



AGENDA

SUPPORTING CHILDREN
AND YOUNG PEOPLE IN MAKING
POSITIVE RELATIONSHIPS MATTER



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CHANGE-MAKERS AROUND THE WORLD

Covid-19 is a global pandemic that has seen a collective response from nations around the world. It is impacting all members of society, with many at the forefront of the fight against the pandemic.

From doctors, nurses, paramedics, cleaners, teachers, postal workers, train and bus drivers, utility workers, retail workers to waste collectors and more, all sorts of people are playing a vital role in making the world a safer place to be.

Who or what are your inspirational change-makers?

- 1 Choose someone or something addressing a social inequality highlighted by the Covid 19 pandemic. It could be a person, a campaign, an organization, a blog or a meme.
- 2 Write a short passage about your chosen moment or campaign. Illustrate with a picture.
- 3 Pin your change-makers to the region or country where they are making a difference.
- 4 If you are working in a large group, or over time, see if you can find an example for every country.

Before you begin adapting this activity for the children and young people in your setting, read the section on Safety and Support at agendaonline.co.uk/safety-and-support

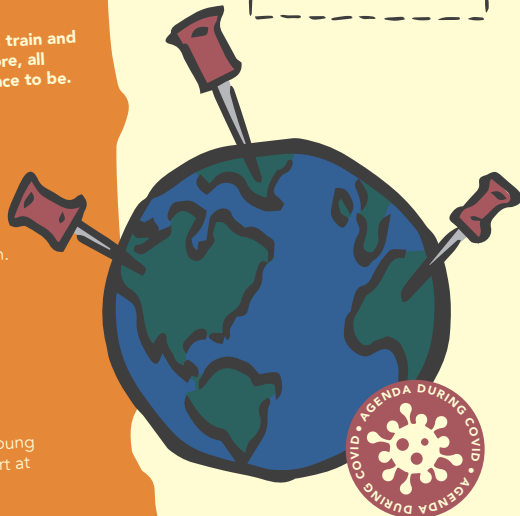
XXXX **DIY** XXXX

What you'll need:

Map of the world

Pen and Paper

Drawing pins



WHAT JARS YOU?



What you'll need:

- Large glass jar
- Slips of blank paper
- Coloured marker pens that can write on glass

- 1 Working on your own or with others, write down all the things that jar you about the COVID-19 pandemic. How is it making you feel?
- 2 Fold up the paper slips, and put them inside the glass jar.
- 3 When you've finished, take each comment in turn and think about what needs to change to help people cope with this turbulent time.
- 4 Decorate the jar with your messages of hope and change.

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Jar (verb)

- to jolt, shake, vibrate*
- send a shock through something (especially the body)
 - strike against something with a vibration or jolt.
 - have a disturbing effect.

FELTING OUR FEELINGS



What you'll need:

Printed copies of Felt Feelings Cloud page
Coloured felt
Wire brush
Coloured Pens

Beautiful new words to describe emotions

PRONOIA – A strange, creeping feeling that everyone's out to help you.

SONDER – when you realise that other's lives are as complex and unknowable as our own

FLASHOVER – the moment a conversation becomes real and alive

MUDITA – to capture an experience of joy felt on hearing of someone else's good fortune.

LIGET – is the name given to an angry energy which fuels human and non-humans alike by the Philippines Illongot tribe. Anger is sometimes seen as a negative emotion, but for Illongot, Liget speaks above all of optimism and vitality.

AMBEDO – a kind of trance in which you become completely absorbed in vivid sensory details

"I feel sick", "I feel MAD", "I'm shaking", "I'm excited" – these are just some of the feelings children and young people expressed in the making of the AGENDA case studies as they learned and wanted to do something about the injustice, harm and violence in the world.

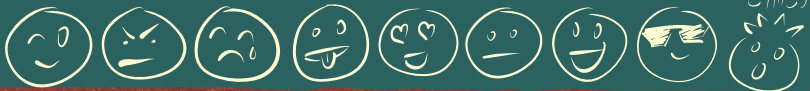
As one Welsh primary schools motto reads: **"it's ok, not to be ok"**. But how do we make a space for feeling, naming and expressing the emotions we might be feeling at this turbulent time?

"Felt Feelings" is something you can use before, alongside or following any of the activities in the AGENDA resource. For more ideas, try out the **Moody Jars** and **Mood Strips**.

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FELT FEELING CLOUD

- 1 Print out copies of the Felt Feelings Cloud (see agendaonline.co.uk/felting-our-feelings)
- 2 Make a list of all the feelings you can think of. This **emotions-dictionary** might help you get started. Write them in the 'feeling' column or use emojis.
- 3 Choose a colour for each feeling (e.g. blue for pain, orange for mad etc.). Pull out the coloured felt (using hands or a wire brush) and glue next to the feeling, or, use coloured pens if this is too tricky.
- 4 Using the rest of the felt, shred, matt together and press your felt to make your Felt Feeling Cloud.
- 5 Cut out your Felt Feeling Cloud and hang in a place of your choice. You could stick the feelings column on the back of your cloud.
- 6 If you want to get more creative in crafting with felt, try wet felting or make a felt fabric collage with messages for change (see **Runway 4 Change** and **What Jars You** starter activities at agendaonline.co.uk/getting-started). Choose and blend different coloured felts with the emotions you feel in your change-making felt artefact.





