

Working Together— Staying Apart

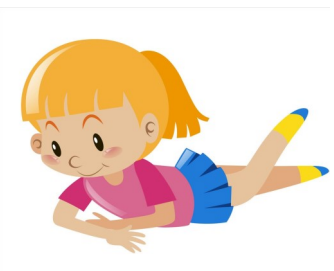
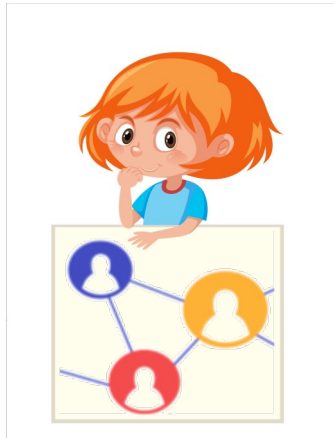
GB @ Home Programme

Spiritual

When we are practicing social distancing, it's easy to feel disconnected from your community.

Draw a map of your social networks. Include your close family and good friends at the centre, followed by schoolfriends and extended family, GB friends, neighbours, church, etc. Think about all of the people that you are connected to, thank God for this network and pray for their good health during this time.

Take some time out every day for quiet reflection, turn off your devices and take a walk in nature, or sit quietly at home.



Physical

Pick a new physical skill to learn and perfect e.g. juggling, headstand, basketball slam dunk – any skill you can practise at home.



Maintain a regular daily exercise routine, e.g. walk, run or cycle, or follow a yoga or Pilates class on YouTube.

Make up a dance routine and make a video of it so that others can learn it – send this into GBHQ.



Gaisce are currently offering an alternative

#Gaise@Home programme for all young people aged 15+, even if you've never signed up before.
www.gaisce.ie/gaisce-at-home



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Educational

Try out a new hobby e.g. a type of craft, knitting, read a book from a different genre, photography, video editing, gardening...



To Gain a GB@Home Certificate you must complete six activities from this programme.

Name:

GB Company:

Cook a meal or bake a treat for everyone in your home.

Service

Identify a vulnerable person in your family or neighbourhood and find ways to support them. Call them to check in on them or offer to pick up groceries for them.

Find out ways that you can help at home. Take on a task that you will be responsible for while schools are closed, e.g. minding a pet, laundry.



Activities Completed:

Images courtesy of vecteezy.com

Signed Parent/Guardian:

Please return this form to your Captain on return to GB classes. If your child is not involved with a GB Company please email info@girlsbrigadeirl.ie or post to GB@Home, 2 Tritonville Avenue, Sandymount, Dublin 4
Include a postal address to receive your certificate.



www.girlsbrigadeirl.ie

Ages 14-17
Brigaders