

Different Moons

Girls' Workshop Teaching Pack

Introduction

These workshop plans were created as part of the Different Moons Arts and Heritage Project. Workshops were delivered in two hour slots, with support staff as required. The workshops were designed by Shamshad Khan with input from Arry Nessa on workshop 4. The workshops were delivered with some variation as required on the day.

The workshop space was set up with materials to create an inspiring and welcoming space.

Sessions were delivered with additional creative art session of Papercut (Maryam Golubeva)

The poems, letters and stories created as a result of these workshops are included in the Different Moons book which is available as a pdf on the Different Moons website www.differentmoons.org and as a hardback copy.

The materials are free to use and modify for educational purposes. We would appreciate it if you could make a reference and link back to the Different Moons Website. www.differentmoons.org

Copyright 2016: Horse and Bamboo Theatre and Shamshad Khan

Thanks to our funders:



Horse + Bamboo Theatre 679 Bacup Rd, Rossendale, Lancashire BB4 7HB United Kingdom

T: +44 1706 220241 www.horseandbamboo.org www.differentmoons.org

Content

Workshop 1 - Animations, the moon and building self-esteem	p3-5
Teaching resource 1	p6
Workshop 2 - What do you know about your Grandma?	p7-8
Photo of Habiba's grandma Zamro Rahman	p9
Teaching resource 2	p10-12
Workshop 3 - "A Bengali girl in Haslingden" and papercut carpet	p13-14
Workshop 4 – What is special about your Asian Heritage?	p15

Different Moons Girls' Workshop 1

Shamshad with Habiba

Session Objectives:

- introduce the girls to the Different Moons project
- enthuse them about their cultural heritage/ heritage of Rossendale Asians
- begin to build their self-esteem
- encourage participation in the future sessions.

Set up

- **chairs in a horse shoe/semi-circle**
- **paper, pen, paper plate, blank name label and felt tip under chair**
- **doylies on floor in centre of space**
- **(FC) indicates pre-prepared flip chart**

FC-welcome

0-10 – Welcome (10 mins) - Shamshad

- Introductions
- Ask each attendee to introduce themselves (also to write name on label)
 - i) Name and say if/which other language(s) they speak

10-20 – Introduction (10 mins) - Shamshad

- So what is Different Moons;
 - i) Different Moons is a Heritage and Creative Arts project, it's about collecting the histories about Asian people in Rossendale and sharing the history of Islamic and Asian arts. So it's about valuing it and not losing our culture

We've started to interview local Asian people including Habiba's grandma and we've made animations from some of the stories we've collected and we've worked with children at the Islamic Supplementary school.

- Plan for today's session (FC)

20-25 – Ground rules (5 mins) - Shamshad

- these are three of our rules (okay to make mistakes, respect, ask questions) (FC)
- anything else to add..... have a go
- also, write your name on each piece of paper!

25-30 – Habiba (5 mins) – before we show the Djinn animation

Habiba asks;

Q1. Does anyone know what a Djinn is? (a spirit being mentioned in the Qur'an) – show of hands. Record responses to Q2 and Q3 on a flip chart;

Q2. What do you know about Djinn?

Q3. Who told you/how did you find out? (parents/grandparents/ others?)

30-40 – Habiba (5 + 5 mins)

(cont)

Different Moons Girls' Workshop 1 (cont)

Habiba introduces and shows animation of Mr. Hussain's – Djinn story

Any questions?

40-55 – Shamshad (15 mins)

Moon Poems and heritage story

Each participant gets an 'I am like the moon' poem written by Yr 3 RVISS

- Read your own poem to yourself (FC)
- Put them into pairs
- Read aloud to each other
- Between you discuss
 - i) What you like about each poem (describing words, imagery, how it makes you feel or what it makes you think)
 - ii) Complete the feedback (with help from **Habiba and me**)

55- 1 hour 5 mins – Habiba introduces Mr. Hussain's story/animation (10 mins)

Habiba asks: Put up your hand if you know who was the first person in your family to come to England?

Part of this project is for us to find out more about our family history. We interviewed people and I did an animation about Mt Hussain's journey to England which you'll see in a minute and I also interviewed my grandmother and Shamshad will be doing a workshop with you later and you'll get to hear my grandmother. You'll get to write a story about yourself and /or your grandma.

