

# SM TIMES- GRIFFINS

NO VIRUS CAN STOP US!



## WHAT'S INSIDE?

- A POEM FOR THE PANDEMIC
- OUR COVER STORY
- STAYING INSPIRED
- FACILITATORS COLUMN
- HOW YOU CAN BE INSPIRED AS WELL



## A POEM FOR THE PANDEMIC

And the people stayed home.  
And read books,  
and listened,  
and rested,  
and exercised,  
and made art,  
and played games,  
and learned new ways of being,  
and were still.  
And listened more deeply.  
Some meditated,  
some prayed,  
some danced.  
Some met their shadows.  
And the people began to think differently.  
And the people healed.  
And, in the absence of people living in ignorant, dangerous, mindless and  
heartless ways, the earth began to heal.  
And when the danger passed,  
and the people joined together again,  
they grieved their losses,  
and made new choices,  
and dreamed new images  
and created new ways to live  
and heal the earth fully, as they had been healed.  
- Kitty O'Mara,





# STAYING INSPIRED

In times like these, we face many difficulties and challenges. One of them is staying inspired. As time passes we lose interest in what we do. Inspiration is something that motivates you to get better at yourself. Inspiration is everywhere, we just need to find it. In Sparkling Mindz, we do our best to stay inspired. Here is how our house, Griffins stay inspired during this time. We stay inspired by working on ourselves. We get TH's to do and by doing those we get better at our academic skills. We get inspired by certain people and we find what about them makes us inspired and we try to make that value a part of us. We solve our problems by finding solutions to them. We get inspired by objects, we see it in how the object is, its purpose, its quality and many more. Inspirations don't have to be limited, there can be infinite! We see our inspirations as something motivating, something that is ours. Each one of us have different inspirations which help us. We find inspirations everywhere and these are a few stories of how we are staying and getting inspired. - Written By Ashika

---

What is my inspiration?

My inspiration is writing stories and making scratch games, includes schoolwork and some things which are not possible in this situation like laying outside mostly outdoor activities.

How I feel

I feel that I am completely different because before lockdown I was going to school and I write a lot even when I come home I do my homework where I have to write but after the lockdown I had online classes where I had to use the keyboard more. Now I don't want to write. I even feel that this period has changed me more fresh, I like the climate in Bangalore, I feel that my concentration has improved and following the rules and not going outside.

Making scratch games

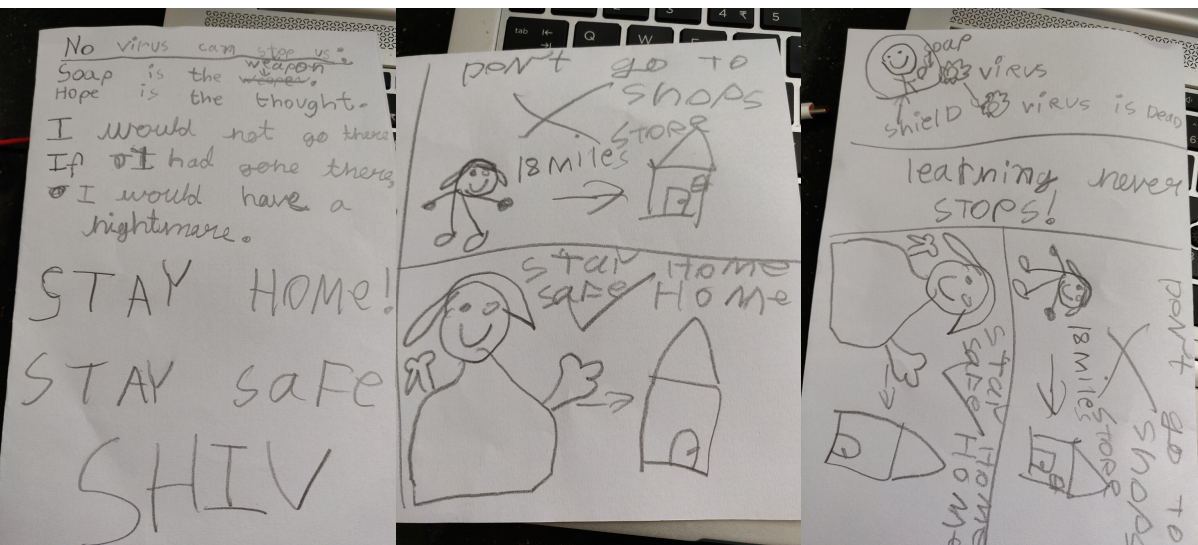
I have made a lot of them and I am willing to show many people that there is a software like this and you can try it too but I think that I need to learn more than do this and in scratch its more of a logic. Like you put many logics and the output is a game or a story .

