

SM-TIMES GRIFFINS

The inspired griffins



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GRIFFINS!

Our inspiring and inspired power journey through the world of power
with all sorts of discovery is all recorded in here,
How we discovered our powers and how we got inspired and many
more interesting experiences we had, all in the world of powers
Not the powers of superheros and comics
But the power of self power and inspiration



THE PATH TOWARDS OUR POWERS



THE JOURNEY OF HOW THE GRIFFINS SPREAD THEIR WINGS AND SOARED TOWARDS THEIR POWERS.

Powers. Something you would think only exists in superhero comics or fairytales.

Well, in Sparkling Mindz we know that everybody has powers.

They may not be super strength or speed, but they are there and you just need open up and find them within yourself.

Our house is the griffins and this is how we unleashed our powers.

Finding the power within yourself isn't always easy. As a house we spent most of our circle time (a time where we reflect discuss) trying to do so and pushing and helping each other to get on to the path of discovering your powers. So, how did we? We as a school figured out that our inspirations can drive the powers within us. Our inspirations can be a source of motivation to unleash those powers.

What we didn't see at the time was that we were surrounded by inspiration. That's when we consciously figured out who or what inspired us and why.

We would come together as a house on every Thursday and sit in a circle and share our inspirations. The process of hearing each inspiration brought joy to the members of the house. We had an array of different inspirations which went from family to facilitators, from singers and actors to friends and peers, from authors to fictional characters and so many more. They were inspired by the powers carried by these people. Powers such as the empathy a facilitator has. Forgiveness that a friend has shown. The grit and bravery displayed by freedom fighters. The values carried out by each and every one in our school. They were inspired by things such as how somebody was able to do T.H in that way to how a person was able to create change in this world. The excitement of sharing all of this kept us going. Now sharing these things were easy but understanding that we too are capable of having these powers was hard. We had members saying that they believed that they didn't have powers because they weren't able to see them. That's when our house decided to share how we were inspired by each member. We shared things such as how they sing loudly and bring a smile on our face to how they help us learn and grow. This exercise is what brought confidence that we too are capable of unleashing the powers within us just like our inspirations. And we too can soar.

So in this newsletter we have some stories of how the griffins unleashed their powers. Some stories of how they are using it in this time, some stories of how they found it, and some stories of people who are still finding their powers through their inspirations.

An article of inspiration

A inspiring website
one of us found
and inspired us to
not give up and
master

click on blue
space to see

Our inspirations (age group 9-15years)

Hi I'm going to talk about how my inspiration is turning into the power within me. I was this girl who had a facade and not honest. I started to improve slowly after I got the facade off me. I figured out my inspirations. Other people/peeps started to find their power and I wanted to do the same. Through these times I have learnt to do new things, learn new skills and so much more. I want to find the power within me to learn how to find the power within me.

BY AKSHAYA
4th grade

Inspired Memories

By Sushanth Sudhakar

I don't know where to start
I don't know where to end
But I do know in my heart
That I live in my Power and
Harmony

This poem is of my house,
and my circle time
And it's great effort to bring
forth a shine
Of Trust and Reconciliation
So read on to seek my
learning
As I take you to Explore and
create

I am and still inspired by very
few people
Who have given me a chance
to see the light
Taking Mandela, Rosa Parks,
Sreeja ma'am
And myself as my true
mentors to
Guide me in life



Mandela chose to be my first
impact
As he unravelled the folds of
forgiveness
And the widening
perspective of a
Rainbow Nation with
Empathy as a key

Rosa Parks, an American
patriot
Who stood over prejudice
with a strong will and
Unstitched segregation with
the power of NO
Showed me the arrogance
and pride that
Shaped a woman to her glory

Sreeja ma'am projected
confidence within me
And stepped me out my
comfort zone
Facing the good and bad,
may there be one
Inspiring a deep love
Of knowledge and truth



My parents are the unsung
heroes
Who created a living for me
with
Their unspoken will and
loving pose
Which set me on a path to be
Brave and fly with my
Symbolized wings

I find myself as the greatest
mentor of All
Because it's my inner locust
of control
And I have led myself
towards empathy and self
love
For my future brightens
As I head out with a strong
mind and friendship

All my inspirations without a
doubt
Unlocked my Powers, hidden
in the dust
And they were Curiosity,
Imagination, Forgiveness
Willpower and persistence
I also use these powers to
their full potential

I am inspired, thus would
inspire
So go look for an adventure
And free yourself to the
Jangling discords
Of Harmony and
Perseverance



BY
SUSHANTH
8th grade

My inspiration – by Ashika

This is how my inspiration became my power within me.