Habiba asks: Can I have a volunteer to read a story written by RVISS pupils, inspired by Mr. Hussain's journey to England? (**Habiba reads if no volunteer**).

Habiba shows animation of Mr. Hussain's journey

Shamshad: turn flipchart back to overview of today's session

1hr 05 – 1hr 15 BREAK (10 mins) Complete monitoring and attendance forms

1hr 15 – 1hr 32 Self-esteem - introduction and exercises 1 & 2 (17 mins) – Shamshad

Does anyone know what self- esteem is? Self- esteem definition (FC)

'Having confidence in yourself and what you can do'

In this session we are looking at how to feel good about ourselves and next session learn a trick to help us feel more confident when we do certain activities.

Exercise 1 - Positive things about me (5 mins) - shamshad

- Write down 5 positive things about yourself on the rough paper (your personal qualities, things you've achieved etc.). e.g. keeping your fast, doing your homework or not getting angry with your little brother etc.
- Then neatly on the doily..... Write "I am....." (cont)

Different Moons Girls' Workshop 1 (cont)

In whole group ask:

- 'How did that feel' (might feel big headed.... But encourages us to feel/do better)

Exercise 2 - Positive things about you (10 mins) - shamshad

In pairs:

- tell each other 1 thing you like about the person and be specific e.g. what you think they are good at, or they are kind because...
- how did it feel...was it easier to say about someone else... or your self

So these two exercises have been about positive things about ourselves but sometimes we can have negative thoughts. In the next session we'll talk about some of the negative thoughts that can hold us back and how to think more positively.

Exercise 3 - Compare your partner to the moon---- would you say they are like:

- Full moon, half moon, crescent moon, no moon and why....
- Write "you are like a moon because....."

Does anyone know what we call if we compare like this....?simile

1hr 32 – 1hr 37 (5 mins) Evaluation – what went well and even better if

1hr 37 – 1hr 45 (5 mins) Tasks for next session

A task for you:

- Pin your doily up somewhere you can see it first thing in the morning to remind yourself of the good things about you

A challenge for you:

- Find out who was the first person in your family to come to England (link to earlier exercise).

End session – thank you for coming today and for getting involved! I really enjoyed it, so thank you.

Different Moons Teaching resource 1

I am like the moon poem

I am like the moon because I like babysitting
and the moon babysits us
all the way from space

and I say to babies when they are going to sleep
hush little babies don't you cry
babysitter's going to make you sleep

It's like the moon says that to the things in space

I'm not like the moon because I like the morning
and the moon likes the night.

Anita Begum

Feedback on your Moon poem from the Haslingden Girls' Youth Group

Dear

my name is : _____ and I am _____ years old.

What I like about your moon poem is that:

A question, thought or suggestion I have for your poem is:

Different Moons Girls' Workshop 2

Habiba and Shamshad

Session Objectives:

- Enthuse them about their cultural heritage/ heritage of Rossendale Asians
- Begin to build their self-esteem (in writing)
- Encourage participants to write about their heritage.

Set up **FC** Welcome

- **chairs in a horse shoe/semi-circle with name label**
- **paper, pen, paper plate, felt tip and envelope with letter to carer, permission form, brochure and leaflet all under chair**

0-20 – Welcome and recap (20 mins) - Shamshad

- Welcome every one and thanks for attending
- Ask each attendee to put on their name label, say their name and a positive thing about themselves

Habiba – please tick off names on Attendance Sheet as they introduce themselves.

Shamshad

- Here are the ground rules we agreed at the last session **FC**
- Can you remember the things we did in the last session?
- Anything else you learnt? (see feedback sheet)
Use **FC** Plan for the day if it helps.
- You shared some beautiful words about your positive qualities and compared your partner to the moon – read out 2 examples

What did you do with your doily?

How did it feel when you read it?

