

This book belongs to _____

FESTIVAL OF THE GIRL 2021



My Brilliant Body

Welcome to Festival of the Girl and Happy International Day of The Girl!

Dear Girl,

Welcome to Festival of The Girl, a festival created just for you.

We want to celebrate everything about you and your brilliant body. We want to celebrate the unique way you move, feel, play, work and speak. Because you have so much to give and so much to say and we want the world to hear it.

This journal is where you can share your thoughts, hopes, questions and dreams. And it's for your eyes only unless you choose to share it.

We want to make sure you realise how strong, inspiring and amazing you are. You are girl power.

To access this year's amazing virtual festival and visit the clouds simply go to www.festivalofthegirl.com.

The future is yours.

Love,
Abi, Jen & Laura xx
Festival of The Girl Founders

This is your festival so create your very own unique line up!

1. Go to festivalofthegirl.com to view the line up
2. Write on the back of this lanyard all that what you want to see and do today
3. Once your line up is complete, ask a grown up to help you cut out the lanyard and the hole at the top
4. Thread a ribbon or string through the hole and ask a grown up to tie it for you
5. Wear your lanyard all day so you don't miss a thing!



Line up!

My festival line up is:

ABOUT ME

I'm _____ years old. I live in _____

My favourite part of my body is _____

Because _____

Today I want to try something new, and that is _____

Because _____

Being a girl is great because _____

The girl I love the most (apart from me) is _____

and I love her because she is _____

My Brilliant Body Movers

Our incredible bodies do so much for us. In this cloud feel your strength, try something new and get moving!

Use this space to write down what you loved, how it made you feel, and what you want to do again.

What makes me feel good in my body?

What movement/exercise do I enjoy doing?

My Brilliant Body Fact

The average person has 67 different species of bacteria in their belly button.

My favourite activity in this cloud was _____

because _____



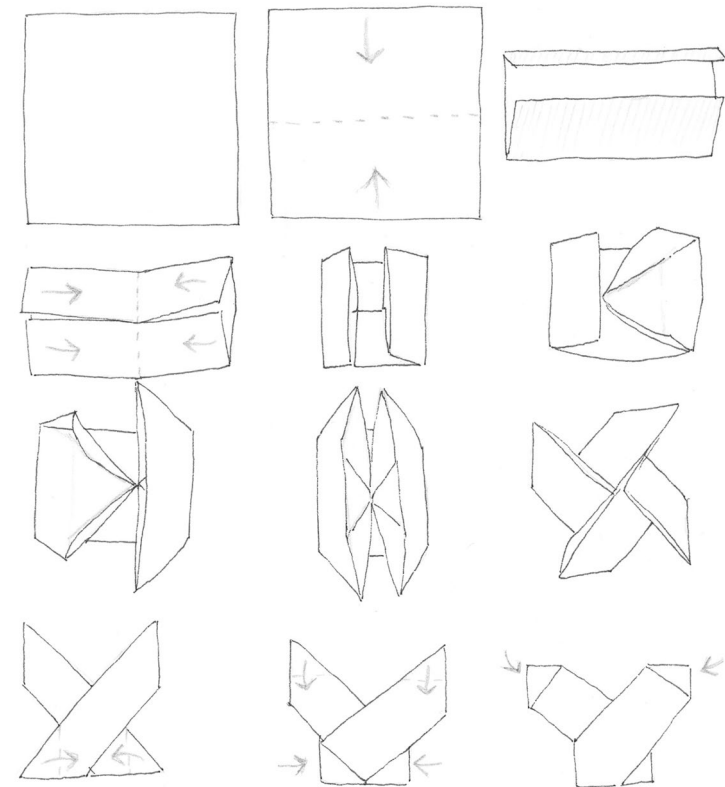
My Brilliant Body Works

You can do anything you want to do and be anything you want to be. You have the power to change the world. Whether it's building, inventing, or experimenting make sure to write down all your thoughts and creations here.

What would I
love to invent?

Make an antibody

Your body makes antibodies. These 'Y' shaped proteins protect us from disease. Little grooves in the end of the arms can stick to a virus spike to stop it infecting a cell. Colour in the patterns and cut out the square on the next page to fold an antibody or watch our video to learn how to fold an origami antibody.

