



THE YESS GIRLS MOVEMENT
...Journey of a life time



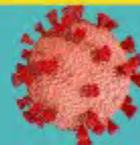
COVID-19 SURVIVAL STRATEGIES

A HANDBOOK FOR GIRL GUIDES AND GIRLS SCOUTS WORLD WIDE



NOR⇌C

NORWEGIAN AGENCY FOR EXCHANGE COOPERATION





#FORHERWORLD



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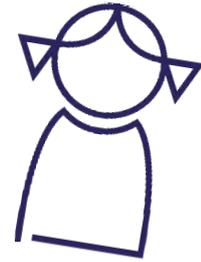
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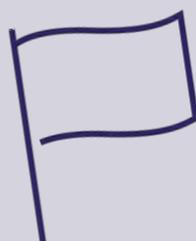
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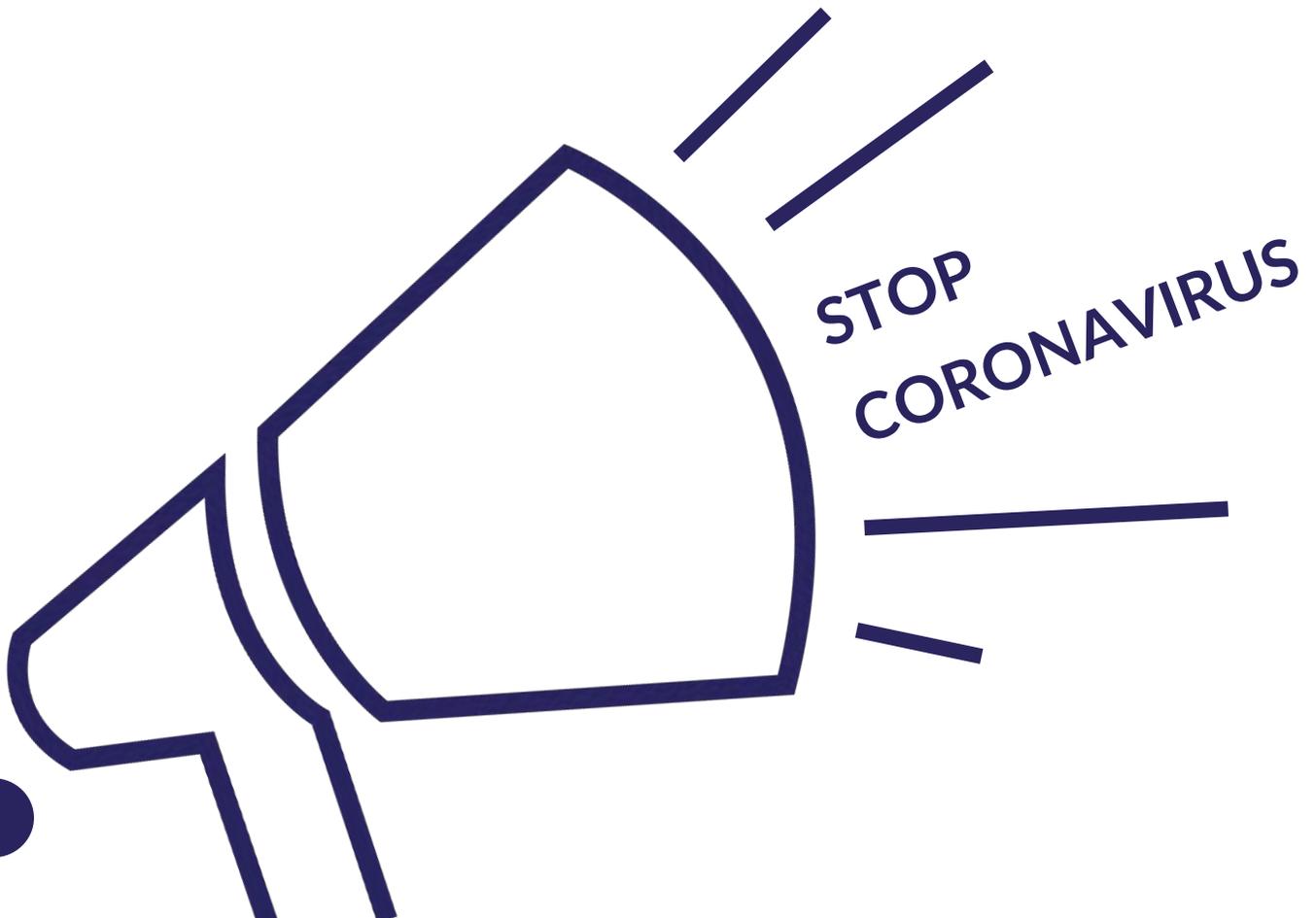
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LIST OF ACRONYMS AND ABBREVIATIONS

COVID-19	: Coronavirus Disease 2019
GPN	: Girl Powered Nutrition
NOREC	: Norwegian Agency for Exchange Cooperation
SDG	: Sustainable Development Goals
UNICEF	: United Nations Children’s Fund
UNESCO	: United Nations Educational, Scientific and Cultural Organization
UNFPA	: United Nations Population Fund
USA	: United States of America
WAGGGS	: World Association of Girl Guides and Girl Scouts
WFH	: Working from Home
WHO	: World Health Organization
YESS	: Youth Exchange South to South



DEDICATION

This book is dedicated to all Girl Guides and Girl Scouts worldwide.

As we all go through a very difficult COVID-19 pandemic and its after effects, we do hope you will find this resource useful.



ACKNOWLEDGEMENT

This resource book is a result of commitment, amazing hard work and contribution from over 60 volunteers who are all girl guides from across the WAGGGS regions as follows: -

2020 YESS PARTICIPANTS who researched, consulted and used some of their own experience to put together (write) the content in this resource book. The YESS Participants are 45 young women between 18-25 years old, from Africa and Asia Pacific WAGGGS Member Organisations who are currently in their host countries working with MOs away from their own home countries. Thank you for choosing to be responsible global citizens even as you were away from your families so far away during this COVID-19 epidemic.

MENTORS: 15 volunteer mentors from across the different WAGGGS regions that supported and mentored the YESS participants as they developed the content. Thank you so much for your valuable effort, time and wisdom.

EDITORIAL TEAM: The following 7-member editorial team

- The **proof readers** and quality controllers: Ackissah Baluti, Faniry Rakotoarivony, Linda Amoako and Faustine Ikaze Shimo who ensured the grammar, punctuation and spellings in the book are in order.
- The **graphic artiste**, Afra Musinguzi, who drew all the amazing and rib-tickling illustrations in the book, giving us a chance to smile even under the COVID-19 difficulties as per our guide law.
- Minohasina Andriantahina the multi-talented **designer** who did the great design work to give the book a look that truly portrays our girl guiding brand. She also translated the whole book to French.
- **The Editor and quality controller**, Robina Asiimwe Sentumbwe -also a WAGGGS Global Programmes Manager who guided and refined the tone of the book, ensuring the content was well packaged and presented.

This is indeed a resource developed by girl guides, for girl guides.

Thank you so much!



FOREWORD AND INTRODUCTION



This handbook is a resource carefully tailor-made for Girl Guides and Girl Scouts worldwide. It does not have all the answers but offers some interesting activities that Girl Guides and Girl Scouts can do to not only keep themselves engaged, connected and active; but also healthy physically and mentally while indoors during lock down. Our YESS girls of 2020 have given their creativity, ingenuity, research and hard work to produce this resource for others in the movement.

The book has valuable practical information and tips that can be useful in our day-to-day life even as we are in partial or full lockdown; and thereafter when life goes back to normal.

In here are also has some important reminders for all of us as Girl Guides and Girl Scouts, on how our Guide Laws and Promise can inform the actions we take during this time of pandemic. This resource helps remind us that we need to be global citizens and how we can do this.

So many people around the world are in partial or complete lockdown, there is a rising tide of boredom and the social distancing measures can be hard on us. Many of us are seeking news on COVID-19 and there is the natural desire to connect with friends and family. More media use and information overload may cause mental stress and cyber insecurity. The book has some few tips on how to guard your sanity and stay safe online.

Although there is already so much information from the World Health Organisation and other sources about COVID-19, the book brings together ways to stay safe and take care of ourselves.

You will find in this book encouragement to use some of the free time on our hands to look for new Guiding opportunities during lockdown. We know some of the opportunities can only be used after the COVID-19 epidemic ends and when it is safe to meet up again in person. All the same, it is good to be informed of the possibilities and plan ahead. Scroll to that section to check out the links where you can go to see what is available.

I hope that all age groups will find something valuable in this book.