Writing stories

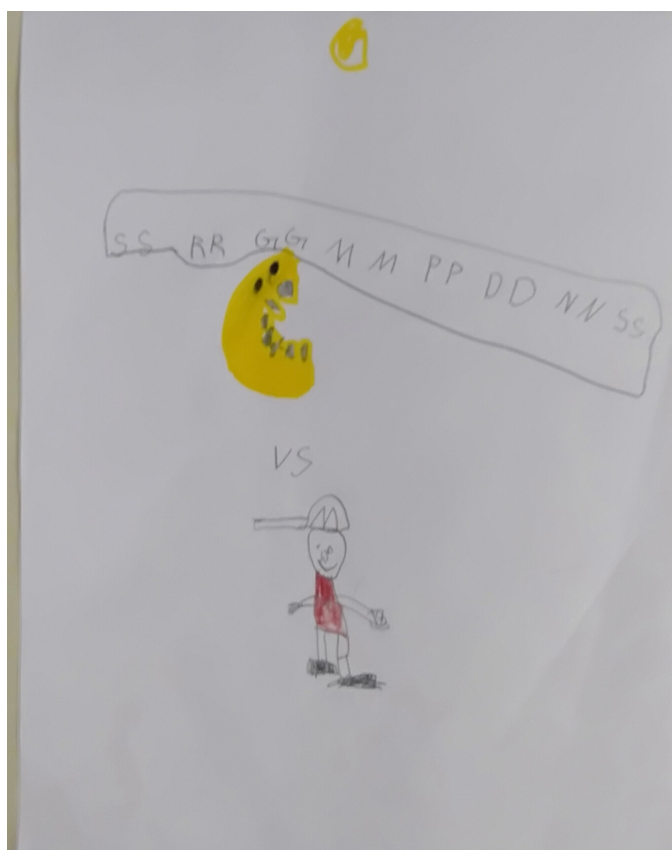
Writing stories is an interest or a choice I do it because I have interest and I made a choice to write. this activity improves my creativity and my way of thinking.

BY MRITYUNJAY





BY SHIV



BY ADVIK



## **NO VIRUS CAN STOP US FROM LEARNING**

In my holidays (due to the COVID – 19) I have been learning, growing, and having fun. Well, I was not like this before. I used more passive joy than I learnt, and I was not learning or growing. Then we started getting work to do. I was a little hesitant at first, even though I did the work, I did not do it with interest. Then I thought I am just doing work for the sake of it and I know that I am not going to learn or grow if I did not have fun while doing things or see the purpose. I felt glad that I realized I was not really learning because I did not do it for myself. Then I saw the purpose of doing it and I also figured out my own strategies and make it fun for me. And while I learnt this I also got better at the quality of my work and at other daily things I did. I spent my time on productive things and I reduced passive joy. I spent time with my family, and it helped me grow. Before I really was not very open to people. I did not want to share things and I just kept it to myself and acted normal. I see now that I was wrong, I started being open to people. I thought they will be a little uncomfortable when I talk about things that will make them uncomfortable.

But I was wrong, I learnt that I should not assume or judge. I grew and became much more open than I used to be. I realized there was no point in being closed. I also learnt that I have the capability to solve my own problems. I did not know this before.

