

March 7, 2021

PLP Girls Gen~

Hello again, and welcome to your **third** goodie bag of 2021! If you're receiving this bag it's because you successfully completed the February Challenge and documented your process with photos - thank you, and great job! I loved all the photos! <3

The winner of the February Challenge bag is team member **Julianne** - congrats! Everyone did a fabulous job with their masks, but Julianne did a wonderful job documenting the entire process every step of the way - from cutting out the pattern, to attaching the liner, to sewing and decorating, to the final pose wearing the mask! We had a lot of team members come in at a *very close second*, so please keep trying! You may be next!!!

March Challenge Bag:

1. **Friendship Bracelets** - Each year we make "rafiki" or friendship bracelets not just for ourselves but for friends and family. I've placed some letter beads and twine in your bags so you can make lots of bracelets this month. Make one (or more) for yourself, then think about your family, friends or community. Please make as many as you can with the materials you have. You can spell out names, or words (like "hopeful," "peace," "love" or "family"), or phrases (like "class of 2021" or "live, laugh, love") or whatever you want! Please take pictures documenting the process, not just the end result. **Deadline: 3/31/21.**
2. **Stress Balls** - I've included some balloons in your bags so you can make stress balls. We did this last year as well. Experiment and figure out what household materials work best for you. You can try filling your balloon with flour, beans, rice, slime, whatever you want! The goal is to make the balloon nice and "squishy" so that you can squeeze it when you get stressed out. Have you been stressed this year during distance learning? This may help...
3. **Harvest of the Month** - This month there are no "sweet treats" included unless you consider fruit. Yum! Do you eat enough fruits and veggies? Remember, our goal is "health and wellness" so we want to promote happiness (bracelets), reduce stress (stress balls) and encourage proper nutrition (grapefruit). Please read the Harvest of the Month page and dive into your grapefruit. Have you ever tried one? They can be pretty bitter, but I enjoy cutting one in half and sprinkling a little bit of sugar on top to take away the sourness. Try some whole or juiced (but not if you're allergic!), or at least cut it open, smell it, and explore! You can also take out the seeds and try planting them. By the way, is anyone's lavender plant growing yet?
4. **Breast Cancer Awareness Bags** - We will be talking more about this next month and making pink ribbons in April. Breast Cancer Awareness month is October of every year, but it's an important issue that we should address all year long.

That's it for now! Be on the lookout for the next bag in April. Don't forget to **document the experience**. Please take pictures of yourself opening and going through your bag, and using your products. Thanks so much for your participation! ~Ms. L :)