Stay safe

Sarah Nancollas
Chief Executive
World Association of Girl Guides and Girl Scouts

INDOOR GUIDING ACTIVITIES: KEEPING IT FUN AMIDST LOCKDOWN



Mubashwira Uddin Eshika, Nadia Tadiwanashe Chakuzira, Alice Nelson Chaima, Jasmin Cassian Mkoka mentored by Mel Reoch

'Girl guiding and girl scouting can be the magic thread which links the girls of the world together.' - Juliette Gordon Low

Girl Guides and Girl Scouts all around the world have been impacted by COVID-19 causing us not to engage in our face-to-face activities. Staying indoors can be difficult, and we cannot carry out our normal guiding activities. But as Girl Guides and Girl Scouts we need to find our own way through it. Here are some handy tips to keep you going: -

You can also use your social media platforms such as Facebook, WhatsApp and Pinterest to have:



- Unit meetings,
- Video calls
- Guiding quizzes
- Create a Pinterest board

GET ONLINE AND DO DIGITAL GUIDING

In times like this when you are locked up at home and can't go out, **Digital Guiding** is a perfect solution. As a girl guide and girl scout, get proactive and take responsibility to raise awareness on COVID-19 and other important things like body confidence, internet safety, etc. Do the following and post them on your social media pages (Facebook, twitter, Instagram, YouTube, etc.)



- Take Photos,
- Make fliers and banners
- Make video and skits
- Write short stories and blogs
- Create speeches
- Write songs and poems

CREATE AND DO SOME INTERESTING ACTIVITIES

ACTIVITY 1: Mental health therapy with voice power

Purpose of activity: To use social media to raise awareness and share positive and genuine messages of hope as a therapy of mental health amidst the COVID-19 pandemic.

Recommended age: 13+ years old

Duration: 30 minutes to one hour every day for 5 days

What you need: A pen and a notebook, Access to a phone and/ or social media of your choice (WhatsApp, Facebook, Instagram, YouTube, etc.), A dedicated 'Good news hour' every day-consistent time (30 minutes to one hour) e.g. 11.00a.m to 12.00 noon.



Step 1: Watch out for at least 2-5 strong positive updates on COVID-19 from the different news sources you have access to every day; and write them in the notebook as and when you get them. Ensure to get the information from trustworthy and credible sources.

Step 2: During your selected 'Good news hour' share the positive updates with a minimum of 10 peers, friends and family. The more you can send the messages to, the better. You can use text message for those who do not have access to internet; and social media for those who have access to it.

NB: You can decide whether to send the messages to the same people every day; or to a different set of 10 people every day.

Step 3. Repeat step 1 and 2 every day for 5 days.



ACTIVITY 2: Power of imagination

Purpose of activity: To help girl guides and girl scouts visualize their experiences, putting them in physical reality

Recommended age: All age groups

Duration: 30 minutes

Tool kit: Paper, Pencils and crayons if available

Recommended number of people for the activity: 2-5 family members

Step 1. Sit in a circle (down or around a table) each member with a piece of plain paper, a pencil and some crayons if they are available

Step 2. Close your eyes and relax, reflecting on your guide promise and one of the laws. Reflect on the following: -

- What does the promise and the guide law mean to you as a Girl Guide/Girl Scout?
- How is the promise and the guide law reflected in the way you live?
- Are there situations in your life (good or challenging), where you have turned to the guidance offered by the Promise and Law?

Step 3. Write about or draw how you are fulfilling your Promise or one of the Guide laws from the reflection you had in step 2.

Step 4. Share with others in the group some of your thoughts and the reflections you made at step 2

Step 5. Renew your promise and commitment to the guide/scout law together as a group (only for the group members who wish to do so as this is optional).

ACTIVITY 3: Through the window lens: Observe, note and share

Purpose of activity: To gain and virtually share information about objects and phenomena using our senses and guide skills.

Recommended age: 13+ years old

Number of people: 3-5 peers or friends each in a different home

Duration: Best during daytime for 20-30 minutes

What you need: A notebook or dairy and a pencil or pen, A nice spot inside the house with a clear view of the environment out through one of the windows

Recommended number of people for the activity: Best done individually

Step 1. Pick your notebook or dairy and a pen and walk to your selected window inside the house, preferably standing.

Step 2. Watch intently through your window and see what is happening. Observe the changes, the mood, the weather, the people if any, etc.

Step 3. Write and describe everything you are seeing in your notebook or dairy.

Step 4. Share what you see with others in an online discussion using social media or even sms messages.



MORE ACTIVITIES: handicraft, artwork and painting

Get creative and do **handicraft and artwork** using available resources such as thread is a good indoor activity girl guides can do. Bracelets can be made from paper and crayon.



Drawing and painting are indoor activities that are handy and worth learning during the quarantine.



For more indoor guiding activities please visit The World Association of Girl Guides and Girl Scouts official website: www.wagggs.org

Always remember, whatever you do, keep it cool, fun and R.E.A.L. If it is not fun, it is not guiding.

PHYSICAL HEALTH: IN-DOOR EXERCISE ROUTINES AMIDST RESTRICTION OF MOVEMENT



Victoria Ng'anga, Tamakhu Rumi, Stephanie Nene Diatta, Nasandratra Rachele Ramanantsoa mentored by Maureen Nderitu

With limited movement amidst the lockdowns in almost every country in the world because of COVID-19, there is a high risk of limited activity and movement which could affect one's physical health. To keep fit and healthy, Girl Guides need to get proactive and make use of the space and time available to them by involving in some regular indoor exercise routines.

Why exercise?

- It keeps you fit
- Maintains your metabolism
- Helps you control weight
- Combats health conditions and diseases
- Boosts energy
- Promotes better sleep
- It is a good way to keep busy

Where to exercise:

Exercise can be done easily in the comfort of our homes without any high-tech equipment.

The exercises can be done individually or with the family members.

How to exercise:

Below is a recommended indoor exercise routine. You can do all the routines at ago or select a minimum of 4 (always including the warmup exercise at the beginning; and stretching at the end).

Warm up exercise

1. Arm circles (6 circles forward and 6 circles backward)
 - Legs shoulder length apart
 - Knees slightly bent
 - Extend arms horizontally
 - Rotate hands in small circles



Figure 1. Arm circles

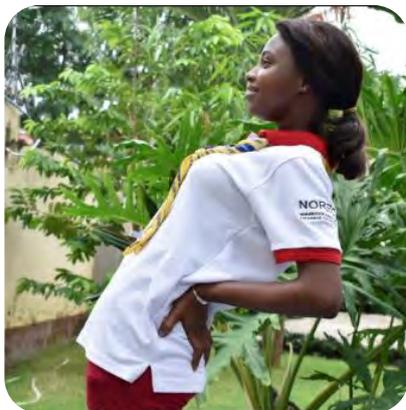


Figure 2. Trunk Bends

2. Trunk bends (10 repetitions)
 - Hands on sides with fingers behind back – thumbs forward
 - Knees slightly bent
 - Lean backwards



Figure 3. Knee bends

3. Knee bends (6 without toe raise and 6 with)
 - Feet shoulder width apart
 - Lock back in
 - Bend knees slightly

Jumping jack

Jumping jack is an efficient total body workout that works your heart, lungs and muscles at same time. Jumping jacks also involve your abdominal and shoulder muscles.

- **Step 1:** Stand upright with your legs together, arms at your sides.
- **Step 2:** Bend your knees slightly and jump into the air.
- **Step 3:** As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
- **Step 4:** Jump back to starting position and repeat the whole process again.



Figure 4. Jumping jack

Zumba



Figure 5. Zumba

“Ditch the Workout – Join the Party!” that is the marketing slogan for Zumba, which attracts exercisers with a fun fusion of dance moves from styles like Salsa, Merengue, Reggaeton and Flamenco, and the sort of choreography you might see in a nightclub. Benefits of Zumba workout dance are healthy heart, brain perks, Weight Loss and stress relief.

High knees

High knees are a cardio-intensive exercise performed at a past pace. It engages your core, strengthens all the muscles in your legs, gets your heart rate up and improves momentum, coordination and flexibility

- **Step 1:** Stand with your feet hip width apart. Lift your left knee to your chest
- **Step 2:** Switch to lift your right knee to your chest continue the movement alternating legs and moving at a sprinting or running pace.



Figure 6. High Knees

Squats



Figure 7. Squats

Daily squats will help you mentally and will even give you better yearly check-ups with your primary physician. Squats build your leg muscles – quadriceps, hamstrings, and calves. These drills also create an anabolic environment, which promotes body-wide muscle building, improving muscle mass.