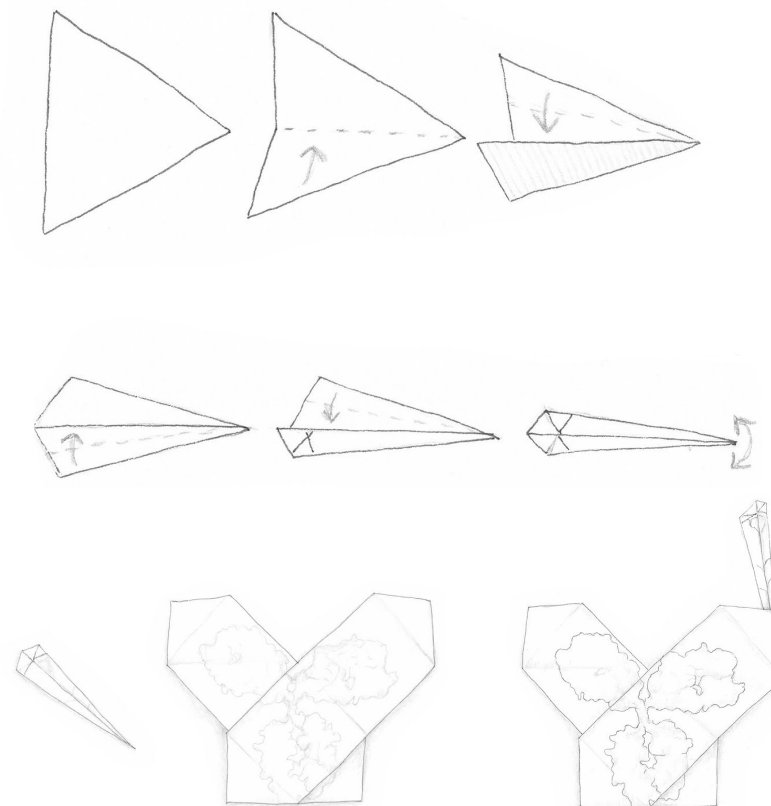


Find this video in our My Brilliant Body Works cloud and if you want to check back at the instructions on page 8 make sure to borrow an adult's phone to take a photo of them.

Make a vaccine

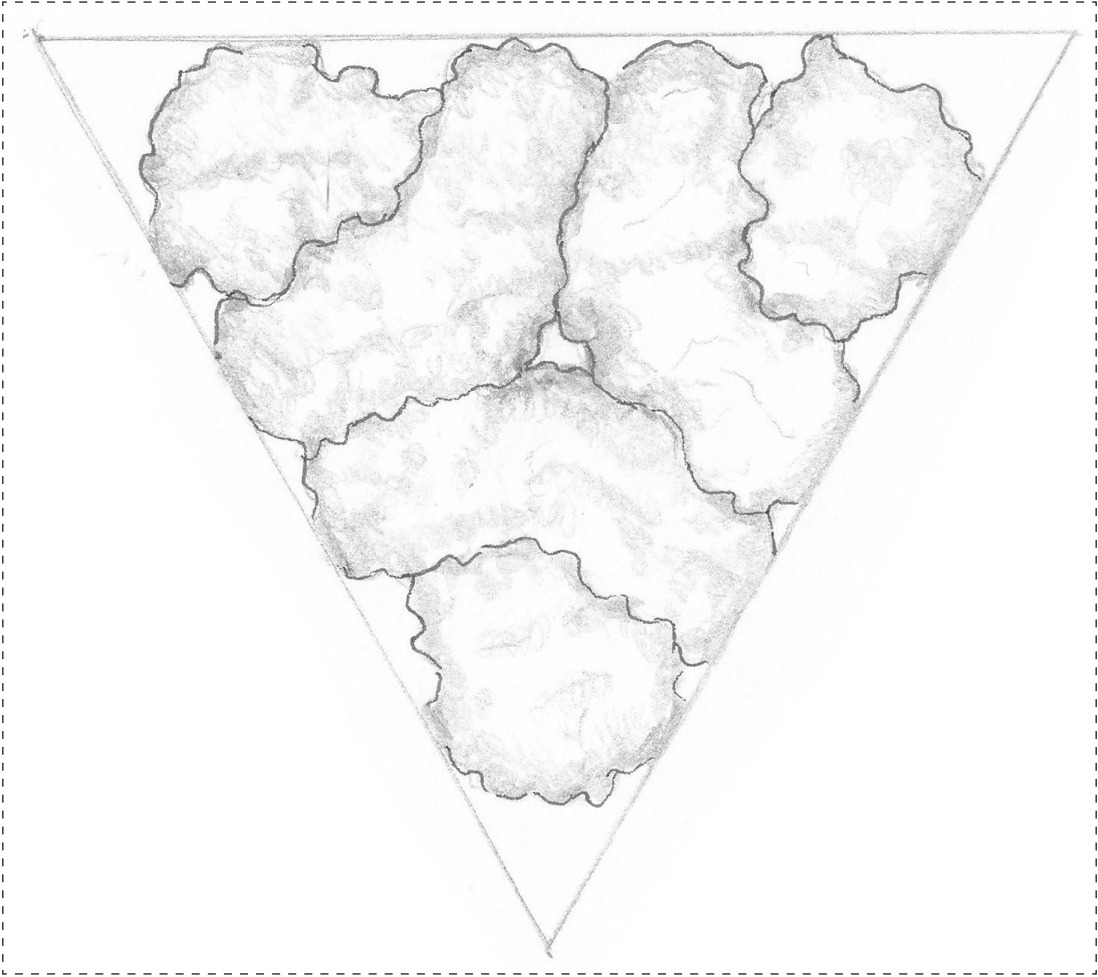
Vaccines work by showing your body a little bit of spike protein from the virus in a form that isn't harmful. This means a vaccine boosts antibodies to protect you from the disease. Cut out the large triangle on the next page and fold it into a spike as shown below, ready to stick into the antibody you just made.

