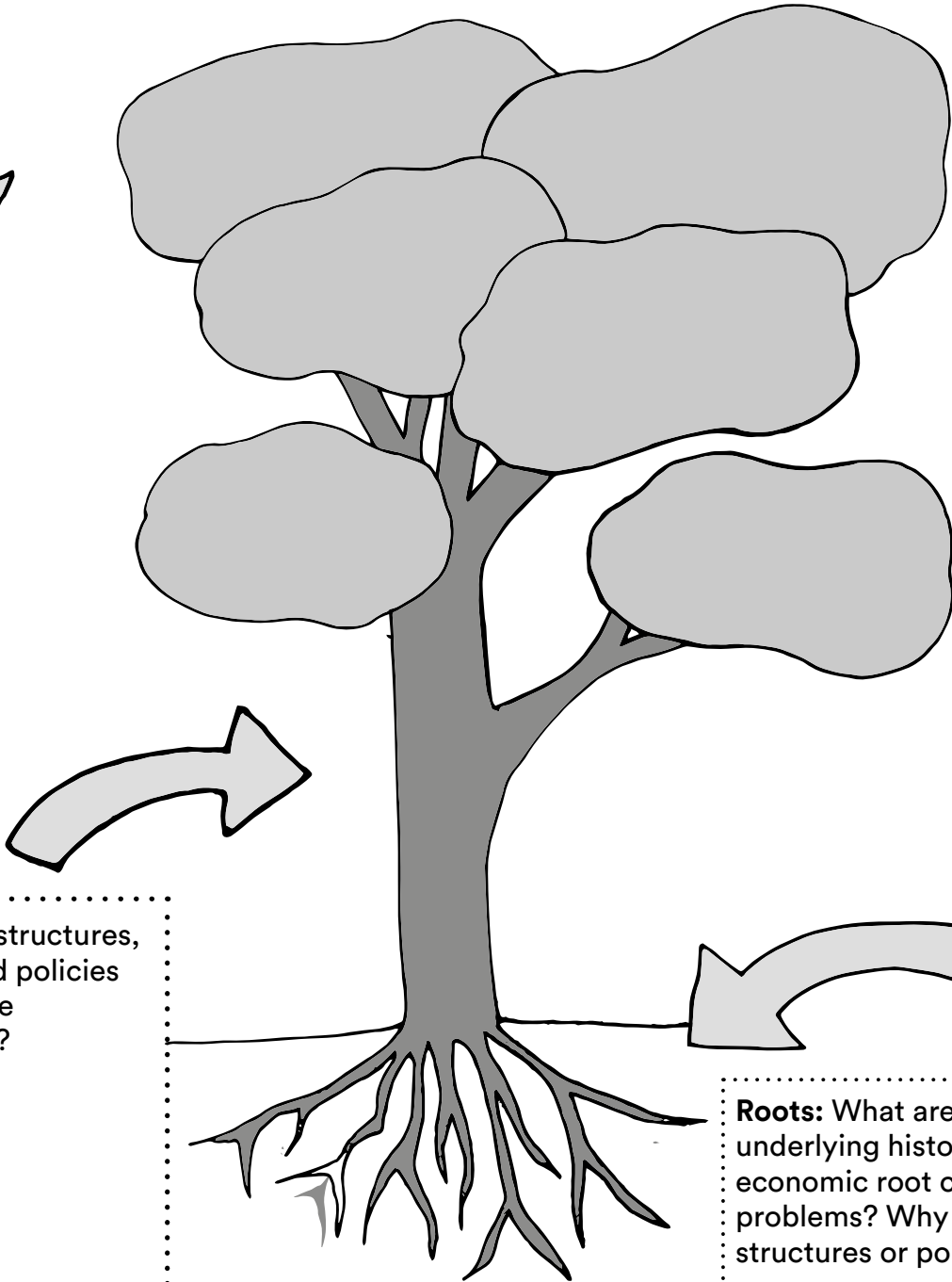
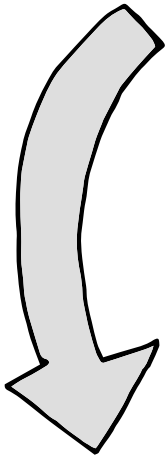
Leaves. The concerns you hear from people affected by the problem. These are the visible and tangible parts of the problem that negatively impact people’s lives and prevent them from being able to control their own circumstances.