The Basics: Proper Squat Form

- Stand with feet a little wider than hip width, toes facing front.
- Drive your hips back—bending at the knees and ankles and pressing your knees slightly open—as you...
- Sit into a squat position while keeping your heels and toes on the ground, chest up and shoulders back.
- Strive to eventually reach parallel; meaning knees are bent to a 90-degree angle.
- Press into your heels and straighten legs to return to a standing upright position

PS: Enjoy the exercises and remember to stretch once you are done with the daily exercises

EATING HEALTHY: RECOMMENDED MENUS AND RECIPES



Blink Irida, Duwal Puranjani, Fauster Umutesi Alphonce and Rova Toky Danielle Andrimihaja mentored by Rojo Andrimahery

During this time of coronavirus outbreak to help your body to be healthy and fight infection. We all need to boost our immune system by eating right. Nutritious foods will help us stay healthy, full of energy and feeling good.

BELOW ARE A FEW TIPS AND RECOMMENDATIONS:



The rainbow plate

In Girl Powered Nutrition (GPN), the nutrition program of WAGGGS, we say that “Good nutrition is eating a rainbow plate across the food groups and in the right amounts, so we get the nutrients we need to stay healthy, grow, stop us from getting sick and recover faster from illness. So, while on lock down, ensure to give your food plates some color. To learn more about how different foods give us different nutrients you can play “Food hunt” with the “food hunt card” below. It is an activity of the middle age group from GPN.

Food hunt cards

<p>NOTE:</p> <p>String/green beans are usually grouped with other vegetables</p> <p>Most beans and peas are usually grouped both as a protein (fish etc) food and as a vegetable. They are excellent sources of plant protein, iron and zinc, as well as dietary fibre and potassium. They are often eaten as alternatives to meat for vegetarians.</p>	<p>GRAIN</p> <p>Noodles Rice Bread</p> <p>Grain give us lot of:</p> <p>RCSARBOYDATEH</p> <p>This nutrient gives us most of the energy we need and helps us grow.</p>	<p>FRUITS</p> <p>Mango Papaya Apple</p> <p>Fruits give us lot of different:</p> <p>MVTAINSI and EINRALSM</p> <p>We need these nutrients to help our body work well and stay healthy</p>	<p>VEGETABLES</p> <p>Green beans Spinach Sweet potatoes</p> <p>Vegetables give us lot of different:</p> <p>MVTAINSI and EINRALSM</p> <p>We need these nutrients to help our body work well and stay healthy</p>
	<p>FISH, MEAT, BEANS AND EGGS</p> <p>Black beans or lentils Nuts Liver</p> <p>The food in this group give us lot of:</p> <p>RPOIENTS</p> <p>This nutrient gives us energy and helps us grow</p>	<p>MILK AND DAIRY</p> <p>Cheese Plain yoghurt Apple Milk</p> <p>Milk and dairy products give us lot of:</p> <p>CCAILUM (a mineral)</p> <p>We need this nutrient to keep our bones strong.</p>	<p>FATS/OILS</p> <p>Coconut oil Butter Cream</p> <p>The food in this group give us lot of:</p> <p>TSAF</p> <p>We need these nutrients for energy</p>

When it comes to being healthy, there are some standards to follow when eating. Examples of the following tips, what to do and what not to do.



Eat wide variety of foods from all food groups; wholegrain, fruits and vegetables, meat and other protein-rich foods including those containing calcium.



It is not advised to eat food of the same kind, foods of color and foods that do not contain all kinds of nutrients and energy.

Water! Water! and more water!



Good hydration is crucial for optimal health, whenever available and safe for consumption; water is the healthiest and cheapest drink. It is also the most sustainable, as it produces no waste but helps to remove waste from the body instead. So, drink water, water and more water. Try at least 1 litre for children and 2 litres for adults per day.

General food hygiene tips

The followings are the five ways to help you maintain food hygiene;

- Wash your hands thoroughly with soap and water before handling food.
- Separate raw and cooked food. Do not use the same knife or any other utensils for raw and cooked food
- Cook food thoroughly; unless it is intended (such as cooking a medium rare steak), make sure that meats, seafood are completely cooked.
- Keep food at safe temperature; bacteria start to enter food two hours after its prepared.

Use safe water and raw materials when preparing food. Make sure that the fruits and vegetables are thoroughly washed.

Recipes for a healthy breakfast

Avocado Toast with Egg



Top two lightly toasted slices of whole-grain bread with smashed avocado and sprinkling of salt and pepper (for those who don't use pepper, you can omit it).

Layer on two sunny sides up eggs for a healthy dose of protein and you have got a well-rounded breakfast.

A Girl guide can learn more how to make a colorful, healthy meal to improve her own nutrition at the turquoise stage of the GPN.

Home vegetable garden

Through the recycle program girls can use recycled resources for example; bottles, plastic bag and sacks at home and have small vegetable garden, and this will help girls all over the world to at least have vegetables as part of their everyday meal



CONNECT TO YOUR SPIRITUALITY

... in honor of the guide promise and laws



Valentina Segua Alaba Monnie, Argie Gathigia Muriuki, Joyce Maleyi Chaula, Elizabeth Biira mentored by Bella Amandine Kaneza with extra input from Robina Asiimwe Sentumbwe

...find a sense of purpose where it is lost

...discover the meaning of life when everything seems to lose meaning

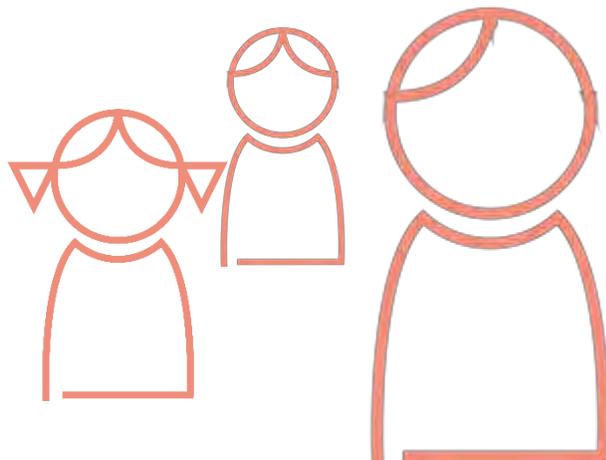
...and use relationships to explore your spirituality

COVID-19 has led to changes in people’s lifestyles and the effect on spirituality has not been an exception. The pandemic is being contained majorly by social distancing, whereby people are advised to stay at home and avoid crowded areas to keep safe. This development calls for people’s creativity to come up with new ways of life; including how they practice their spirituality.

What is spirituality

Spirituality is the connection to something greater than yourself and having a set of values, principles, morals and beliefs that provide a sense of purpose and meaning to life, and these in turn, also help to guide your actions.

It (spirituality) is an extremely individual concept observed differently from individual to individual, family to family and community to community. The way we understand and relate to it is influenced by our traditions and social contexts.



Girl Guiding and spirituality

The recognition of a spiritual dimension to life is one of the core values of girl guiding and girl scouting; and it is embedded in the Guide promise and law. Therefore, every girl guide who make the Promise has the responsibility to explore and develop their own spirituality.

Importance of spirituality

Spirituality gives a much-needed sense of control over your life. It contributes to the development of the whole person together with the moral, social, emotional, intellectual and physical aspects. During this COVID-19 pandemic, many healthcare professionals have confirmed a growing recognition of the importance of spirituality as a foundation for general wellbeing.

TIPS ON HOW TO USE RELATIONSHIPS TO EXPLORE YOUR SPIRITUALITY



Loving yourself and having good cordial relationships with others are acts of spirituality and give you a sense of purpose, and appreciation of self-worth and esteem.

We as human beings all exist and develop within a sphere of relationships. As we deal with this unprecedented situation of the COVID-19 pandemic, in the now very fragile world, we realize how interconnected everyone ought to be. With all the associated stresses, girl guides can find a sense of purpose where it is lost, discover the meaning of life when most or everything seems to lose meaning; and explore the spiritual side of life in their different relationships as follows: -

- **Relationship with oneself**
 - ✓ Have a sense of meaning and purpose.
 - ✓ Love and offer yourself to being loved.
 - ✓ Have self-esteem and appreciate a sense of your own worth.
 - ✓ Tap into inner peace and joy.
- **Other ways of boosting your spirituality**
 - ✓ Even while in lockdown as a family, boost your spirituality by supporting each other.
 - ✓ Connect with friends and family members not with you on phone, social media and other possible means.
 - ✓ Watch programs on TV, listen to radio or read newspapers for news that will give you opportunities and positive energy to explore your spirituality.
 - ✓ Read books that will guide your spirituality.
- **Relationship with others and the world around us**

Human beings are social with a need for connection and relationships with others. Even during the lock down and while social distancing, we can still stay connected and explore our spirituality like this: -

 - ✓ Be of service to others.
 - ✓ Manifest generosity of spirit e.g. by performing acts of kindness, offering to help those in need
 - ✓ Show appreciation to someone every single day
 - ✓ Bring comfort to someone feeling lonely and anxious, do those simple human gestures we tend to overlook. Many people need this: the COVID positive patients, those who have lost their loved ones, those who have lost their livelihood, the lonely and isolated, and many others!