20-25 – Permission Form completion (5 mins) - Habiba

25-30 Plan for today's session (**FC**) (5 mins) Shamshad

35- 45 Exercise - Listening to recording ... (10 mins) - Habiba

Habiba asks:

- Did anyone find out who was the first person/woman in their family to come to Rossendale?
- One of the first women in my family was my grandma.... She speaks in Pashto
- Put out photos of Habiba's grandma and Habiba **Shamshad**
- Play interview (hand out copy of English script) **Habiba.... We are going to listen to me talking to my grandma about her early time in Rossendale.**

(cont)

Different Moons Girls' Workshop 2 (cont)

45- 1 hr 05 Discussion in groups of 3... (20 mins) Shamshad

- We've just listened to Habiba asking her grandma questions
- Later you'll be writing a letter to your grandma/older "family" member.
- To prepare for that I'm going to ask you to have a discussion- and make notes
These are the questions: **(FC)**:
- How well do you know your grandma? Or don't you know her at all?
- What language do you speak to your grandma in?
- Why is your grandma special to you? Or if you don't have a grandma what do you miss?
- What questions could you ask her to find out more about her first few years in Rossendale?

1hr 05 – 1hr 15 **BREAK-** (monitoring forms for Ayesha, Amina, Fatima /new girls) **Habiba**

1hr 15 – 1hr 45 **Individual Exercise - (FC)** Write a 1 page letter to the first woman in your family who came to Rossendale (e.g. your grandma) **(30 mins) - Shamshad**

(Habiba and Shamshad to support girls with the writing)

Make sure have their names on their letter

1. Thank your 'grandma' for 1 special thing about her (does or says)
2. Then say why she is like the moon (full, half etc.)
3. Ask her about 5 questions to find out about her early life in Rossendale

1 hr 45 – 1hr 50 give **Handout** – interview heritage questions

Ask them to hand write any extra questions they want to ask their 'grandma'. Collect letters

(5 mins) Evaluation – what you liked and what you learnt Write up on flipchart.

(5 mins) Tasks for next session (FC) Shamshad

1. Give the permission form/envelope to your parent/carer and ask them to read and sign the form and return to Leesa asap. **VERY IMPORTANT**
2. Speak to your 'grandma' or the first woman in your family to come to Rossendale and ask her the questions on the sheet.
3. Bring the sheet, with their answers to the next session where we will use it.

End session – thank you for coming today and for getting involved! I really enjoyed it, so thank you.



Photo of Zamro Rahman by Bob Frith

Different Moons Teaching resource 2

Interview clips of Zamro Rahman

Clip 1

Shamshad: (Urdu) England? do you like it in Rossendale?

Mrs Rahman: (Urdu) I was.. I was so..I was.. when I came here there were no other people, I came to this country you know, there were no other people, no Punjabis, no Pathaans, no people. Then near me, behind us some Pathaans came, there were others in the country, but no Pathaans. Then lots of Pathaans came and lots of Punjabis came, so many people came that oh God, it became Pakistan

laughter

Shamshad: (Urdu) okay, so did you, when you first came here did you like it more? when

Mrs Rahman: (Urdu) oh nothing, I was scared, I would say there's no (Asian) people here, there was no coming and going, I was very scared

Shamshad: (Urdu) aww, alone alone

Mrs Rahman: (Urdu) not a single person (2:33)

Clip 2

Mrs Rahman: (Urdu) all my children were born here, children grew up, got married, they had children

Shamshad: (Urdu) so then you were happy here?

Mrs Rahman: (Urdu) yes.. we come and go to Pakistan but we are here now

Shamshad: (Urdu) yes, so you come and go?

Mrs Rahman: (Urdu) yes we go to Pakistan sometimes... drink your drink, drink it

Shamshad: (Urdu) yes..thank you...so did you do any work here? at home? did you do more work in the house?

Mrs Rahman: (Urdu) yes I brought up the children, made the dinner, food..made food.. i did that work, I didn't go out..I didn't go out to work

Clip 3

Habiba: (Pashto) Grandma, where were your children born?

Mrs Rahman: (Pashto) Children.. i had two at home and the others in hospital.. two I had at home..one son..one..er.. Nargis and Amin.. these er Amin you know..they were born at home

Habiba: (Pashto) okay, in which house?

Mrs Rahman: (Pashto) that house that was up there you know.. they were born there... in that house near the hill

Habiba: (Pashto) and the other children were born in hospital?

Different Moons Teaching resource 2 (cont)

Interview clips of Habiba's grandma Zamro Rahman

Mrs Rahman: (Pashto) two children were born at home right? and the others were born in hospital

Habiba: (Pashto) who helped you when dad and aunty Nargis were born at home?

Mrs Rahman: (Pashto) children?

