

NEW YEAR SPECIAL

Issue No. 17 | January 2023

*Let's Celebrate!*  
**AHAPPY  
NEW YEAR**

**Tween Holiday**

FREE PRE-TEEN GIRLS MAG



New  
Horizons

Glow with  
the Dawn

Taking  
Care of Me



@tweenholiday

Copyright Sapphire Publishing.

[www.sapphiregroup.uk](http://www.sapphiregroup.uk)

## CELEBRATING NEW HORIZONS



Hello from  
The Crew



New Goals &  
Aspirations



Book Review &  
Role Model



Escapist Therapy -  
Taking Care of Me

New Year,  
New Hobbies



2023  
Mental Notes



## TWEEN HOLIDAY

Email us:  
[tweenholiday@sapphiregroup.uk](mailto:tweenholiday@sapphiregroup.uk)

Subscribe:  
[www.sapphiregroup.uk](http://www.sapphiregroup.uk)



# HAPPY NEW YEAR: FROM THE CREW



**HAPPY NEW YEAR, EVERYBODY!**

We keep this issue short and sweet

2023 is off to a flying start by the time you read this, we'll be two weeks in already!

- Goals & Aspirations
- 2023 Holiday Wish List with an update on our 2022 Dream List.
- Our new found hobby with AI art 🤖

For the Tween Holiday Crew, 2022 was busy with school and we were grateful for the opportunity to take some time off during the holiday.

## CREW CONTRIBUTORS

**editor/creative in crew** linda unugboke

**crew writer 1** zizi

**crew writer 2** cam cam

**cover illustration** zizi's AI assistant

# Let's Goals

TWEEN HOLIDAY MAGAZINE | ISSUE 17 | JANUARY 2023



2023 ASPIRATIONS

A new year gives us the opportunity to have new goals and aspirations.





# New Horizons

MY YEARLY PROFILE

REVIEW OF 2022

OUTLOOK FOR 2023

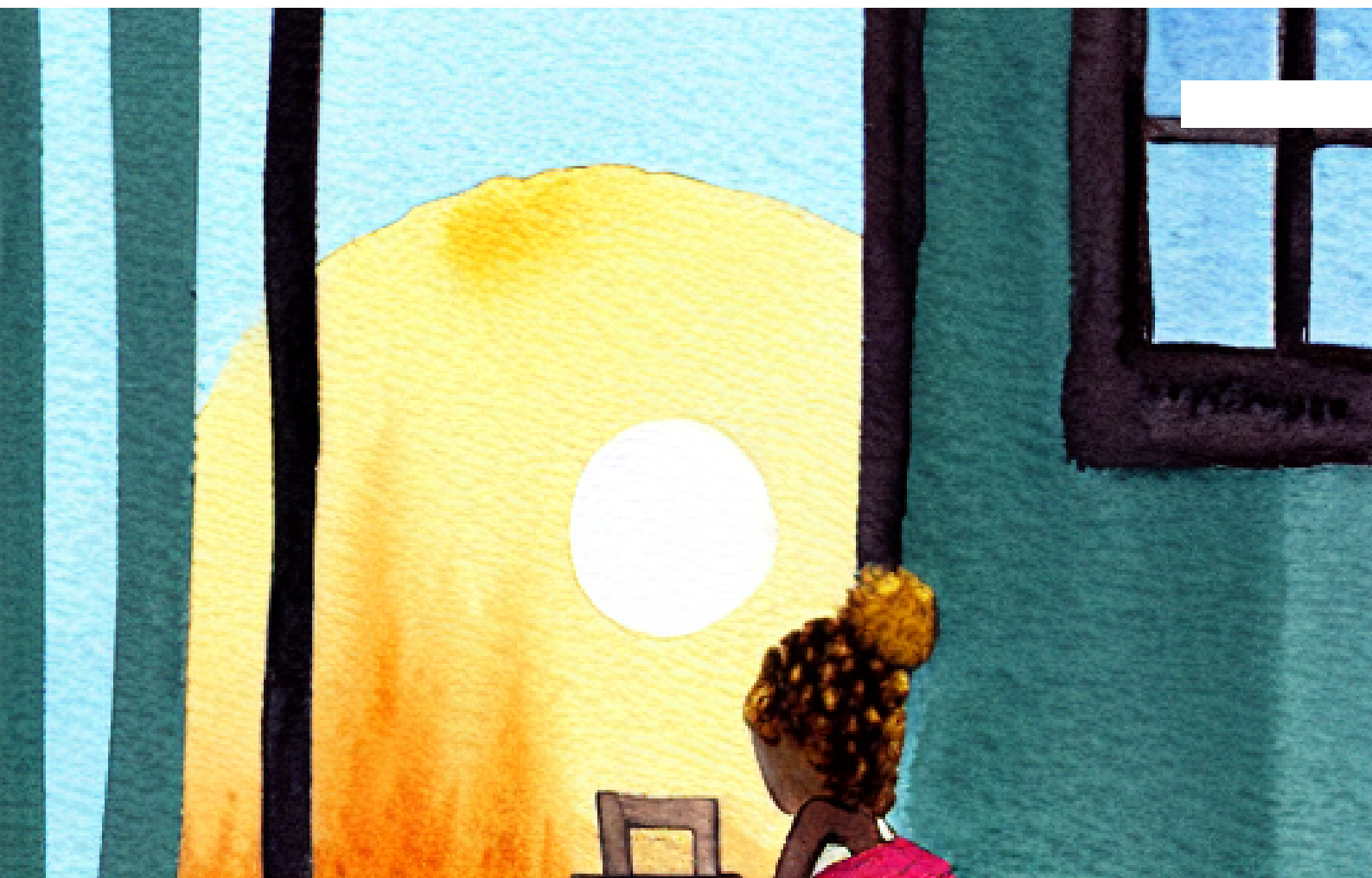
**Have you ever thought about the opportunities that lie ahead in a new year?  
And how to build a yearly profile?**