If you are able to, use phones, go virtual and use social media to connect among other ways to do the above.

STAYING SAFE: KEY ACTIONS FOR PREVENTING COVID-19

 Nyirandorimana Simonie, Nawrin Fatemi, Trish Paidamoyo Matarutse and Iyanuoluwa Dunsin Sonde mentored by Andile Faith Tshuma

The World Health Organization (WHO) has already played a pivotal role in providing information with regards to staying safe from COVID-19. Here, we will particularly pay attention to some more specific details to help you take care of your safety on a day to day basis; and explain in some more detail how some of the actions recommended should be done and when they are appropriate.

DID YOU KNOW?

(A) How long COVID 19 stays on different surfaces?



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As we get in contact with surfaces including metal, wood and paper, it is important to remember that COVID-19 can stick to surfaces and to know how long the virus survives on different types of surfaces.

Surface types	How long the virus survives
Metal (including doorknobs, jewellery, silverware)	5 days
Wood (e.g. Furniture, beds)	4 days
Plastics (plastic containers, plastic chairs, elevator buttons, etc)	2 to 3 days
Stainless steel (e.g. refrigerators, pots and pans, sinks and some water bottles)	2 to 3 days
Card boards (e.g. shipping boxes)	24 hours
Copper (e.g. pennies, teakettles, cookware)	4 hours
Aluminium (e.g. soda cans, tinfoil, water bottles)	2-8 hours
Glass (e.g. drinking glasses, measuring cups, mirrors, windows)	Up to 5 days
Ceramics (e.g. dishes, pottery, mugs)	5 days
Paper	A few minutes to 5 days



What to do?

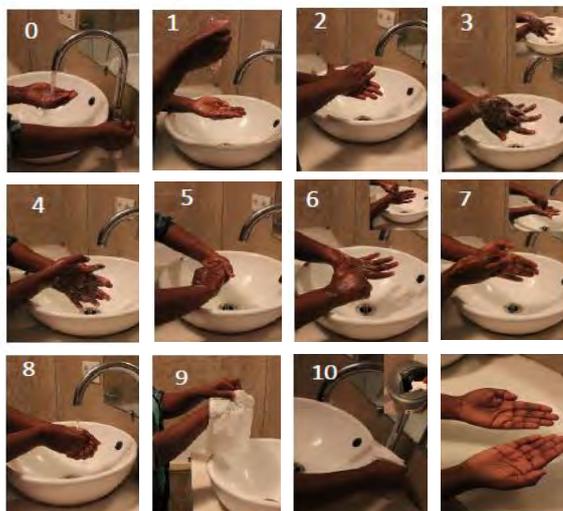
To reduce your chance of catching or spreading coronavirus, clean and disinfect all surfaces and objects in your home and office every day. This includes countertops, tables, doorknobs, bathroom fixtures, keyboards, phones, remote controls, toilets, should all be cleaned thoroughly. Use a household cleaning spray or wipe. For surfaces that are dirty, clean them first with soap and water and then disinfect them, using a cleaning spray or wipe.

(B) Washing hands is more effective than using hand sanitizers

Washing hands with soap and water for at least 20-30 seconds is more effective than using hand sanitizer because the procedure of using soap has more intricate steps and that wash off the virus as you rinse. However, there are also several advantages of using hand sanitiser as follows:

- Hand sanitiser is a quick fix -where you may not find soap, water and a sink where to use water and soap
- They require less time than hand washing
- They are more accessible than sinks
- They are less irritating to the skin than some soaps
- Some hand sanitisers can improve condition of skin.

For both hand washing and use of sanitizer, hands should be cleaned thoroughly. Below are the 10 steps of the handwashing process recommended:



- 0- Wet hands with water to create a moist surface on which soap can foam.
- 1- Apply enough soap to cover all hand surfaces to ensure maximum coverage.
- 2- Rub hands palm to palm to remove the virus on the palms.
- 3- Right palm over left dorsum with interlaced fingers and vice versa to remove virus from in-between fingers
- 4- Palm to palm with fingers interlaced to remove virus from the length of the fingers.
- 5- Backs of fingers to opposing palms with fingers interlocked to remove the virus from the joints along the fingers.
- 6- Rotational rubbing of left thumb clasped in right palm and vice versa to remove virus from the thumb.
- 7- Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa to reclean the palm after it was used in cleaning the thumb.
- 8- Rinse hands with water to wash off the soap, the virus and to make the hands clean.
- 9- Dry thoroughly with a single use towel to avoid reuse and harbouring the virus
- 10- Use towel to turn off faucet to avoid recontact of virus that might be on the faucet and dispose it off immediately.

(C) The Dos and Don'ts with Masks for COVID-19?

✓	✗
Cover both mouth and nose.	Touch the front of the mask.
When wearing mask, hold the string and put over ears.	Reuse disposable mask.
Thoroughly wash reusable mask immediately after use with detergent and water, then sun-dry.	Depend only on mask.

FREQUENTLY ASKED QUESTIONS (FAQ)

Does Corona Virus spread through exposure to food?

This has not been established yet. However, it's advisable to thoroughly wash fruits and vegetables under running water before you eat them, scrubbing them thoroughly with a brush or your hands to remove any germs that might be on their surface. Wash your hands after you visit the supermarket. If you have a weakened immune system, you might want to buy frozen or canned produce.

When should hands be washed?

- After blowing your nose, coughing or sneezing
- After visiting a public space, including public transportation, drug store, market, supermarket and places of worship
- After touching surfaces outside of the home, including money
- Before, during and after caring for a sick person
- Before and after eating
- After bringing in takeout food or packages
- Picking up a delivered newspaper
- Get in contact with anything or any surface that can harbour the virus

Wash your hands almost all the time! There is no limit to the number of times you can wash your hands to protect yourself from COVID-19.

Is corona virus found in water?

Coronavirus hasn't been found in drinking water. However, if it does indeed get into the water supply, your local water treatment plant filters and disinfects the water, which should kill any germs.



....and always remember, social distancing plays the magic. #stayathome #socialdistancing

By the time of filing this, close to a million people world-wide had contracted COVID-19 with over 200,000 deaths. This shows the intensity and seriousness of the virus. So, it is important that we all ensure to stay safe by using the guidelines from World Health Organization and your National Government guidelines, among other reliable sources.

COVID-19 INFORMATION OVERLOAD: PROTECT YOUR SANITY AND ONLINE SAFETY



Selina Mukoko, Beatrice Mbulumbunde, Asma'u Naphatiti Aliyu and Susan Atar mentored by Narindra Andriamahefalisson and Prerana Shakya



With the COVID-19 pandemic going into overdrive, millions of people across the world have inevitably found themselves in either partial or complete lockdown for long periods of time. Inevitably many are seeking for information to deal with the arising uncertainty but also to stay on top of updates, get a better understanding of what's happening around the world with the pandemic, and also help equip them with important news that can guide them on how they have to respond to the crisis.

Boredom from practicing social distancing and self-isolation has pushed many people to find solace, consequently leading to an unprecedented surge in all sorts of media use.

In times like these, having access to information is very important for people to know the nature and extent of the threat posed by the coronavirus. Having access to detailed information such as the meaning of self-quarantine, what should happen to family members of a self-quarantined person who live with him or her, what happens to the virus after the quarantine period, what preventive measures to take. through the various sources of information from reliable sources can help us stay safe and take the necessary precautions given by the health personnel. With schools closed and lockdowns imposed, many children and young people are spending almost all their time at home and are exposed to all different forms of information from different sources including television, radios, phones, internet and many others. Online sources provide valuable opportunities for them to learn and socialize with friends and peers, which is healthy.

THE RISK

Inevitably there is an information overload with exposure to too much information -some of it confusing, stressful, exaggerated, untrue and even harmful to one's mental health. Dangers of information overload and excessive internet use include: -

Mental stress

Every single day there are reports of people contracting and dying of COVID-19. Every TV channel, newsletter or online channel you turn to is reporting the same things day in; day out. Fear and anxiety are sometimes so overwhelming for everybody, young or old, white or black, rich or poor! This causes mental stress, sometimes leading to changes in sleep or eating patterns; worsening of chronic diseases like heart disease and use of alcohol, tobacco, or other drugs by some people to calm their nerves.



Cyber insecurity

Especially for young people which leads to the following risks:

- Malware where one's private information can be stolen
- Cybercrime including fraud, child trafficking, child pornography, theft of intellectual property, stealing identity or violating privacy
- Phishing including scams and impersonation with intent to do fraud
- online sexual abuse where strangers or even people one knows send you sexual content or ask you to share pictures and videos of you with sexual content.
- cyberbullying sometimes involving sending you mean comments, abusive messages and intimidating posts.