Trunk. The structural and cultural factors that create an environment that supports the problem. Think about the policies or practices that keep your problem in place, or how people perceive the problem.

Roots. The historical, social, and economic factors from which the problem grew. Some examples of root causes are sexism, racism, classism, homophobia, ableism, or ageism. Your organising efforts should be focused on challenging the structural and cultural factors listed under the trunk. If you only address the leaves, you will create plaster solutions, and it is difficult to address the roots because they have been firmly entrenched over the course of generations. Cutting off a problem at the trunk is your best opportunity to create meaningful, lasting change.

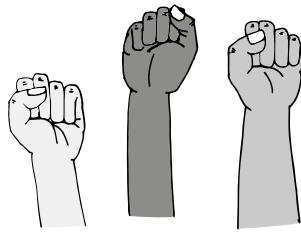


Leaves: What problems do you see facing your community?



Trunk: What structures, practices, and policies institutionalise the problems?

Roots: What are the underlying historical, social or economic root causes of these problems? Why do these structures or policies exist?



Art and Activism: An Intro to Zine Making

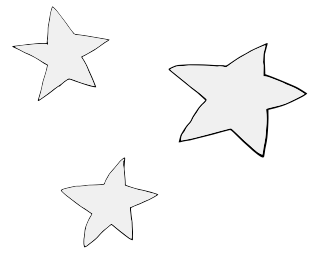
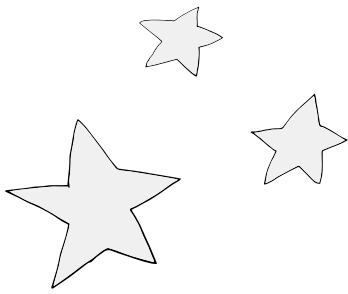
Art is a powerful way to communicate a message and bring about cultural change.

Creating art for a campaign is a powerful way to communicate your message and inspire cultural change. If you can create beautiful posters, music, or performance you can help to appeal to media makers and curators who are looking for interesting content to share.

Art can be transformative for both the audience and the artist. For audiences, art can appeal to the listener or viewer on a sensory level helping them to understand the issue in a new way. For artists, the creative process can help heal hurt or channel rage around an issue in a way that promotes healing.

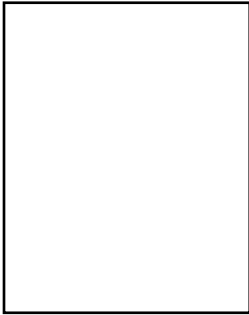
Types of art used in activism include:

- Illustration and design used on social media, leaflets, banners, postcards, stickers, posters, etc. pasted on walls or projected on buildings
- Infographics, memes, or animated gifs used on social media or online
- Large scale murals made with paint or chalk
- Photography used on social media, in gallery exhibits, or in publications
- Filmmaking used on social media, websites, or at screening events
- Music, song, and spoken word performed live at events, recorded for social media, or played on local radio
- Chants, cheers, or call and response used at in-person actions and events
- Theatre, performance, skits, and comedy sketches acted out in public spaces, at theatre's, or for online video
- Dance and music videos performed live or recorded for social media
- Comic strips or graphic novels drawn and distributed
- Origami or other paper art used to create sculptures or displays
- Culinary skills used to communicate a message through food or drink
- Hair, such as clipper designs, and makeup or face paint
- Fashion and costume performed at a live event or photographed for online
- Zines (DIY magazines) printed and distributed