Before I wasn't open to anyone at all. What I learnt at school my experience over there or outside, I never used to share it with anybody. I kept it inside me all cluttered and used to constantly think about that and didn't focus on other things. Then in griffin's house circle time we spoke about trusting and being open to each other and reaching out to one and other. I saw others who were opened to people and I wanted to be able to do it too. So I screwed up my courage and went and told people about my feelings thoughts and experiences and many other things, after that I felt a lot more relaxed, but I judged that people will feel uncomfortable when I talk about it, but they didn't.

Now I freely talk and feel it's a part of me. I feel it has turned as a power within me. That's how my inspiration turned to a power within me.

Thanks

-Ashika

BY ASHIKA

5th grade

INSPIRATION PEICE

URBAN
EDGE

30/4/20

I 'am going to be talking about my inspiration and how it became my strength or power within me. My inspiration helped me to be exponential and progress in learning. I used to give excuses and predict the learning area work given was easy and procrastinate them. I used to have either over confidence or 0% confidence. I never knew how to balance my confidence level. I saw people in my house pick up inspiration, they helped me pick one too. I had my pe inspirations! My inspiration was Griffin, Mandela and Sreeja.

-Adwaith

BY
ADWAITH
5th grade

My Inspiration

Mrityunjay Balasubramaniyan
4th grade

My inspiration is Julia Donaldson, an author who is best known for her rhyming stories that children's enjoy. She created imaginary characters in most of her stories which fascinated me and most of her stories can be sung as a song as she used amusing end rhymes which hooked me to her stories.

How did Julia Donaldson become My inspiration?

She became my inspiration when I read one of her books THE GRAFFALO

It made intensity of my bravery more high and when I kept reading her books it gave me a new emotion which I never had, or it would increase the intensity of some emotions that I already have, it can be negative or positive, but I realize that it gives or increases positive emotion more often than negative. Even though it does have negative I don't include the negative ones within me because in her books the negative emotion makes me laugh so I don't pull it within me so much. After a point at age of 6 I started writing my own story like how Julia Donaldson did, it made me feel like I revealed a Julia Donaldson who was within me already and that's how she became my inspiration and made me write stories & poems.

books I like : room on the broom, paper dolls, Charlie cook's favorite book, stick man, squash and squeeze.

STAY AT HOME (output of my inspiration), The Virus May Scare You, But It's A Choice You Make, Befriend You Fear, Or Don't Depend on What You Hear, Be Hygienic and Healthy, To void out the fear, stay Safe At Home Like A Snail, To Always Have A Charming Smile

BY-MRITYUNJAY BALASUBRAMANIAN

Inspiration and power within me

Archita anish
6th grade

My name Archita and being part of Griffins I would like to share a few experiences I have had about inspiration and the powers within me.

I learnt to get inspired and pass on the inspiration by getting inspired of how others inspired me, that's a little tricky, I meant, I got inspired by how many others found inspiration in the smallest thing possible and how they passed on their inspiration to others, I tried hard to find powers within me each time we had a discussion about it and I was also so amazed by how many others could do it easily and it mostly happened in our house GRIFFINS and that's why most of my inspiration and powers are from griffins. At first when we had discussion I used to hide the fact that I was stuck, and used to write down

powers that I wanted and thought I had without going deep and thinking, after a point I was asked to help others to find inspiration and powers and inspire them, that's the first time I really was disappointed that I don't know how to so at that time is when tried to find out how to do it.

What I did was nothing different I tried to understand when one of my team member explained to another, based on what I understood I saw that she was explaining that when we get inspired why do we get inspired and what is the take away that we get from that inspiration that might also become a power when we keep using the inspiration. another way was to think of what I think I am good at and see what is the skill that I use even that might become a power.

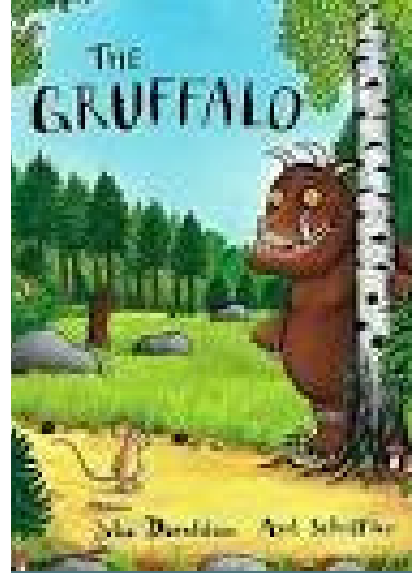
That day I tried to do it at home and found out a list of powers within me, the next time I was asked to help I was able to clarify doubts clearly too.

That was one of my inspirations that I found later that became my power of finding powers, and inspiring others to find others.

Later I was able to avoid my fear of many friends and facilitators and asked my doubt to improve and fly through the world of powers and discover a lot of powers within me like empathy, growth mindset, skill building, power of discovering powers and a lot more. Later i was able to use these powers to inspire others and inspire myself and derive inspiration from many different places like books, animals, people, families, movies, celebrities and more, I was able to avoid a lot of fear and beliefs that didn't help me and do as much as I can in areas I avoided.