Access to inappropriate harmful content by children including incitement to suicide and self-harm; violent or xenophobic content; and marketing that is not appropriate. They may also be exposed to misinformation about COVID-19 that may make them more fearful, anxious and confused about their world.

HOW TO GUARD YOUR SANITY & ONLINE

● Screen sources of information

Be very keen on the credibility and reliability of the sources of your information. Not every news source is credible and not all sources should be trusted.

● Reduce exposure to too much news

News sometimes tend to be repetitive. Rather than watching the same repetitive news, select two to three times a day when you can catch up on news headlines instead of watching the same thing, several times for hours on end.

● Diversify how you spend your time while in lockdown

- ✓ Plan to virtually connect for an hour or two a day with family and friends instead of scanning different news sources. Connecting with family reduces the feeling of isolation especially as we practice physical distancing.
- ✓ Do regular home team building activities like playing chess, scrabble, fitness exercise or other indoor games.

● Have adequate sleep

Sleep for at least 6-8 hours per night. Don't read or listen to news right before bedtime to help get a better sleep without stress.

● Spread positive energy, not panic

Don't be the reason for panic and mental stress. Always double check the kind of information you read and share online. It should not scatter people into disarray.

● Ensure internet safety by:

- ✓ Putting a limit to your internet, social media time. Disconnecting from the internet for some hours or even a day from time to time will reduce the amount of exposure.
- ✓ Agreeing as a family on boundaries and expectations. Discuss and agree on how much time your children spend online, for how long they can play games, how long they can spend chatting and how long they need to spend doing school or homework.
- ✓ Playing offline games, get creative offline, and exercise together through streaming channels and videos indoors, increasing positive bonding time.
- ✓ Doing other productive online activities that we often don't get the chance to do in this digital age, like reading online books and learning new skills.

MENTAL HEALTH: MAINTAINING SANITY DURING THE PANDEMIC

 Karen Simalonda, Mishelyn Prisca Kanyungwe and Haika Fredrick Temu mentored by Mitchel Jonathan, Zaina Hamza Wanjiru and Catherine Isaack

COVID-19 has swept across the world, and with it is a heavy toll on people's mental health because of overwhelming fear, stress and anxiety. Mental health includes emotional, psychological, and social well-being of a person. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Coronavirus stress factors that could affect your mental health: -

- Information overload
- Isolation, loneliness and boredom due to lock down
- Unemployment and loss of livelihood
- Stigma and Fear
- Inability to take care of or bury loved ones
- Disruption of usual life routines including going to school and work

Likely effects of the above COVID-19 stresses

If not well addressed, COVID-19 can stress to any or a combination of the following: -

- Depression
- Harmful alcohol and drug use
- Domestic violence
- self-harm or suicidal behaviour
- High crime rates
- Worsening of chronic health problems
- In extreme cases, insanity



How to guard your mental health: -

- Balance how much information you take in about COVID-19, only get what you need to know to stay safe and protect your family. For example, the necessary precautions, symptoms, what to do when you have the symptoms.
- This is a perfect time to bond with family and your loved ones especially if you are in the lockdown together, plan activities you all can do together e.g. you all can have your phones down and take your old albums out and go down that memory lane.
- Make yourself busy and avoid being inactive. This can be done by finding new hobbies that can be done indoors e.g. If you never tried reading a book, try one you might like it. Do body work outs or exercises, cook and Join challenges such as the fun bingos (you can create some and also share with others).
- To reduce the level of loneliness because of lock down and isolation, keep in touch with friends and other loved ones on phone or online (through your different social media)
- If you have lost your job, and your livelihood (source of income) try to establish if your government is doing anything to support people like you. In many countries, there is support with emergency food for people who no longer have any livelihood and poor households. After COVID-19, you can figure out how to proceed with life. If there is a provision in your country to support the unemployed (e.g. in the USA), file for unemployment so that you can get unemployment benefits.
- If you have children and they are out of school, try the option of home schooling; or do self-tutoring if you are a student who is out of school because of COVID-19.
- Ensure to stay safe.



When you guard yourself from COVID-19 stresses, your mental health will be protected. You can still be happy despite the challenges.

WORKING FROM HOME EFFICIENTLY: TIPS ON HOW TO DEAL WITH DISTRACTIONS



Safa Claudia Uwingeneye and Valerie Stella Andrianony mentored by Martha Begumisa

Amidst the COVID-19 pandemic, many people world-wide have found themselves having to work from home (WFH), away from a formal office or working environment. The truth is that even before COVID-19, many organisations have staff working from home. For example, for many Girl Guiding communities it is not a new practice. Many WAGGGS staff are remote staff and they work from home. However, for millions worldwide, this is a new experience that has come as a result of the lockdown and social distancing concept to protect themselves from the pandemic.

Benefits of working from home

There are benefits from working from home. According to a research undertaken recently, where more than 3,500 remote workers were surveyed, top benefits of working from home include having a flexible schedule, the ability to work from anywhere and not having a commute.



- 32% Ability to have a flexible schedule
- 26% Flexibility to work from anywhere
- 21% Not having to commute
- 11% Ability to spend time with family
- 7% Ability to work from home
- 3% Other

State of Remote Report 2020
buffer.com/state-of-remote-2020

THE CHALLENGES, DISTRACTIONS AND STRUGGLES OF WORKING FROM HOME



The benefits notwithstanding, working from home can be a struggle. There can be so many distractions!

Communication challenges:

As long as we are not face to face with teammates the easiest mode of communication is emails, and for some WhatsApp messages which sometimes may not be as clear as when it is done face to face communication. There is bound to be misunderstanding of the intended messages.

As much as possible, it is good to try and **make the most of video calls** so you can have the opportunity to speak more clearly with your teammates while you are seeing them. There are so many options for video calling including WhatsApp, Facebook, Zoom, GoToMeeting and Skype among others. You however need to secure high-speed internet otherwise it can get frustrating. When that happens get proactive and opt for work that does not require internet at the time.

Competing with distractions at home:

There are so many distractive temptations at home including television, children and spouses seeking for attention, home chores that need to be done and other personal affairs that need to be addressed. Phone calls and social media too (like WhatsApp, Snapchat) can be quite distractive -especially for younger people.

For optimal concentration while working from home, one needs to treat remote work as a normal job by having a clear schedule with set work hours; and sticking to them. If you have children or a spouse spend break and lunch times with them. Creating a strong boundary between work and other issues. Having a dedicated office or space in the house and declaring it “out of bounds” can protect you from interruption from other family members. You need the support of your family to be able to concentrate. So, they need to know when you are ‘in office’ or when you are available. You can put your phone in silent during your work hours if you don’t expect any urgent calls. It’s how however crucial to stay online to make sure other teammates can ‘see’ us virtually.

Risk of over working

With no traffic to worry about, or no fear of rebuke from parents for coming home late (for young people still staying with parents) it’s easy to over work, way beyond your daily number of working hours. When you are lucky not to have any distraction at home you can find yourself working continuously for so many hours!

While it is always nice to work hard to reach on our goals, it is also important to take care of ourselves and our health. Sitting for too long on the computer increases the risk of chronic health problems, such as heart disease, diabetes and some cancers. Too much sitting can also be bad for one’s mental health. Besides health issues, it has also been scientifically proven that after an hour of hard work, we cannot stay focused without taking a break. Taking short breaks after every hour or so is important. Not only for you and your brain, but also for your concentration and the quality of your work.



Valerie (from Madagascar) and Safa (from Rwanda), working from their home in Kathmandu, Nepal where they are current YESS participants. Keeping an organized work desk while working at home keeps them focused and productive with minimal distractions.

Conclusion

In most cases, before we even get to our workplaces, we are already tired and very low on motivation. Working remotely not only gives you the opportunity to work within the comfort of your home but also gives you more time on your hands. It is easier to motivate yourself when you define most of the terms around which you get to perform your tasks. While the temptation not to mind what you wear is high, always endeavor to dress appropriately as dressing has a direct relation with mood, attitude and even performance.

WHEN SCHOOLS ARE CLOSED: GETTING PROACTIVE WITH HOMESCHOOLING



Flavella Ingabire and Dina Mandroso Niaina mentored by Catherine Nakazibwe



Catherine Nakazibwe in Kampala, Uganda during an informal homeschooling session with her children.

In an attempt to control the COVID-19 spread, most educational institutions across the world have been closed, impacting over 90% of the world's student population according to a UNESCO report. To ensure educational continuity, for some parents and students, homeschooling is an option.

Homeschooling is the education of children at home or in a variety of places other than in a traditional public or private school. This kind of Education is usually conducted by a parent and is common in Europe, United Kingdom, United States and Asia and begun in the 1960s and 1970s with Educational reformists dissatisfied with Industrialized Education.