Habiba: (Pashto) no, you know when dad was born..at home.. who was with you?

Mrs Rahman: (Pashto) to help me?

Habiba: (Pashto) yes..

Mrs Rahman: (Pashto) the helper.. it was their dad wasn't it, he would help me..there was no one else.. there was my uncles daughter Zarmeena, she would come and help me from Bury

Habiba: (Pashto) so, did you not have any friends that would come and help you?

Mrs Rahman: (Pashto) I had friends near that other house.. on station road.. on station road Pari Jaan was my friend.. Zaria was.. Hasina was.. these three were my friends, our houses were in a row next to each other.. and we would come and go to each other's houses..we moved here now and left them...one was Shamshad

Clip 4

Habiba: (Pashto) so how did you find it, did you like it here when you had friends?

Mrs Rahman: (Pashto) they would come and go, and when the kids went to school we would go to each others houses you know.. then when the children were home, at the weekends we would make dinner.. they would eat at our house we would eat at their house

Shamshad: (Urdu) so was life good then? Were you happy?

Mrs Rahman: (Urdu) they were very good people then, people have changed a lot.. they don't come and go. it was very good then, sometimes I ate there sometimes they ate here.. they were very good times.. now every one has grown up and got married and everyone has moved on.. people have children and everything gets mixed up

Habiba: (Pashto) so Grandma, when you came here to this house did you have any friends around here?

Mrs Rahman: (Pashto) I don't have any friends here now

Habiba: (Pashto) what about in the past, now you don't, but what about in the past?

Mrs Rahman: (Pashto) in the past I had them friends from station road

Habiba: (Pashto) so you would go from here to station road to visit your friends?

Mrs Rahman: (Pashto) yes I would go from here to station road (continues in Urdu) I would go there to their houses, they would come here to my house, now we have children and families so we only go for sorrows and celebrations not for nothing, it is too far for me now

Different Moons Teaching resource 2 (cont)

Interview clips of Zamro Rahman

Clip 5

Mrs Rahman: (Urdu) you know when I came here the children were born and I had to change nappies and clean nappies and hang them outside..now they come ready.. there were no machines for washing then..now there is everything *laughter because Mrs Rahman is so off topic* then I would cook and warm up the rice you know..

Clip 6

Mrs Rahman: (Urdu) clothes.. first the Punjabis that came they would make them, now there's loads of Pakistanis so anyone can make them

Habiba: (Pashto) Don't you know how to stitch clothes?

Mrs Rahman: (Urdu) no i can't do it but my children know how to... in the past I would pay 5 pounds for a suit to be made, very cheap.now they charge ten ten pounds

laughter

Habiba: (Pashto) Grandma, didn't you stitch slippers?

Mrs Rahman: (Urdu) yes, I used to have a slipper job, there was material on the slippers and I would stitch it (moccasin style slippers)

Habiba: (Pashto) here in this room right?

Mrs Rahman: (Pashto) yes, I did that in this house

Shamshad: (Urdu) so that was your work?

Mrs Rahman: (Urdu) yes I did that job

Habiba: (Pashto) so grandma did you get paid to do that?

Mrs Rahman: (Pashto) yes they would give me money wouldn't they (continues in Urdu) every week they would pay me, they would take a big bag full of slippers and pay me

Habiba: (Pashto) what else Grandma, do you miss Pakistan?

Mrs Rahman: (Pashto) I have had enough, no more talking

Different Moons Girls' Workshop 3

Habiba and Shamshad

Session Objectives:

- Enthuse them about their cultural heritage/ heritage of Rossendale Asians
- Begin to build their self-esteem (in writing)
- Encourage participants to write about their heritage.

Set up **FC** Welcome

- chairs in a horse shoe/semi-circle with name label
- paper, pen, paper plate, felt tip and envelope with letter to carer, permission form, brochure and leaflet all under chair

0-20 – Welcome and recap (20 mins) - Shamshad

- Welcome every one and thanks for attending
- Ask each attendee to put on their name label, say their name and a positive thing about themselves

Habiba – please tick off names on Attendance Sheet as they introduce themselves.

Shamshad

- Here are the ground rules we agreed at the last session **FC**
- Can you remember the things we did in the last session?
- Anything else you learnt? (see feedback sheet)
Use **FC** Plan for the day if it helps.
- You shared some beautiful words about your positive qualities and compared your partner to the moon – read out 2 examples
What did you do with your doily?