I understood inspiration and powers can be a good friend helper and healer

-Archita anish



Facilitators thoughts

As within,so without it is

Disha H. K
Learning Facilitator
Sparkling Mindz Global School

Sometime in March last year, I remember sitting with Sreeja ma'am at school. "When does someone find the power within themselves?", she asked me while also pondering over it herself. Little did we know that one year down the road, the majority of the world would be pushed to their limit to find their resilience and power in combat with a tiny being, the Coronavirus. However, I am not here to talk about Coronavirus or how I am dealing with its effects. I am here to share with you an experience from the past that opened my eyes to my own power.

I was born to parents who love me dearly but are also very protective of me. Another addition to this protective coop is my overprotective brother! I often jokingly would tell my friends that I had three parents at home and not two. "What were they so protective about?" you may ask. Good question! Just like any parent, they worried about my safety. But their worries were amplified, especially because I was a girl. Now, they had their beliefs about how girls should be - things they can and cannot do. I, on the other hand, wanted to do everything (okay, most things) that they believed was not ideal for a girl to do - ride bikes, climb mountains, go on adventures, travel and so on. So I kept dreaming the dreams of a caged bird, only to be weighed down by the fact that I would not be allowed to explore. I understood my parent's perspective too but I would feel sad when I had to keep pushing my dreams away. I felt helpless. You see? My power was never with me at that point. I felt powerless, and every request or argument about me wanting to travel or explore would fail and leave me feeling hurt and disheartened. I had chosen to be the victim...

Until one day, I understood what had been happening. By this time, I had read a lot of books and watched videos that helped me gain perspective. I realized that my power did not lie in fighting and arguing, but in BELIEVING that I had the power within me; the power to express myself, the power to manage my emotions better, the power of responsibility and most importantly the power to stay calm.

I was then able to sit my parents down and express my longing to travel and explore. My stance had shifted. My parents saw me as a calm, confident and responsible individual. What was even more magical was that I could urge them to reach out to their inner power to trust me. In shifting myself, I was able to shift them too!

I have travelled to a lot of places ever since and have been quenching my thirst to explore every now and then.

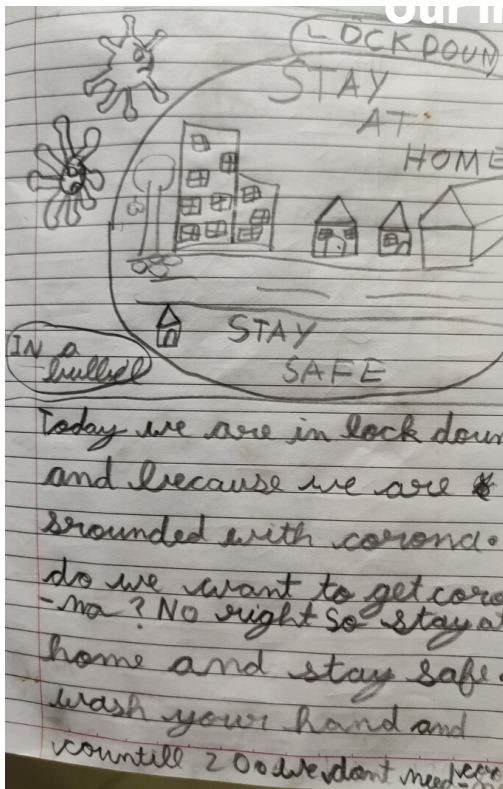
Finding the power within you can be quite an intense journey sometimes. It is like climbing a mountain or running a marathon. You might feel like giving up. You might feel exhausted mentally, emotionally and physically. And then, there is the power of choice; to push on and become resilient by learning to manage the narratives or to just give up.

A lot of times we realize our powers when we are pushed to a limit, a point where you can no longer hold on to being a victim, which is a very comfortable place to be in; and you make a choice to persist and face the odds.

It is in facing these odds and looking within, that I realized the power within me. And, I continue to do so, today and everyday.



Power in me



By ADITI
3rd grade

**Everybody
Has
A
Voice** 

we represent each griffins
voice with their own words
written here



My inspiration-the story of hector

by Zohar
2nd grade

I recently saw the movie Troy during the COVID-19 lockdown. The story is about the war between Troy and Greece. It started because Paris took away Helen, the most beautiful woman in Greece. Helen's face launched a 1000 ships across the sea to Troy.

For the Greeks, Achilles was the most powerful warrior. He was even more powerful than any Trojan warrior. Achilles was powerful because he was a demi god. His mother was a sea goddess. She dipped him in the River Styx to make him invincible. Only his heel was not invincible.