A typical Homeschool schedule

Homeschoolers organize their days in ways that work best for them. Some begin their schooling early in the morning but some opt to make it in such a way that learning takes place any time e.g. if a child gets excited about a science experiment before bed, some parents follow the child's enthusiasm to see where it leads, and this becomes part of the school day as well.

Teaching methods and materials

Home Schools use a wide variety of methods and materials. Families or parents choose different education methods which they wish to undertake. These include:

- Informal learning which is an everyday form of learning from experiences with new materials or through questions to a more experienced person
- Structural homeschooling attempts to imitate the structure of the traditional school setting while personalizing the curriculum.
- Unstructured homeschooling is when parents don't follow a particular curriculum but the child's daily experiences and focuses more on self-directed learning by the child.

- Unit studies are when multiple subjects are studied in relation to a single topic and it is applicable while teaching children of different grades simultaneously.
- All in one curriculum is also referred to as School at home or school in the box. The instructional methods and student homework are similar to those used in traditional schools
- Unschooling is when children learn through their natural life experiences including play, household responsibilities, personal interests and curiosity, internships and work experience, travel, books, family and mentors.
- Autonomous learning is when the child is responsible for his own learning climate.
- International and national curriculum: Most schools in Africa follow either the national curriculum or the international curriculum. A parent may decide to follow either of those two curriculums and ensure that their children sit either national examinations or Cambridge exams at the end of each level.
- The materials needed to conduct homeschooling will depend on the learning method chosen by a family, parent or oneself. Most of the materials needed are within the home but for some teaching methods they need textbooks, projectors, set exams for different grades etc.
- Some persons who do homeschooling follow the syllabus of traditional schools and give exams at the end of the year to assess them and progress to the next grade.



Tips on effective home schooling

- Plan a schedule and have a clear timetable on what will be studied when. For the younger children, schedule study times into shorter blocks of time. For older children, give them space to develop their own schedule so they can feel in control and be accountable. Only intervene when they ask you to; or when you see they need help.
- Establish a routine with consistent study times as much as possible. However, ditch army-style rigidity on routine and allow for flexibility once in a while to avoid the children or students losing interest.



- During study time, ensure a convenient learning environment with minimal disruptions, even if you opt for informal home schooling.
- If you have access to internet, use online resources to support your child.
- Ensure to make it fun especially for the younger ones
- Beware of the super parent syndrome. With the children staying home longer than usual; and home turned into school, depending on the age of the children, your home may not look as neat as it usually is with school materials all over the place. Don't stress over that but use it as an opportunity to train the children to clean after every 'school day'. Make it fun so they don't hate 'school'

MAXIMISING FAMILY QUALITY TIME DURING LOCKDOWN



Pascaline Furaha Irakarama, Joyce John Sebachuzi, Estelle Victoire Razananoro and Teopista Nabatanzi mentored by Faniry Domohina Rakotoarivony

“Cherish your family, make time and laugh often with them” - B.B. Butler

Over the past months, most countries around the world have been facing the unprecedented COVID-19 pandemic which has prompted most governments worldwide to impose lockdown measures for weeks and even months to come. This has forced people to stay in their homes and spend time with their family members. Although this “imposed lockdown” can be difficult for many people, it can be very beneficial for families around the world to strengthen their bonds and spend quality time together.

Family in the context of COVID-19 lock down

In the strictest sense of the word, Family is a group of people who are related by blood or by law. However, in the COVID-19 context, we will look at family beyond that to include people staying together in the same house e.g. friends or other groups of people who they may consider to be their family. In some places, pets may be called part of the family. Any group of people spending lockdown time together is family in this context.

CHALLENGES OF STAYING UNUSUALLY TOO LONG TOGETHER AS FAMILY



Stress and uncertainty

The reason for lock down is to protect people from contracting the dreaded COVID-19. However, the lockdown has caused a lot of stress for many homes especially because it has impacted on many people’s livelihoods and sources of income. At the time of writing this, over 30 million people in the USA alone had filed for unemployment since the COVID-19 shutdown. And this is the trend in most countries across the globe. So as people are in lockdown with their families, there is a lot of uncertainty on how they are going to maintain their families-food, school fees, shelter and other basic necessities. What makes matters worse is that they don’t know how long this is going to take! This stress trickles down to the children, causing a lot of overwhelming emotions and unhappiness.

Boredom and monotony:

Confinement for long days (which you may not be sure is ending soon) can lead to extreme boredom and monotony. With boredom comes the tendency for family members to get easily angered and getting on each other’s nerves over small things. Some families decide to kill boredom watching news on TV, social media and other sources of information, which is also a stress factor as the news are either on people dying, how there is no vaccine, the uncertainty of when this might end, blah blah blah.

Domestic violence:

According to a UNFPA report, incidents of domestic violence especially in some of the world's poorest countries, are on the rise. Violence is not just physical. It can be verbal, emotional or psychological. Even before the COVID-19 pandemic, one in three women globally were reported to have experienced violence at least once in their life time. Now, COVID-19 has aggravated the problem because victims are forced to stay at home with their abusers, and they have nowhere to run to for solace because they have to exercise social distancing by staying home.

► Exercise together

By exercising together, you're encouraging teamwork and working together to achieve a common goal. Not only does this help strengthen family bonds and ties, but it also helps teach the importance of goalsetting and accomplishment both as an individual and a family.

► Watch TV together:

Watching TV as family can be exciting pass time for members especially if it is made an interactive experience by discussing and agreeing on which channels to watch. Parents can also tap into the power of TV as a learning tool for their children. Time for watching TV however has to be regulated by parents.

► Have 'me' time -give space to each other

Sometimes, it's okay and healthy to have time alone away from the other family members even if you are in the same house and do with it whatever you want including nothing! You can choose to do a reflection on several important things that matter to you, or just listen to music or play a solo game, anything! When you are alone, you fall in love with yourself all over again, and it is then easy to love other members of your family even more.

► Connect virtually with other friends and family

Connecting with other friends and family virtually on social media can be a much welcome break from monotony of having to see, talk and relate with the same people every day from morning to evening. It's good to hear from 'the other side of the world' and will ease the nerves and the stress.

HOW TO MAXIMISE FAMILY QUALITY TIME

It doesn't have to be stressful. Families can live happily together and have quality time during the COVID-19 lockdown. Here are a few tips on how this can be done: -

► Provide for bonding time

This lockdown period can be used to create a strong family bond. The shift from insanely hectic days to the not-so-busy ones can be a good opportunity to set family rituals together in order to build a sense of belonging and inner security for children. Storytelling, Meal and prayer times can be perfect bonding moments for the family.

'Before COVID-19 everybody left early and came back late... we only ate at home during weekends but now we are enjoying home cooked meals. I have more time now; I can play and learn more with my son' Sylvia Yirenkyi a girl guide from Ghana says.

► De-clutter and streamline your home

Some families have too much stuff (clothes, shoes, beddings, etc) while others have almost none. This is the time to do philanthropy. By donating clothing, toys and other belongings, you'll create a more peaceful, clean environment and have fewer things to take care of making family time more plentiful and enjoyable.



Families can be happy during lockdown

HOME ECONOMICS: MANAGING FINANCES AND OTHER RESOURCES AMIDST SCARCITY



Linda Wilson, Joyce Chilumbu, Patricia Mubvumbi, Anne Gaelle Marie Danielle Badji, Bridget Ruth Thapwale, Mitchel Oluoch Akinyi, Cedrine Aina Fanambinirina and Jovia Namubiru mentored by Rachel Tembo Chakalashi



Home economics involves managing limited resources amidst scarcity; it is inevitable especially during pandemics such as the current COVID-19. The globe is limited in activities involving regeneration of its essential resources such as food, finances and labour. This has increased challenges such as food insecurity, low income and unemployment. Such times call for a plan on how to adapt to such a situation.

SOME TIPS ON HOW TO MANAGE: -

Focus on needs rather than wants

How do you organize yourself amidst scarcity? Needs are essentials; while wants are optional and most luxuries follow under this. Purchases are based on our budget. To achieve this, you have to focus on allocating funds in purchases of essential needs as opposed to luxuries that can wait. Eliminate things that are not necessary. You just have to take the essentials to live and buy healthy products and mind about 'zero waste.' Don't buy things you don't usually eat or use.

Have a clear scale of preference

This is a concept that drives to satisfy the wants of an individual in the order of their priority and importance. In the midst of scarcity, focus must only be on life saving priorities and having a scale of preference will make it easier for a choice to be made. The scale of preference can't be overlooked because it promotes perfect utilisation of limited resources available.

Don't panic buy

As coronavirus continues to spread across the world, many people have been stockpiling essentials and those with cars panic filling their cars in anticipation of long periods in lockdown and home confinement, leaving supermarkets empty. While it is important to ensure you have enough groceries and home supplies in preparation of something like COVID -19 lockdown, it is important to avoid being a victim of unnecessary panic buying.