I always tried my best to solve my problems, but I just gave up. But when I was in a situation where no one was there to help me out, I thought of how I can solve the problem. I tried various ways and I failed multiple times. At last I solved it and I felt successful and happy that I did not take any help. I got the confidence that I can do it now. I helped in house chores and learnt how to do it faster and more efficiently. Altogether I had an amazing time during the holidays/ lockdown with challenges to face and many more. I had a lot of fun and I am contented that I have learnt and grown during this time.

Thanks.

BY ASHIKA

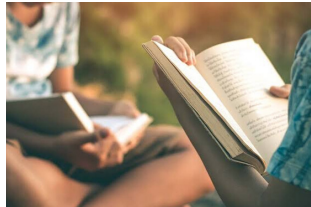
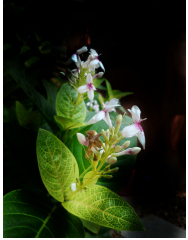
## **TO LEARN, TO INSPIRE AND TO GROW – In Lockdown**

Hi, I will be sharing with you a small part of me which I left within the clutches of the COVID-19 Lockdown. This tiny part talks about my time staying at home and fighting challenges and embracing benefits that have come my way during this global crisis.

Starting off, when the lockdown was set over the whole country had forced people to stay at their homes, I was really angry at the thought even though I knew it was really helpful against Coronavirus , but I couldn't just take the idea of being stuck at home and not doing anything, since it might be boring and not very engaging for me too. Though, after spending some time having a conversation with my inner self, I realized, that there is not one, but many great and productive things that I can do to engage myself and grow in this crucial period. So read on!

BY SUSHANTH





Rather than using electronic gadgets for a huge amount of time, I read books from which I try to figure out the plot , setting , etc. And answer some mind – itching questions too from a Reading log, which is a log where I answer questions after reading the book to increase my comprehending and reading skills.

Staying at home has also helped me to meditate and contain peace and calm within me and talk to my inner voices and solve problems within myself too. I also write a love letter to myself, which is called a Self-love letter, to understand how much I love myself so that I can always be in flow with myself during any problems, may it be internal or external. Throughout this hard time of lockdown, I have settled myself to the wonders of arts and theatre where I dance, play music and sing to many wonderful songs at home. And speaking of arts, I have also enhanced my drawing and painting skills by sketching imaginative pictures on paper and online too. I have also learned to create and accomplish new skills like hacking, cooking, online animation, etc. Amid this tiring lockdown, I dwelled into photography as a relaxing skill and learning achievement.



Since I was at home and engaged with areas of notebooks and arts, I decided to also delve into the physicals too and that's when I motivated myself to do the hardest core workouts and skills as a step to improve myself and work hard as every sweat from my body turns into droplets of effort and fitness.

And as a surprising and exciting result, I have brought myself on an envisioned path where I bring my passion, focus and support in order to establish myself in the present as an inspiring , strong, never giving-up fighter against COVID-19, as to touch the wonders of life that are available in that special moment of opportunities!!

BY SUSHANTH



Learning is fun, forever and everywhere is what something all SMziens stay touched by to stay connected and keep learning. Where I derive inspiration to keep learning and growing is from many things like, what I see others do, some crafts and experiments from different places and many more activities.

In the beginning of the time when the school got closed is when I stopped going out and till now I haven't gone out of my lane, because of this I sometimes myself wonder how have I been sitting here for such long.

Even though we have fights at home it is like we have spent a lot time together for this vacation,

Even though I can't meet my friends, facilitators and go to school I was able to explore virtual classes,

Even though I could not go out with my mum and visit places and people I was able to help her out with her work and be part of many things she did,

Even though I couldn't meet my father for the vacation I am happy that he is safe where he is.

Like these are the things what makes me think of this lockdown to be useful and something to be happy of .

What I do in lockdown is try to be productive, even though many times I fail in achieving it or needs a push for doing it I have been trying to achieve it and have been making progress.