How did it feel when you read it?

20-25 – Permission Form completion (5 mins) - Habiba

25-31 Plan for today's session (**FC**) (5 mins) Shamshad

35- 45 Exercise - Listening to recording ... (10 mins) - Habiba

Habiba asks:

- Did anyone find out who was the first person/woman in their family to come to Rossendale?
- One of the first women in my family was my grandma.... She speaks in Pashto
- Put out photos of Habiba's grandma and Habiba **Shamshad**
- Play interview (hand out copy of English script) **Habiba.... We are going to listen to me talking to my grandma about her early time in Rossendale.**

45- 1 hr 05 Discussion in groups of 3... (20 mins) Shamshad

- We've just listened to Habiba asking her grandma questions
- Later you'll be writing a letter to your grandma/older "family" member.
- To prepare for that I'm going to ask you to have a discussion- and make notes
These are the questions: **(FC)**:
- How well do you know your grandma? Or don't you know her at all? (cont)

Different Moons Girls' Workshop 3 (cont)

- What language do you speak to your grandma in?
- Why is your grandma special to you? Or if you don't have a grandma what do you miss?
- What questions could you ask her to find out more about her first few years in Rossendale?

1hr 05 – 1hr 15 BREAK- (monitoring forms for Ayesha, Amina, Fatima /new girls) **Habiba**

1hr 15 – 1hr 45 Individual Exercise - (FC) Write a 1 page letter to the first woman in your family who came to Rossendale (e.g. your grandma) **(30 mins) - Shamshad**

(Habiba and Shamshad to support girls with the writing)

Make sure have their names on their letter

4. Thank your 'grandma' for 1 special thing about her (does or says)
5. Then say why she is like the moon (full, half etc.)
6. Ask her about 5 questions to find out about her early life in Rossendale

1 hr 45 – 1hr 50 give Handout – interview heritage questions

Ask them to hand write any extra questions they want to ask their 'grandma'. Collect letters

(5 mins) Evaluation – what you liked and what you learnt. Write up on flipchart.

(5 mins) Tasks for next session FC Shamshad

4. Give the permission form/envelope to your parent/carer and ask them to read and sign the form and return to Leesa asap. VERY IMPORTANT
5. Speak to your 'grandma' or the first woman in your family to come to Rossendale and ask her the questions on the sheet.
6. Bring the sheet, with their answers to the next session where we will use it.

End session – thank you for coming today and for getting involved! I really enjoyed it, so thank you.

Different Moons Girls' Workshop 4

Shamshad with Arry

Session Objectives:

- Enthuse them about their cultural heritage/ heritage of Rossendale Asians
- Build their self-esteem (in writing, reading)
- Encourage participants to write/complete their poems/letters about their heritage.
- Record poems/stories for Exhibition (optional)

Set up

- **Tables/ chairs in a square**
- **paper, pens**

0-20 – Welcome and recap (20 mins)

- Welcome every one and thanks for attending
- Ask each attendee to write name on label, say their name and their favourite Asian food

- Here are the ground rules we agreed at the last session
- Can you remember the things we did in the last session?
- Anything else you learnt? (see feedback sheet)

20-25 – Permission Form completion and collect (5 mins)

25-30 Plan for today's session (FC) (5 mins)

30-40 (10 mins) Brainstorm – What is special about Asian /Islamic culture

(culture, henna, food, clothes, family, songs, film, language, mosque, prayer, community.....)

What is special about White Haslingden culture

(food, school, girls group, library, countryside, stories, film, music)

40- 50 (10 mins) in pairs ask each other (practice)....

1. What do like best about Asian culture and why
2. What don't you want to lose of your Asian culture
3. What do like best about White Haslingden culture
4. Another question you'd like to ask

50-60 BREAK- (10 mins) (monitoring forms for new girls)

1hr – 1hr 20 Writing (20 mins) writing

- your Bengali /Asian girl poem – (add another verse)
- or write about going to the moon in an Asian style. What/who would you take of your Asian heritage. Imagine what you would do. MOON Facts.

1 hr 20-1hr 50 (30 mins) Reading out of poems/ stories and or recording

(5 mins) Evaluation – what you liked and what you learnt