

A day to discover...

# AMAZING INDIA!



This set of activities takes your child to fascinating India. They'll be learning about its vibrant culture and famous symbols, as well as the inequalities that many girls and women face. The activities are designed to be easy and fun to do – here's a quick guide.

## ACTIVITY 1: A POSTCARD FROM INDIA

**What you'll need:** paper and crayons or coloured pencils or pens.

You can encourage your child to use the facts and pictures provided to create their postcard for a relative or friend. They could even post it to their chosen person when they're done – if you feel it's safe to go out to a postbox.

## ACTIVITY 2: CREATE AND COLOUR

**What you'll need:** any art materials you have, for drawing and creating a colourful pattern.

There's a pattern suggestion provided – or your child could look at any of the traditional patterns and colours on this sheet for inspiration to create their own.

## ACTIVITY 3: RICKSHAW ROLEPLAY!

**What you'll need:** items like cushions or a blanket, and a table or chairs.

For this activity, we've suggested your child pretends to be a rickshaw driver. They could take you or their favourite toys for an imaginary ride!

## ACTIVITY 4: FOR SOMEONE SPECIAL...

**What you'll need:** a piece of paper big enough to make a greetings card, and materials to write and draw with.

This activity gets your child thinking about a girl or woman who is special to them. It lets your child express their appreciation – and should bring a smile to the lucky recipient too!



Photo: Smita Sharma/ActionAid

## Changing the world with women and girls in India

On this Discovery Day your child will meet Talat, a survivor of domestic abuse who has been supported by ActionAid's One-Stop Crisis Centre in the state of Madhya Pradesh.

The Centre offers support and safety to women and girls. When Talat fled abuse she had nothing, but the Centre helped her become a rickshaw driver and support herself.

She now hopes to teach other women to drive. Discrimination and violence against women and girls happens all around the world, and is widespread in India.

With the help of our supporters, we are working to end it.

To find out more about how you can help women and girls every month visit:

[www.actionaid.ie](http://www.actionaid.ie)