What I do to be productive is to try learning and building skills like drawing, craft, math, Hindi, writing, etc.

With my inspirations I have written a lot of poems, read few books, did few experiments, cooked and tried out recipes and learnt topics in Math during the lockdown. I have throughout tried out to do and try out many things in the lockdown.

This is a poem I wrote about the lockdown from different things I did and from different inspirations.

### **TIME THROUGH PANDEMIC**

A time of crisis

A time of loss

A time where everyone  
is tossed

A time of fear

A time we don't know  
what's near

A time of pandemic

A time of incomplete  
academic

BY ARCHITA



This is the time of virus  
A time of quarantine  
A time of Covid-19  
Is it so?  
Is it a time we live in fear  
Is it a time we send for loss  
Or can it be a time  
A time to explore devices  
A time to jump across  
A time where the past can be reinforced  
A time to gear  
A time to keep each other cheered  
A time become authentic  
A time to avoid panic  
This is the time to focus  
To learn the thesaurus  
To help people in frontline  
To beat Covid -19  
Stay home  
Stay safe  
-Archita

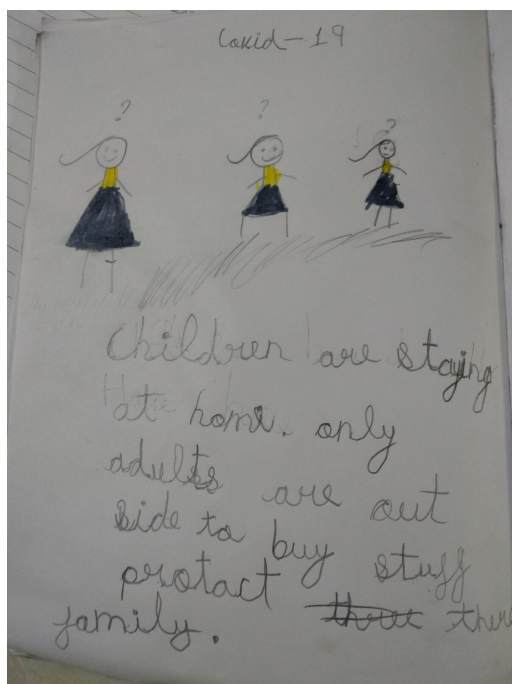
BY ARCHITA

I AM GOING TO BE TALKING ABOUT MY INSPIRATION IN THIS PANDEMIC

MY INSPIRATION HELPED ME TO SELF -MENTOR MYSELF TO BE BRAVE IN THIS PANDEMIC. MY INSPIRATION IS ART.TO BE SPECIFIC , MY INSPIRATION IS SKETCHING , SHADING,PAINTING AND DOODLING -ETC.ART LETS ME EXPERIENCE FAILURE AND ANALYSE MY MISTAKE AND PROGRESS ON IT . IN THE SAME WAY, I CAN SEE WHAT I NEED TO DO FOR KEEPING ME ACTIVE IN THIS PANDEMIC. SINCE ART EXPRESSES YOUR TALENT AND HELP ANALYSE YOUR MISTAKE, I HAVE BEEN EXPRESSING MY TALENT THROUGH BAKING, CALCULATIONS ON SQUARE ROOTS, DRAWINGS .ART IS ALSO ENTERTAINING SUBJECT.I WAS INSPIRED BY A PERSON TOO. THE ARTIST OF MONA LISA - LEONARDO DA VINCI .PEOPLE SAY ART IS A PRIMAL BEHAVIOUR AND ART HELPS SHARE THOUGHTS AND IDEAS. I GOT INSPIRED BY THE REMARKS OF THE ARTISTS.I FEEL ART IS A GOOD SUBJECT FOR ENTERTAINMENT AND EXPRESSING TALENT.