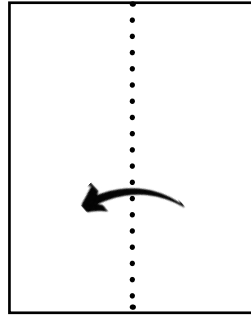
Zine Making Worksheet

Step 1



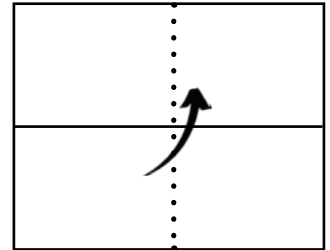
Take 1x piece of paper
A4 or A3

Step 2



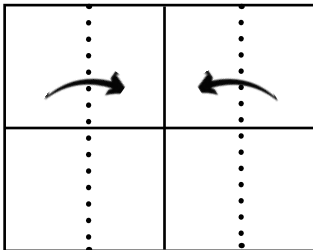
Fold it in half
lengthways

Step 3



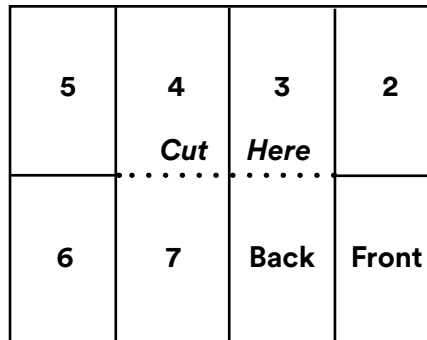
Fold it in half
widthways

Step 4

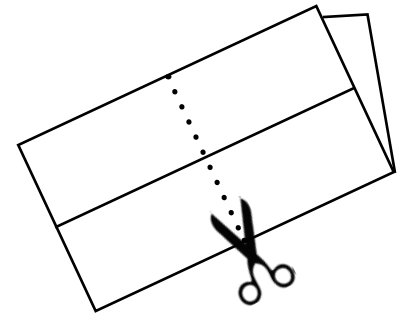


Fold both edges to
the middle

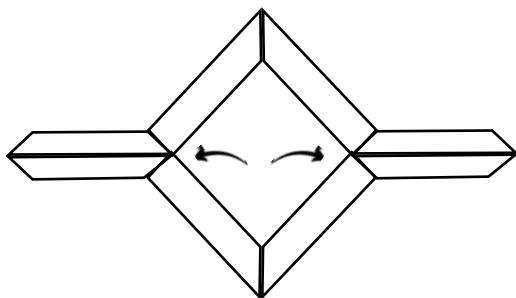
Step 5



Use scissors to cut
the middle

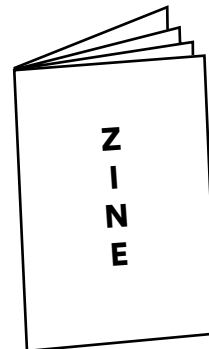


Step 6



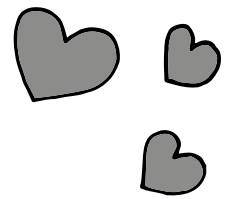
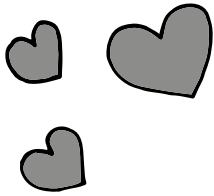
Fold the paper lengthways and push
the centre out so it looks like a cross

Step 7



TADA!

Fold the pages round to make a
booklet form and you have your ZINE!



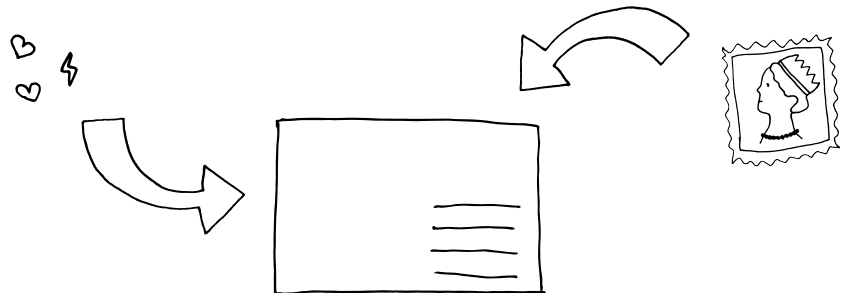
Post a Letter!

Send a message to someone that celebrates them for what they DO or ARE, that isn't about their clothes or appearance. Usually at camp we do this in person, but while we are at home, we can still do this by post....