DIY

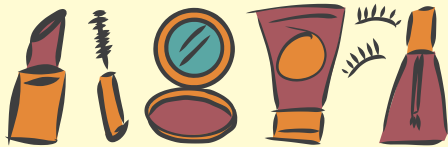
LOCKDOWN MASH-UP

Re-framing our feelings about the COVID-19 pandemic

What you'll need

- Thick card (e.g. one side of a cardboard box)
- Beauty products
- Beauty magazines / online adverts
- Bucket or Carton
- Sticks
- Mache glue (make your own with flour, sugar, water and vinegar)
- Natural Dye

Preparation: Select a range of beauty products (eyeliner, lipstick, nail varnish, hair extensions, fake tan, lashes etc).
Get a big piece of thick card and use the beauty products to write, draw and make marks that express your feelings about the COVID-19 pandemic.



Extension activity

Find out more about how different organisations, groups and individuals have supported people during the COVID-19 pandemic.

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- 1 Mash, Stir and Frame:** cut up the images and text in the magazines that annoy or upset you. Empty the pieces into the bucket or carton. Stir with the sticks. Add the dye. Collect up small handfuls of mache and create a frame around your card.
- 2 Un/titled?:** Does your final piece have a name? A hashtag?
- 3 COVID-19 mash-up gallery:** once you've finished, why not photograph the piece? Hold an exhibition or create an online gallery on Instagram, Flickr or another image hosting website, so others can view and read them.



Why not create a soundtrack of uplifting songs to accompany your lockdown mash-up?

What more can a body do?

Beauty norms are constructed standards around what it 'looks like' to be beautiful and attractive, with people judged on how well they meet that standard. In the lockdown, there has been increasing pressure on people to work on their appearance. This D.I.Y activity explores what more a body can do.



Clay or play-doh



- 1 Using clay or play-doh begin squeezing, shaping and sculpting it into a body
- 2 Discuss the bodies that you are making with the people you are with:
 - Is it human, animal, cyborg?
 - Are they smooth and / or bumpy? Hard and / or squishy?
 - What can your body do?
- 3 See if you can bring your body to life (e.g. through animation or film)
- 4 Who would you most want to share the story of your body-sculpture with? (friends, beauty agency, everyone, no-one)

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**agendaonline.co.uk/
safety-and-support**

Face masks have been a big topic of debate amidst the Covid-19 Pandemic. In the West, the wearing of surgical face masks has often been viewed as a symbol of otherness, fuelling racism and discrimination. However in many countries they operate as a symbol of social responsibility as well as personal protection.



Masks: a symbol of good hygiene and collective responsibility
famagusta-gazette.com/2020/03/23/masks-a-symbol-of-good-hygiene-and-collective-responsibility/

Un-racialising the coronavirus epidemic
asia-art-activism.net/2020/02/21/un-racialising-the-coronavirus-epidemic/

XXXV **DIY** XXXV

MASKING EMOTIONS

Start by researching masks and gathering resources. Look at the uses of masks around the world and locations and occasions where masks are still popular. Think about the possible benefits of masks (social, emotional, health etc).

Give each person a mask or a mask stencil and materials to work with get them to think about symbols or signs that might be relevant to the function of their mask.

Invite participants to work with colour, extra materials if available and shape and design of the mask. They could make one that would be of benefit to them now, or in the past or in the future.

When everybody has finished their masks gather those who want to share and take it in turns to guess the function of each other's masks.



What you'll need

Masks or mask templates - like [these](#)
Paints, colouring pens
Craft materials (fabric, Polymer clay, sequins, magazine pages etc)
Scissors
Glue

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DIY THE CABINET OF CURIOSITY

What you'll need:

Boxes (old packaging boxes or cardboard to make one)
Scissors
Glue
Paint
Images (printed or from magazines)
Found objects such as natural or small manufactured objects
Fabric
Pens

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making feeling matter

- 1 Make sure that everyone, or every group or pair has a box.
- 2 Divide the box in to spaces and explain that each space or room within the box will represent a different feeling or emotion.
- 3 Find objects and images that represent or reflect emotions or situations that might feel emotional.
- 4 Ask young people to think about the different ways that those spaces might be connected and what might connect them.

Dean (aged 15)



For inspiration check out **the work of Joseph Cornell** who made art from found objects in boxes

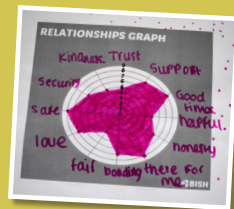
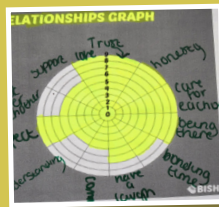


DIY RELATIONSHIP-WEBS



Before you begin adapting these activities for the children and young people in your setting, read the section on Safety and Support at agendaonline.co.uk/safety-and-support

- 1 Think about what's important to you in a relationship. What do you want, and why?
- 2 Pick a relationship that is special to you. It could be someone you are dating, a friend, a family member or pet. It could be an object (e.g. photograph or cuddly toy) or place (e.g. a den or local hang-out).
- 3 Go to www.bishuk.com and print off a relationship graph. Work your way around the segments and write down some of the things that makes a good relationship. Rank them from 0-9.
- 4 Join the dots to create your personalized relationship web.
- 5 Cut out the final shape and use as a template to make your own decorations. This could be from wood, acrylic, card – whatever materials you can find.
- 6 Is there a place in your home where you can hang your decoration? Perhaps you can make your own hanging structure from wire, or sticks?



DIY MOOD BOARDS

Using pictures, graphics and words, mood boards can help capture and represent feelings and thoughts about the COVID-19 pandemic. Here's how to do it:

- 1 Get a big blank piece of paper, the bigger the better.
- 2 Think of a topic and write it at the top of the sheet.
- 3 Use magazines and/or newspapers or find images online – basically anywhere you can find a mixture of different text and pictures.
- 4 Pick out words and quotes and images that help to express people's emotions. Used in this way images help to express feelings and emotions.



What you'll need:

- Paper
- Magazines/Newspapers
- Scissors

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