Hector was the mightiest Trojan warrior. He bravely fought the Greeks and defeated most of them. He killed Achilles' cousin – his name was Patroclus. He thought Patroclus was Achilles. When Achilles found out, he challenged Hector in battle. Hector knew that he may be killed by Achilles, as Achilles was the most powerful warrior in the land. His wife told him not to fight Achilles. But he still went to fight Achilles. Hector fought bravely but was finally killed by Achilles.

Hector showed the power within and conquered his fear, even though he knew that he was going to die. Hector's story inspires me to face bigger challenges and conquer fear of failure.



we are a growing and
learning team
GRIFFIN

One article we are inspired by:



We believe we can achieve anything we set our mind to and a good example for that is this article.....

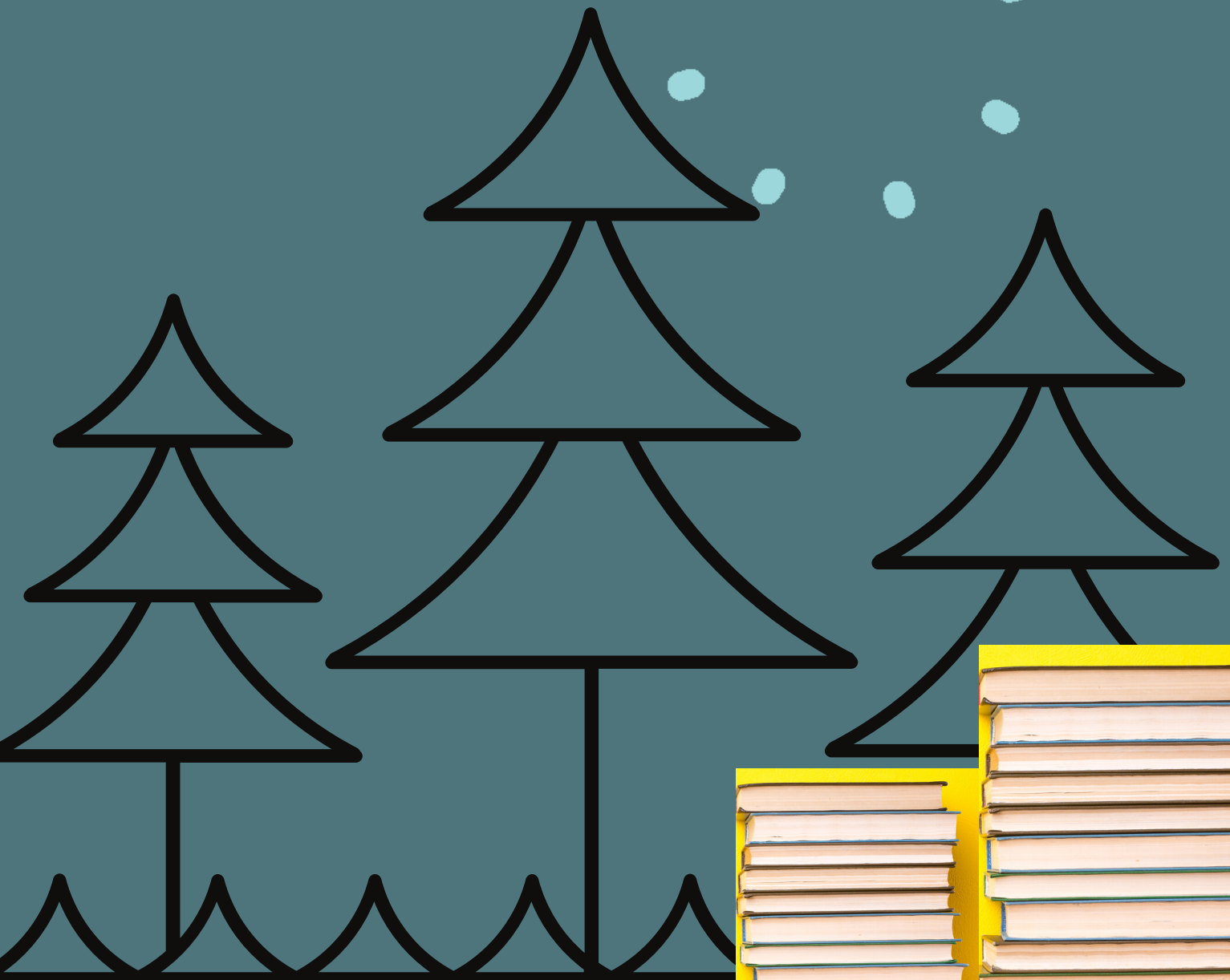
Our experience with griffins and power that amazed us!!

click on blue
space to see
as a video



SM TIMES

INSPIRATIONS MAKES THE POWER
WITHIN US



GRIFFIN