Step 1: Find a piece of card or paper.

Step 2: Find a postage stamp and stick it on.

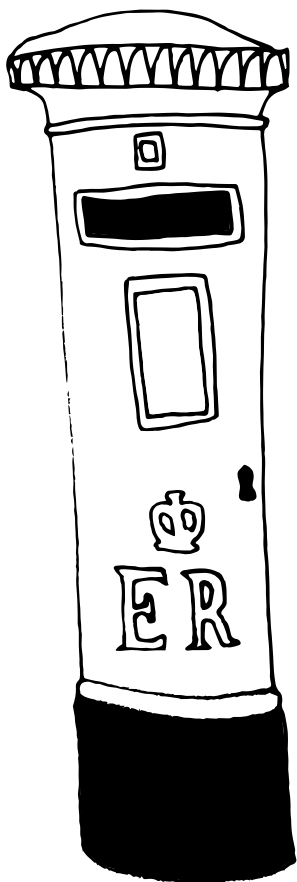
Step 3: Find the address you'd like to send the message to and write it on the piece of card or paper.



Step 4: Write and decorate your message!

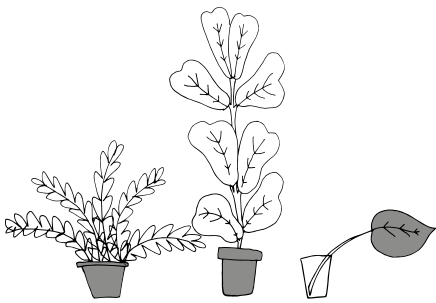
Step 5: Post it in the postbox!

Step 6: Bask in the glow!

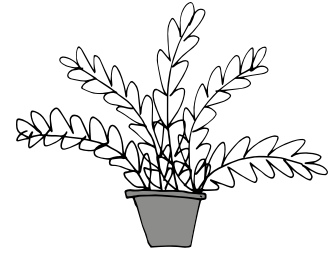


BONUS STEP

Are there other things you can think to post to your friends using just a stamp and the post box... Let us know how you get on..



Links to Support



Whatever the problem is, talking about it can be the first step to solving it. If there's an adult you trust like a parent, carer or a teacher - talk to them first about what's happening.

There are great organisations that are here just for you too:

- You can contact Childline about anything. Whatever your worry, it's better out than in. We're here to support you.

FREE phone helpline **0800111** Chat with a counsellor online (**9am-midnight**) | childline.org.uk/get-support/1-2-1-counsellor-chat | www.childline.org.uk

- If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for **free, 24/7** support.

Text YM to 85258 to connect to a trained volunteer to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better.

- The Mix provides free information and support for under 25s. They can help you to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. The Mix gives young people the support and tools you need to take on any challenge you're facing.

Call (7 days a week from 4 - 11pm) **0808 808 4994** | Group chat with others aged 11-25 themix.org.uk/get-support/group-chat | www.themix.org.uk

- Mermaids provides a helpline aimed at supporting transgender youth up to and including the age of 19, their families and professionals working with them.

FREE phone helpline on **0808 801 0400** | mermaidsuk.org.uk

- Hope Again is a safe place where you can learn from other young people how to cope with grief, and feel less alone.

Email hopeagain@cruse.org.uk | **FREE** phone helpline on **0808 808 1677** (Monday-Friday, 9:30am - 5:00pm) | hopeagain.org.uk



Created by the Girls Rock London community
girlsrocklondon.com

Team Handbook

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And thanks to these organisations for giving us inspiration:

Black Lives Matter at School: blacklivesmatteratschool.com

Arts Emergency: arts-emergency.org

“To all you genius future songwriters”
by Kaia Wilson from Rock and Roll Camp for Girls

Stressed Teens: stressedteens.com

Random Acts of Kindness: randomactsofkindness.org

Advocates for Youth: advocatesforyouth.org and the [Youth Activist Toolkit](#)

Forward Thinking Birmingham: forwardthinkingbirmingham.org.uk



MUSIC

GOOD

FOR

YOU