BY ADWAITH





BY PRINCEY



BY ZOHAR



## MY INSPIRATION DURING THIS PANDEMIC

During this pandemic we people of sparkling mindz have stayed inspired by a lot of things like trying new things or mastering our skills about some subject or maybe even working towards a bigger goal .Me in particular am trying to learn how to keep inspired from other places because these other versions don't inspire me much except from the first point. The way I am staying inspired the most is from helping around the house which I currently have to do a lot of work because we just moved into our other house a couple days back .I find this surprising because I don't normally like going through old places but this time I find it inspiring because every time I find something that looks odd it has a history behind it because my mother, uncle and grandmother used to live here and there is a story behind it which keeps me inspired and another way I stay inspired is from journaling my thoughts and writing my inspiration. I am also staying inspired from the work that I am given from school which is extremely interesting .

BY ASHRAF

No virus can stop me from exploring and being me

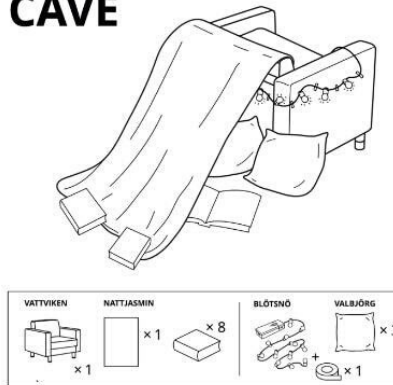
Our school sparkling mindz has sayings to never give up or not to quit but one thing that pushes me is how our school system works now let's not get into that. Because of this COVID-19 our school had to shut down, a part of me was sad yet another part of me was happy for as 1 we could have online classes and an online classrooms, 2 I would have more time to Explore me, Explore the power within me, 3 to do so much art and craft, see different hobbies I could have and most of all 4 I get to become a 110% better by going through the lockdown, going through the COVID-19, going through all of the restrictions and going through a lot of other phases, other challenges and lot of other emotional states and going through without a playing companion.

So after that when school shut down and the lockdown started I would be happy on one side for as I would get more time to watch T.V ( though I didn't get it )that time I realized what I really thought about me watching Tooo much T.V and I felt bad so then I changed myself by rules etc... that is when I did more school stuff and focused my 85% on art and craft here are a few pics of what is still in the process of getting made

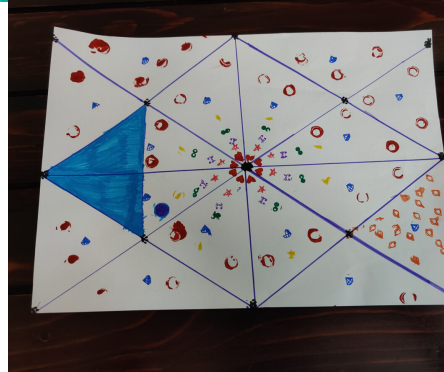
BY LAKSHITA



## CÂVE



Make sure that the structure is safe. Do not leave children unattended.  
The suggested examples are not official IKEA user guides for IKEA products.  
If you can't find the products referred to in the instructions, use similar ones.



Cave  
I Made this for a  
space of me time and  
reading, it is like a  
room inside a room  
Made on 19/5/2020

My Magical  
treehouse  
This was made so  
I could get my  
dreams to come  
true just made as  
miniatures  
Not yet Finished  
(Long way to go)

Gift for my Mother on mother's day  
I made this for my Mother as This  
was just drawn from the heart and  
was inspired from the different kinds  
of art like zentangles and stuff so this  
was made and it is my best drawing  
or sketching till now  
Made on 10/5/2020

BY LAKSHITA

## LEARNING TO LIVE IN THE LOCKDOWN

These past few months have certainly been quite a few ups and downs for me. Just like most people the news of the lockdown was surprising for me and left me in multiple states. There were definitely a lot of layers to how I dealt with the lockdown, and I'm sure there are a lot more to come. But this is how I have reached to where I am right now.