This spike is based on the SARS-CoV-2 spike, which has a distinctive triangular shape.



Remember, if you want to check back at the instructions on page 10 make sure to borrow an adult's phone to take a photo of them.

If I could be anything when I grow up what would I be?



My Brilliant Body Fact

Information zooms along nerves at about 400kmph!

My Favourite activity in this cloud was _____

because _____



Festival of the Girl and Taylor Wimpey Dream House Competition

Competition Prizes are:

1st Prize = £100 Amazon Online Voucher

2nd Prize = £50 Amazon Online Voucher

3rd Prize = £25 Amazon Online Voucher

Please send your entry to: TWOOptions@taylorwimpey.com

Closing date of the competition is Sunday 31st October 2021.

Rules:

Your dream house design can be however you want it to be, it can be a floor layout plan as shown in our example video or any other kind of drawing of your house as long as the following are included in your design:

- A Bathroom / Toilet
 - A Kitchen
 - A Bedroom
 - Stairs

Your design is up to you, let your imagination go wild!

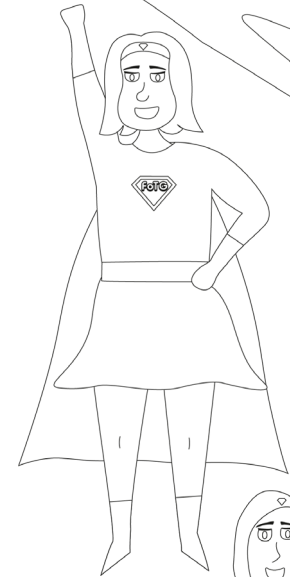
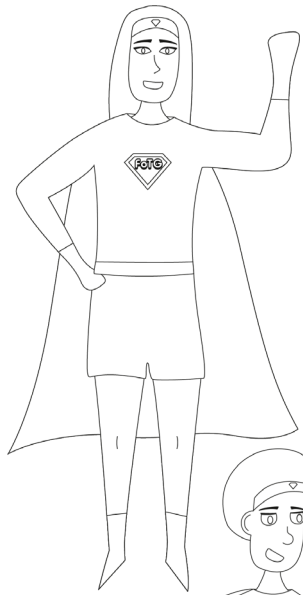
**Taylor
Wimpey**

Start your dream house design here or use the space to take notes/build your ideas.

**Taylor
Wimpey**

What does girl power mean to you?

a place for your colouring, creations, and dreams



My Brilliant Body Feels

Your emotions will often guide your brain and body into doing and saying things. Understanding your emotions really helps you to feel more in control, to have more fun and to feel more connected to your body.