The dangers of panic buying include:

- Buying too many supplies that will expire before you even consume them.
- Stocking things that you don't even need
- You will be a victim of exploiters who will sell you stuff much more expensively
- Skyrocketing of prices due to increased demand from panic buyers

Budget and avoid impulse buying

A budget is a plan on how to spend one's finances. Impulse buying is unplanned purchase of items either out of excitement; and for many young people this is done when they are under peer pressure or when for them shopping is a form of entertainment -a feel good activity. In times like these, impulse buying is a no. Every expenditure needs to be planned for, justified and budgeted for. Even younger children need to be trained on planning expenses. If you are a parent, before leaving home, always agree with your child(ren) on what is going to be bought and make a list. Anything not on the list can be planned the next time.



Avoid extravagant consumption

It is advisable to use the resources you have sparingly in times of scarcity. For example, some families opt to reduce the number of meals a day e.g. From three to two. Some opt to skip breakfast and instead have brunch -which is a combination of breakfast and lunch. This should by no means affect the quality of your nutrition as it is important you eat healthy and stay healthy.

IMPORTANT LESSONS FROM THE COVID 19 PANDEMIC

The need for saving

It's important to save for a rainy day, even your income is not that much. Savings is the money a person has left over when they subtract their consumer spending from their disposable income over a given time period. But for a good and more effective saving plan we are advised to save first before we spend, this is because needs and wants are endless which makes it difficult to save. Prudent and wise people do not wait for scarcity to show up before switching into a management mode, they prepare and save ahead knowing they will wake up one day in crisis like the Coronavirus pandemic.

Good to create an emergency fund

Emergency funds set aside to cover any financial emergencies or unexpected expenses that may come up. Though a huge sacrifice, this is ready-to-use cash in times like these and can provide you with a lot of peace during a crisis such as the Corona pandemic thereby allowing you to take care of the problem at hand. Emergency funds are meant to protect your savings and cover your expenses from three to six months before you start using your savings.

The need for financial literacy

Financial literacy is essential. This is knowledge on how to make informed decisions using financial resources. Hence, one needs to understand their income and expenditure to better manage their finances amidst scarcity. Financial literacy enables people to understand what is needed to achieve a lifestyle that is financially balanced, sustainable, ethical and responsible in the midst of scarce resources.



BE A GLOBAL CITIZEN FROM THE SAFETY OF YOUR HOUSE



Ines Goncalves



As Girl Guides and Girl Scouts, we all recognize our commitment to leave the world a better place than we found it. We have been active members in our community and taking action for global causes before the pandemic, and there are still ways you can do it from the safety of our houses.

HOW CAN YOU CONTINUE TO BE A GLOBAL CITIZEN DURING COVID-19:

1. Start with the ones closer to you

Check-in with your friends and Girl Guides or Girls Scouts from your unit! As discussed in the Mental Health section, talking about our emotions and feelings with someone we trust is essential.

If you have friends who don't have access to the internet or mobile devices, write them a letter that you can try to post - if possible - or save for when you can hand it in person. Showing you care for someone is one of the most powerful actions we can all do, and it will make a real impact on someone we love.

Actions:

- ➔ **Call or contact one friend today!** Ask how they are doing and check on their mental health. Start thinking about the plans you can make together once lockdown measures are over, and how amazing your first hug will be.
- ➔ **Follow the #PositivityPatrol weekly challenges** on [WAGGGS social media](#) on how Girl Guides and Girl Scouts around the world can be a #PositivityPatrol to make a difference in their lives and the lives of others.

2. Learn about the sustainable development goals



THE SUSTAINABLE DEVELOPMENT GOALS are 17 global targets designed to end poverty, protect the planet and ensure prosperity for all.



Have you heard about the SDGs? In 2015, 193 countries met to discuss the world's problems and decide on a plan to tackle them. They named this plan the 17 Sustainable Development Goals (SDGs).

Actions:

- ➔ **Play the "Go Goals" cardboard game** created by the [World Largest Lesson](#). You can print the materials (in appendix) or make a handmade version with your family!
- ➔ **Start working on your amazing ideas** to make the SDGs a reality in your community. Check the WAGGGS Advocacy Toolkit "[Speak Out for Her World](#)" and the "[Be the Change 2030](#)" Toolkit on how to transform your ideas into advocacy campaigns and community projects.

3. Raise your voice!

Telling the world what you care about is an important part of being a global citizen, and we can do it at a distance of a few clicks. WAGGGS amplifies the voices of girls and young women around the world through U-Report, a free online platform that collects young people's opinions. By adding your voice, we can speak out louder as Girl Guides and Girls Scouts.

Actions:

- ➔ **Become a U-Reporter!** Send a text with "Join" to [U-Report Global](#) on Messenger, Facebook or Viber and answer the polls that WAGGGS makes on topics that matter to young people.
- ➔ **Have a spare minute?** Answer the [United Nations survey](#) on the impact of Covid19 in your life, and tell world leaders what they should be doing.

4. Don't forget the good turn

Girl Guides and Girls Scouts always find creative ways for kindness gestures. We have been learning how to “Be Prepared” and know that our actions, no matter how big or small, can make a difference.

Actions:

- ➔ **Commit to one good turn a day!** It can be done in a digital space and with the people you live. Make a knot on a piece of rope for everyone day you do it, so to keep track of your promise. You can learn to make different knots through the [Our Cabana Knots challenge](#).
- ➔ **See if there is something you can do in your neighbourhood.** You can use community WhatsApp groups, Facebook pages, message boards or even phone calls to consult people and compile a list of community concerns and needs.

5. Take care of the earth

While being at home, we start missing those outdoor spaces where we used to play, spend time with friends or just appreciate the Nature. Switching off the lights, taking short showers and giving preference to plant-based meals are small ways to help the planet, but there is more!

Actions:

- ➔ Want to plant a tree while searching on the internet? Use the [Ecosia search engine](#) instead of your regular initial webpage. Ecosia is an environment-friendly project that has planted more than 90 000 000 trees only by people using its website.
- ➔ Play the Unicef [“Mission 1.5”](#) online game to learn about the different ways countries can take climate action.

6. Inspire and get inspired

In times where we might experience isolation, getting inspired is a strategy to not forget our role as changemakers and keep dreaming of a better world. And you have an endless potential to inspire other people to dream with you too.

Actions:

- ➔ **Share your stories in the [Voices of Youth](#) platform.** This website powered collects 1st-hand experiences from young people all around the globe, and yours could be the [next](#).
- ➔ **Create an online book club or cinema night with your unit.** Choose books or movies with inspiring stories, or explore a new different culture or reality.
- ➔ **Follow @wagggsworld on social media** to get inspired by other Girl Guides and Girl Scouts. You can also check other accounts that will help you with being a global citizen. Our favourites are [@theglobalgoals](#), [@worldlargestlesson](#), [@gbltctzn](#) and [@UnWomen](#).



7. Share trustworthy information

Being informed and sharing credible information related to the virus might be a life-changing action for those around you, and contribute to a faster recovery at the global level.

Actions:

- ➔ **Check the U-Report COVID-19 Information Chatbot** which provides vital information about COVID-19 and a ‘rumour tracking’. You can do it through:
 - WhatsApp: Send “CoronaVirus” to +66 80 024 9442.
 - Facebook Messenger: Send ‘CoronaVirus’ using Facebook Messenger [here](#)
 - Viber: Follow the ‘U-Report’ Public Account on Viber (Go to Discover), Send the message ‘CoronaVirus’



- ➔ **Try to stop misinformation being spread** if it happens around you.

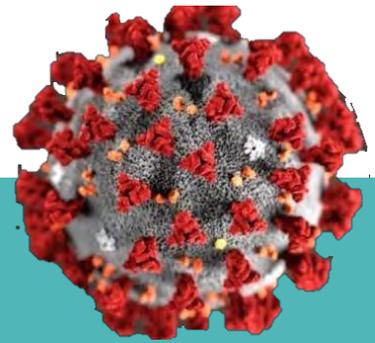
Many people are worried and anxious right now – and in difficult times, people sometimes share incorrect or inaccurate information. Check the [Unicef Covid-19 Youth Action Toolkit](#) to know what you can do when this happens.

WHEN YOU TEST POSITIVE WITH COVID-19: KEEPING PANIC AND FEAR AT A DISTANCE



Faustine Ikaze Shimo and Linda Amoako mentored by Benedict Busira

“...for now, what we need to do is prevent the spread, hope for a vaccine and fight for our world to recover to when we can all hug again, shake hands and even go to the movies or to school without worrying about who is next to you”



Health Care Providers and WHO have been sensitizing the whole world that having coronavirus is not a death sentence and this has been a huge relief.