In the beginning there was a lot of confusion and panic that I kept within myself and by holding it in it just led to me stressing out and indulging in a lot of passive joy, which at first I blamed myself for but now I definitely think that time helped me realise that the state which I was in wasn't one that I wished to continue. Then came the time where I decided to take charge of this and began to calm down by just talking to myself and clearing the voices telling me to indulge in that passive joy. This was hard and figuring out how I want to spend my time was something that I found difficult and frustrating. But what did help was the fact that there were so many people who were using this time as an opportunity and that is how I got inspired to choose to my time differently.

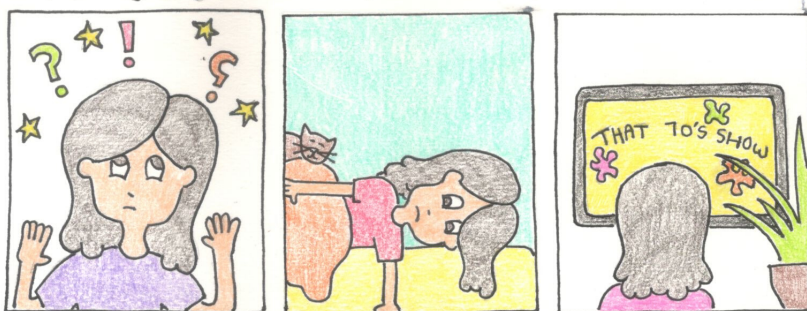
BY MAYA



By surrounding myself with people and things that inspire me I am able to learn and grow in many ways that I didn't know I could by myself. I now use the 24 hours in the day quite differently, and when the days used to seem as though they would either go by super faster or super slow. Now they seem to flow with me. The passive joy that I used to indulge in has now changed to immersing myself in art, music, broadway productions, politics exercising, reading, work given by school, working on languages, spending time with my family and cats, and discovering a little more about myself each day. And maybe binge watching a few Star Wars shows as well.

So as a part of what I wanted to share of how I stayed inspired I made a short comic (and when I mean short I mean very, very concise) of this "journey" that I have been through. So here it is...

## MY JOURNEY THROUGH THIS TIME.



It started off with panic and confusion leading to passive joy.



Then I calmed down and slowly realised all the things I can do.



Now I surround myself with things that inspire me and I am immersed in things that help me grow and discover.

BY MAYA



## FACILITATORS COLUMN

### No Virus Can Stop Us

The machines came to a grinding halt  
The morning rush no longer the default  
People scared, holed up in homes  
A sight one heard of only in tomes

Did the virus win? What happened next?  
Mummy, please don't stop just yet  
How did everyone live like that?  
In fear of a virus from a bat!

Did everyone put down their arms  
What about workers and the farms?  
Did everyone stop everything?  
From factories to market gathering?

No one went out to play?  
Or on a holiday?  
No one strolled in the park?  
What a sad story with no spark!

Sonny boy! Not all that meets the eye  
Is the truth or what we should buy  
Let's Look further and beyond  
To see how humans respond

There were doctors and nurses  
Who without a care for themselves  
Served every needy sick patient  
Despite lack of equipment

Tough decisions they had to make  
Who to save and who to forsake  
It broke their hearts and soul  
Yet, they focused on the goal

To prevent loss of life and reduce pain  
They tried hard, sometimes in vain  
What made them not give up  
Mummy, of what are they made up?

Pain and adversity have their way  
They go deep within to find a way  
Through the hurt and the pain  
To build out the power within

Some families drew closer together  
A few others broke altogether  
Industries, workers had to heed  
Very harsh realities indeed

Less fortunate were losing homes,  
Migrating by foot, hurt by stones  
Hungry for food, blisters on feet  
Breathing their last on the street

Briefly, students cheered  
No exams that they feared  
Soon boredom and despair loomed  
Everything seemed to be doomed

Through these times,  
a few discovered they could

Work from home  
Work on their own  
Do house chores  
Cook  
Dream  
Sing  
Dance  
Tell stories  
Play  
Connect  
Be generous  
Serve  
Discover themselves  
Generally, do with less



Mummy, do tell me more  
Did they forget how they lived before?  
My dear boy, people didn't forget  
But people didn't regret

They ventured forth to create -

New ways of being  
New songs for dreaming  
New dances for creating  
New books for seeing  
New forms of working  
New norms of serving  
New connections for making  
The world a better place  
And each of our lives  
Worth living Virus Can Stop Us

The machines came to a grinding halt  
The morning rush no longer the default  
People scared, holed up in homes  
A sight one heard of only in tomes

Did the virus win? What happened next?  
Mummy, please don't stop just yet  
How did everyone live like that?  
In fear of a virus from a bat!