What are some of the different feelings I've felt today?

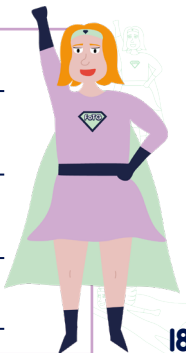
What can I do to feel more confident in my body and how I look?

My Brilliant Body Fact

Your body is an instrument and not an ornament.

My favourite activity in this cloud was _____

because _____



My Brilliant Body Plays

Did you know that play improves brain function, relieves stress, boosts creativity and helps us to feel closer to others?

So it's time to get playing.

And don't forget, you are never too old to play!

Space to play

CY?HER

UNLOCK THE CODE TO THE FUTURE_

CODE YOUR OWN MAGICAL FLAPPY BIRD GAME_



Cypher Coders teaches children to code through fun and creative projects like our magical flappy bird game design lesson.

> STEP 1

Using a laptop or computer, go to the link below to open our Scratch coding file <https://bit.ly/CypherStarterFile>

> STEP 2

Watch our video tutorial guide here: <https://bit.ly/CypherFlappyBirdGame>

> STEP 3

Use the step by step guide to help you code your magical flappy bird game

We can't wait to see what you create!

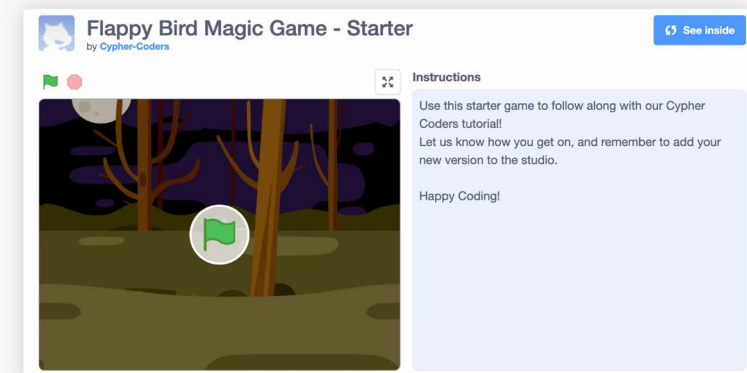
Send in your projects to hi@cyphercoders.com or tag us at [@cyphercoders](#) on social media.

MAGICAL FLAPPY BIRD GAME

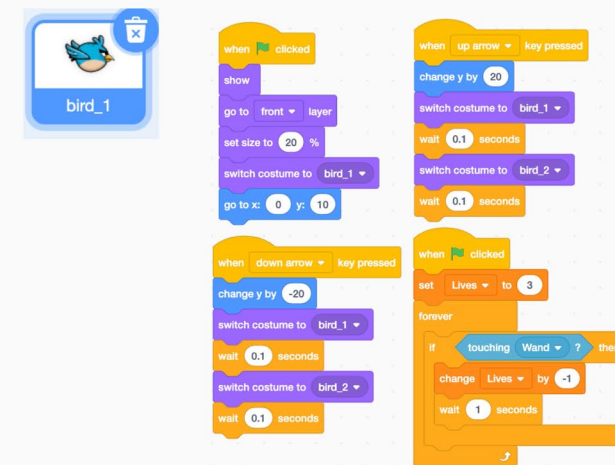
Follow the link:

<https://scratch.mit.edu/projects/568324715>

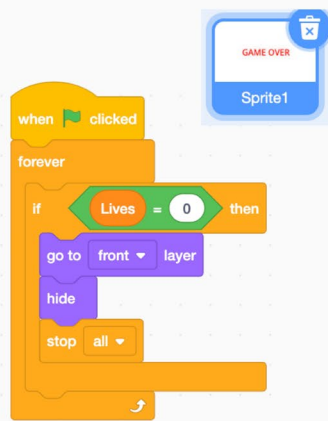
▶
SCAN THIS
QR CODE FOR
STARTER FILE



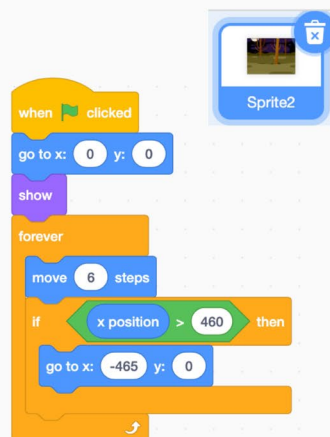
Code for the 'bird_1' Sprite:



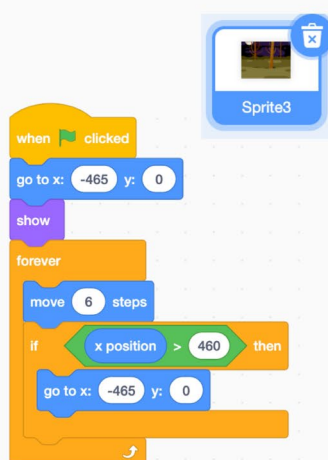
Code for the 'Game Over' Sprite:



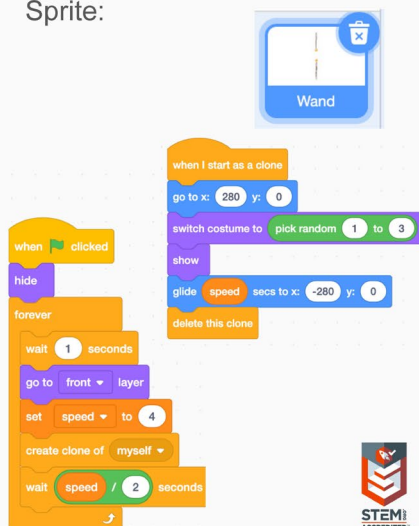
Code for the 'Sprite2' background Sprite:



Code for the 'Sprite3' background Sprite:



Code for the 'Wand' Sprite:



What do I love to play with my Friends?

Did you know?

Women are better at detecting smells than men are!

My Favourite activity in this cloud was _____

because _____



My Brilliant Body Speaks

How can I use
my voice to make
change?

This International Day of The Girl can you use your voice
to make a difference?

Can you help Safe Passage who support children from around
the world forced to flee their home to reunite with their families
and reach safety in the UK?

Why not grab paper and pen or a laptop and use this template
letter to write to or email your local Member of Parliament today.
And you can get creative too by drawing a picture that you think
will inspire change and include it in the letter.

[Your address, including your postcode]

Dear _____ [Your MP's name]

My name is _____ and I am your constituent,
living at the above address.

I believe every child deserves to live a life free of danger.

Children who have fled war and conflict have suffered a great deal
and deserve a chance to rebuild their lives and to be with their
families.

No matter how someone has been forced to come to the UK,
whether it is on a boat, on the back of a lorry or passing through
many different countries, we must welcome them.

We are asking you to:

- Vote to welcome refugees no matter how they have been
forced to flee their country
- Vote to make it easier for refugee children to reunite with
their families in the UK

This is important to me because....

[Insert own message. Explain why you think children should be able to have a
safe way to reunite with their family in the UK]

Thank you for listening to my concerns.

Best wishes,

_____ [Insert name and age]

Use this space to get creative and draw a picture or write a poem that will show your MP the importance of family reunion. For example, you could draw a family who have been reunited or what family means to you. You are welcome to send a photo of your finished work which Safe Passage can share on social media to inspire others to do the same!

Send these to sophie@safepassage.org.uk.

Get your colouring pens, paints, stickers out and let's do it!

Which other cause(s)
would I like to use
my body to speak up
about?

My
Brilliant Body
Fact

Human teeth are as strong as shark teeth!

My Favourite activity in this cloud was

because



Competition time!

Fill out this survey, take a picture and send it to us at info@festivalofthegirl.com to be in with a chance of winning your very own Festival of The Girl prize pack. You'll also be helping us to create an even better festival next year.

How old are you? _____

What was your Favourite cloud? _____

What was your Favourite activity? _____

What did you learn today that you never want to forget?

What would you love to see next year? _____

If you have one wish for the future world, what would it be?

Thank you for taking part in our Festival.
Thank you for being you.



Colour and cut out this beautiful card, created for Festival of The Girl by Out of the Box Cards, to send to someone in your life who inspires you.

A large yellow rectangular area with a dashed border, intended for coloring and cutting out. It contains a horizontal line near the top and four vertical lines near the bottom, creating a space for a message or drawing. A small green square is located in the bottom right corner of the yellow area.



YOU'RE MY
INSPIRATION