



# CSP Newsletter

[www.sparklingmindz.in](http://www.sparklingmindz.in)

## About us

CSP stands for communities, stories and practices. we exist so that we can empower ourselves and others around us. Our goal as a mission is to create safe and empowering communities as well as to create a better world.

## The Playground

Belonging is a core need that is going unmet to many people, one of the places people feel belonging is in the playground, and we CSP have identified this problem. However the playground can also make people feel unsafe or insecure. They can feel this due to their interaction with people .

To solve this situation we have created a tool called The Playground Toolkit.



## PLAYGROUND TOOLKIT

'THE PLAYGROUND TOOLKIT' it was made so that it helps children have safer and empowering experiences on the playground.

We plan on presenting this as a PDF format that compiles guidelines and rules , this includes agreements, promises and consequences.



# STORIES AND STEREOTYPES

We have created this section, so that we can give people media that is empowering which they can consume. In this section we will be giving multiple recommendations of movies, books and songs but will focus on one main piece of content.

For today we are focusing on the song 'I'm Still Standing' (ILLUMINATION version). This song was written by Elton John, sung by and it is empowering because it is upbeat, does not have any profanity or obscene language, it has an encouraging message and in this version the video sends a strong message of connection, love and growth.

## MEDIA HIGHLIGHTS

### MOVIES & TV SHOWS

Hidden figures

QUEEN

### SONGS

I'M STILL STANDING  
(ILLUMINATION VERSION)

### BOOKS

BEAUTY IS MISSING

BUG BOY

HOME



# QUESTIONS ON THE MARGIN



Do stories that we grew up listening to influence us?

How do fairytales impact our lives?

What does the world want us to think?

## ABOUT THE PAGE

"QUESTION THE MARGINS" is about what underlining meaning or message a story or a rhyme carries and questioning them to understand how this story/ rhyme could be otherwise by creating an empowering version of them, by questioning the given narratives instead of blindly accepting them.



## Goldilocks and the three bears

We all know the story of how goldilocks trespassed into the bears home and made a mess of their place and ran away. This story could be telling people that breaking and entering others houses is okay or setting a beauty standard that blonde haired, blue eyed, white skinned people are beautiful or that you should run away from your problems. There are more such underlining messages in this tale.

### Twist in the tale

This story could have turned into how goldilocks sat down and had a conversation with bears on the event or goldilocks could've had different features or not eat all the food but eat make food for the bears .



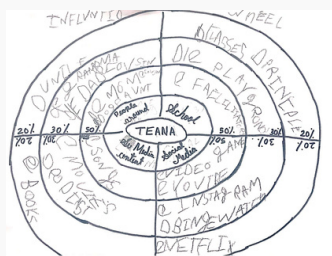
## Influence Toolsheet

HELPS YOU SEE HOW TO MAKE YOUR CURRENT SITUATION INTO EMPOWERING SITUATION FOR THE FUTURE

[read more](#)



TURN PAGE



# Do Our Influences Impact Us?



## Our Influences

Whether we know it or not, we are surrounded by various influences that constantly impact our lives. Some of these are empowering while some are disempowering.

We did surveys to figure out what these influences were and arrived at a few. We then wanted to know how these impacted us, and how can we shift the impact from disempowering to empowering, and how to enhance the already empowering influences and experiences we have had.



## Toolsheet

Using all the information we arrived at, our mentors helped us arrive at an 'Influence Wheel' which shifted to a toolsheet as we added more elements. This included spaces to write down the experiences, the influences, the thoughts, emotions, needs and actions, and space to shift them to enhance our experiences. After the team tested it, we gave them to our other school mates across grades to attempt too.