Did everyone put down their arms  
What about workers and the farms?  
Did everyone stop everything?  
From factories to market gathering?

No one went out to play?  
Or on a holiday?  
No one strolled in the park?  
What a sad story with no spark!

Sonny boy! Not all that meets the eye  
Is the truth or what we should buy  
Let's Look further and beyond  
To see how humans respond

There were doctors and nurses  
Who without a care for themselves  
Served every needy sick patient  
Despite lack of equipment

Tough decisions they had to make  
Who to save and who to forsake  
It broke their hearts and soul  
Yet, they focused on the goal

To prevent loss of life and reduce pain  
They tried hard, sometimes in vain  
What made them not give up  
Mummy, of what are they made up?

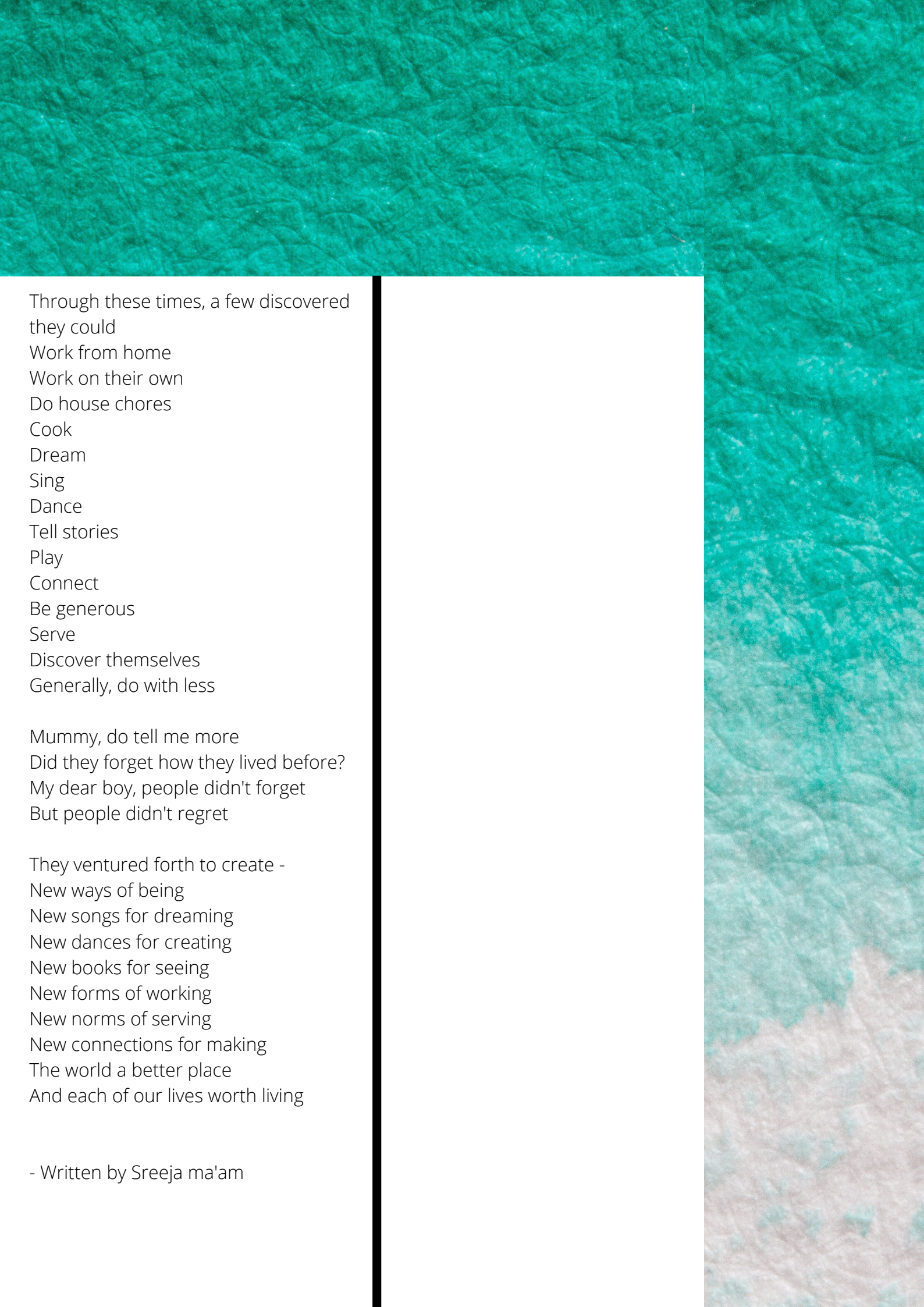
Pain and adversity have their way  
They go deep within to find a way  
Through the hurt and the pain  
To build out the power within