When you test positive with COVID-19, it's very important to get the right knowledge and information from the right people. Your health care provider will take you through a care plan and confidentially inform your country's Health Department. They will then reach out to learn of any recent travels or close contacts for tracing as this is to limit spreading.

WHO HAS THE RIGHT TO KNOW?

When you test positive, it's important to at least let your closest contact (family or friend) be in the know because you need their support. Some famous people and individuals around the world have taken to social media to let their fans know their status.

If you are home with elderly people or someone with a medical condition, it is important for them to know your status. Should they develop any ailment the ability for them to inform their health professional of being in contact with a COVID-19 patient can be helpful.

TYPES OF COVID 19 PATIENTS

There are 2 groups of patients. Asymptomatic and Symptomatic patients. **Asymptomatic patients** test positive but show no symptoms. Mostly young people and no previous medical condition falls under this. This can be due to; either you are on your way to recovery or signs are yet to show. This is the dormant stage and one can still spread to other people they come into contact with.

Symptomatic Patients have mild symptoms which are fever, cough, sneezing, diarrhea and other severe symptoms like trouble breathing and persistent chest pain. It's good to isolate yourself and follow your health care providers' care plan until they advise it's okay to come out of isolation.

BEING COVID-19 POSITIVE IS NOT A DEATH SENTENCE, TAKE GOOD CARE OF YOURSELF

Statistics from WHO so far show that 97% of most patients have mild symptoms and usually only 3% have critical condition. This is evidence that being COVID-19 positive is not a death sentence, so no need to panic. You just need to take care of yourself and others as follows: -

- Stay in touch with your doctor and follow all instructions.
- When you have a medical appointment always call ahead and emphasize you are a COVID-19 patient
- Monitor symptoms carefully and when they start getting worse or there is an emergency, contact your health care provider immediately
- Take care of your mental health
- Always try to rest and stay hydrated with a well-ventilated room
- Accept the love and support of your loved ones
- Stay Home; avoid going out to public places and moving at home. It's always best to keep yourself isolated and even avoid sharing household items

What family and friends of COVID-19 patients need to do: -

- The warmth of family can play a vital role in combating the virus when tested positive. Keep in high spirits and be positive. Such energy will transfer to the patient.
- Reach out frequently through calls and text, as an assurance you are in this together
- Avoid sharing misinformation and messages that spread fear.
- Put on protective clothing **only if** there is to be in contact with patient.

Coming out of Quarantine and life after recovery

Coming out of isolation can be accompanied with mixed emotions ranging from how you feel and how others feel about you. And depending on each individual it can be stressful.

However, life has to continue. As it has been proven that some people could be re-infected, this means our bodies are not forever immune to the virus. And also, no vaccine and specific treatment has been discovered, thus it is good to still observe the precautions even after you have recovered from Coronavirus. Still keep in touch with your doctor and monitor your development.

This is the time the whole world needs to stand together in this pandemic. Everyone is a potential COVID-19 patient. So, for now what we need to do is prevent the spread, hope for a vaccine and fight for our world to recover to when we can all hug again, shake hands and even go to the movies or to school without worrying about who is next to you.

References: www.who.org, www.cdc.gov, www.hackensackmeridianhealth.org, www.freepik.com, www.caribvoice.com

USE YOUR FREE TIME TO SCAN FOR OPPORTUNITIES IN GUIDING



Valentina Segua Alaba Monnie, Argie Gathigia Muriuki, Joyce Maleyi Chaula, Elizabeth Biira with extra input from Linda Amoako

The mission of WAGGGS is to enable girls and young women to develop their fullest potential as responsible citizens of the world. WAGGGS and all its Member Organisations in 150 countries provide a non-formal educational program that focuses on training in life skills, leadership and decision making. Girl guiding aims at providing a safe environment for girls to make mistakes and learn from them without the pressure of meeting pre-defined academic standards. The girls are encouraged to 'do their best.'

The COVID-19 lockdown has led to changes in girl guiding operations worldwide. WAGGGS has ensured to maintain a reasonable level of online activity. For example, there is a space on the website where girl guides can connect.

#ForHerDigitalWorld is a space on the WAGGGS website to share ideas and find out how to stay close to your Guide and Girl Scout community...at a distance. The page is being regularly updated with new and exciting content. For details please go to this link:- <https://www.waggs.org/en/what-we-do/for-her-digital-world/>

Many MOs have also created separate online spaces on their social media pages to keep their members connected. So why not use this time to connect on the different online platforms such as Instagram, Twitter and Facebook, in order to catch up with WAGGGS opportunities.

It can also be a good idea for Association leaders to create online groups so that they keep updating their members on the opportunities coming up for the guides and also to give the members more information about WAGGGS.

Global Programmes and Leadership development opportunities:

WAGGGS has several Global Programmes and leadership development opportunities that girl guides can participate in including the YESS Girls Movement, Free Being Me, Action on Body Confidence, Surf Smart, Glow, #Team Girl, 16 Days of Activism, Girl Powered Nutrition, Stop The Violence, World Thinking Day, The Juliette Low Seminar (JLS) and The Helen Storrow Seminar (HSS) among many.

'GUIDING OPPORTUNITIES CHANGED MY WHOLE LIFE'



Narindra Andriamahefalison: Went from her home country Madagascar to Uganda as a YESS International exchange participant for 6 months in 2016.

Opportunities in guiding haven't just changed a small part me, it has changed my whole life. Guiding has improved me intellectually, emotionally, spiritually, socially, morally and even physically. I was totally in my comfort zone but through all the experiences, I have discovered myself, gained more confidence, improved my leadership skills, decided what I wanted and found where I belong. I have met a lot of girl guides and scouts from around the world who have become teammates, friends, sisters, mentors, role models, mothers, and family.

For learning opportunities visit:

<https://www.waggs.org/en/what-we-do/Learn/>

On how you can speak out visit:

<https://www.waggs.org/en/what-we-do/speak-out/>

For WAGGGS different leadership programmes go to:

<https://www.waggs.org/en/what-we-do/lead/>

To scan for volunteering opportunities, go to:

<https://www.waggs.org/en/what-we-do/volunteer/>



Learn
Through our participatory, non-formal education programmes, Girl Guides and Scouts learn about themselves and their world.



Lead
WAGGGS offers training and resources for Member Organisations and for young women to support their on-going leadership development.



Speak out
WAGGGS empowers young women to speak out and take action to influence others and bring about positive change in their communities.



Volunteer
Volunteering for the benefit of local communities has been a core part of Girl Guiding and Girl Scouting experience for over 100 years.

Volunteers Resource Pool

WAGGGS Volunteers Resource Pool is a hub for many different volunteering opportunities. Its purpose is to support various projects and build capacity around the core mission of Girl Guiding and Girl Scouting. As opportunities for volunteers are identified, they are shared on the online platform of the resource pool. This is an opportunity for all guides to be well informed, equipped and well prepared for opportunities that may come up anytime.

For more information on the Volunteers Resource Pool and how to join, please visit:

<https://www.waggs.org/en/what-we-do/volunteer/>

Also, I have learned how to manage intergenerational and intercultural connections so that each and every one is valued. Furthermore, I have opened my eyes and soul to realize that in this world there are a lot of inequalities but I can take even the smallest action to change that. I have offered my hand for the community and got all opportunities to share my opinions and speak out. WAGGGS offers a lot of opportunities and it is up to you to take it or ignore it.” –Narindra, Mpanazava Eto Madagasikara.

OTHER OPPORTUNITIES TO LOOK OUT FOR:

United Nations Commission on the Status of Women (UN CSW)

WAGGGS Delegates represent the voices of 10 million girls and young women at the CSW held annually. CSW is the principal policy making body dedicated exclusively to gender equality and advancement of women. Young women have an opportunity to speak out on behalf of girls around the world and ensure their needs, priorities and voices are heard. For more information go to this link: <https://www.waggs.org/en/what-we-do/speak-out/commission-status-women/>

Volunteering and internships at World Centres

WAGGGS World Centers offer fantastic Volunteering and Intern Programmes and an opportunity to develop professionally and personally. These come at different times of the year and are for varying periods from short term to long term of about a year.

For more info: <https://www.waggs.org/en/our-world/world-centres/>

Because of the current uncertainties we have opted not to be specific on the dates of certain opportunities in this book, because the timings could change amidst the COVID-19 uncertainties, but we encourage girl guides and girl scouts worldwide to make the WAGGGS website a one stop center and reliable source of the available opportunities for them. Some of the opportunities can only be available after the COVID-19 epidemic calms down and it is safe. All the same, it is good to be informed of the possibilities and plan ahead.

WAGGGS will continue to amplify the voices of girls and young women through U-Report and global consultations; and will ensure to provide online activity offers linked to existing programmes and offers. Please also visit your MOs social media platforms and websites as many of them are making efforts to keep members connected.



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