Some families drew closer together  
A few others broke altogether  
Industries, workers had to heed  
Very harsh realities indeed

Less fortunate were losing homes,  
Migrating by foot, hurt by stones  
Hungry for food, blisters on feet  
Breathing their last on the street

Briefly, students cheered  
No exams that they feared  
Soon boredom and despair loomed  
Everything seemed to be doomed





Through these times, a few discovered  
they could  
Work from home  
Work on their own  
Do house chores  
Cook  
Dream  
Sing  
Dance  
Tell stories  
Play  
Connect  
Be generous  
Serve  
Discover themselves  
Generally, do with less

Mummy, do tell me more  
Did they forget how they lived before?  
My dear boy, people didn't forget  
But people didn't regret

They ventured forth to create -  
New ways of being  
New songs for dreaming  
New dances for creating  
New books for seeing  
New forms of working  
New norms of serving  
New connections for making  
The world a better place  
And each of our lives worth living

- Written by Sreeja ma'am



# HOW YOU CAN STAY INSPIRED

## OTHER THAN LOOKING OUTSIDE THE WINDOW

Hasn't it been months we all have been inside our house, and sometimes I even look outside a window and imagine myself in different places, doing different things, like me there are another hundreds or thousands of people who do different things like looking outside the window. But in this time with an unknown future or end, the time we don't know when our imagination will be true, what else do we do? Aren't we all wondering about that?

Here are few of our interesting activities in this lockdown:

**Cooking:** Making a snack or a meal by yourself or with your family can be a hobby or an activity for fun let it be whatever it is for you, but it is for sure something to keep you engaged.

**Reading:** What do you think about the idea of becoming a book worm, be it that you want to or not I am sure it will keep boredom at bay

**Drawing and crafting:**

Why not improve you drawing and crafting skills during these free times? There are more than hundred sources to help us learn to craft and drawing.

**Learn and brush up topics learnt:**

There are a lot of websites and apps online to help you learn and clear topics you have learnt.

One place where we use is khan academy to help us keep learning all the time.

These were just few of or interesting activities to do during this lockdown and this is not it there are a lot more, like this even you all can figure out your interest to do in lockdown to stay home and stay safe and also to use the time other than looking outside the window.

Stay home stay safe  
GRIFFINS

WRITTEN BY  
ARCHITA



# SM TIMES- GRIFFINS

NO VIRUS CAN STOP US!



Let July be July  
Let August be August  
And let yourself just be  
even in the uncertainty.

You don't have to fix everything.  
You don't have to solve everything.  
And you can still find peace and grow  
in the wild change of things. - MHN