When I say profile, I mean who can you describe yourself as.

In 2022,  
What kind of person were you?  
What did you spend most  
of your time doing?  
Did you let opportunities slip  
through your fingers?  
Are there areas in your life  
that you'd like to improve?

Reflecting on these can help us become a better reflection of who we want to be.  
We can't always be the same as we've been from the past.  
Step a little outside your comfort zone,  
curve and bend like the path.





This year,  
I wish to glow with the dawn.  
Waking up a bit earlier to catch the  
sunrise.

**MY GOAL:  
GLOW WITH THE DAWN**

**TIPS TO ACHIEVE MY  
ASPIRATIONS:**

**HOW WOULD I LIKE TO  
IMPROVE MYSELF THIS  
YEAR?**

Taking some quiet time to pray  
and reflect before my day starts.

Getting ready for school on time  
with all my bags packed.


**STEP A LITTLE OUTSIDE MY  
COMFORT ZONE, CURVE AND  
BEND LIKE THE PATH.**

Doing more homework and getting  
set for secondary school.

**DIG A BIT DEEPER AND SEE  
THINGS WITH A FRESH MIND.**







Every generation has  
some valuable experience  
to share.

*This year be deliberate about starting off conversations  
with others who are older and younger than you.  
You might be surprised at how much wiser you  
turn out to be by the time the year ends!*





# Taking care of me

TAKING TIME OUT  
FROM THE NOISE







**TIME  
TO  
APPRECIATE  
ME**

# YOU & YOUR LIFE IS A MASTERPIECE

Last year, we started off this theme and this year, we have decided to continue with it.

In this social media age where many people are busy wishing they were living someone else's life, it is so important to know this truth >>>

You are one unique individual and no one else can ever replace you in the whole world.

So this year, take bold steps to understand what makes you unique.

It could be your character  
It could be your personality

It could be your experience  
It could be your skills

It could be your smile  
It could be your cheerfulness

It could be your laugh  
It could be your humour

It could be your kindness  
It could be your generosity

It could be your smartness  
It could be your studiousness

You are  
beautifully  
and  
wonderfully  
made.

*In 2023*

**Whatever makes  
you unique**

**Write it down in a  
book or notepad**

**Remind yourself of it  
often and appreciate  
who you are and the  
gift that you are to  
this world!**





# READING CLUB



# BOOK & POEM OF THE MONTH

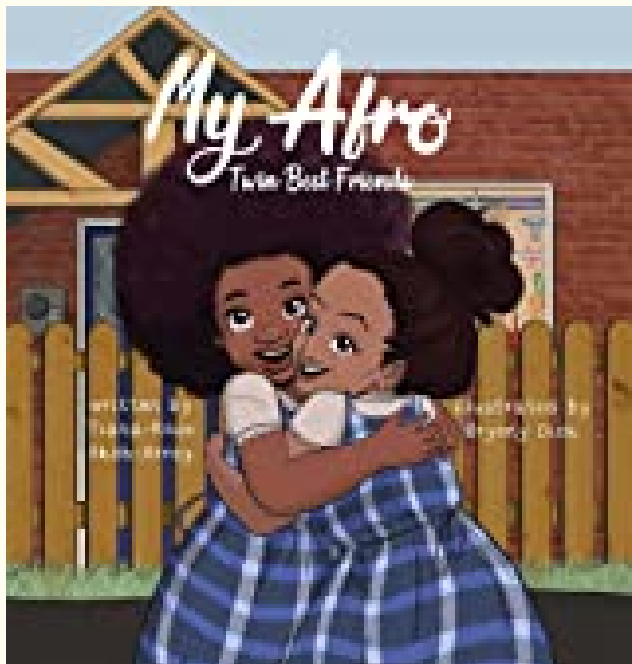
We have recently found a nice and interesting book that we would like to read this year and share as we know some of our readers may be able to relate to the character in this book.

This book we would like to talk to you about is called  
**My Afro: Twin Best Friends**  
written by a young girl called *Tiana-Rose Akoh-Arrey*.

It talks about a girl called Tia who has a best friend and they like to style their hair so that they match.

But Tia's hair can be difficult to style and often takes time. Soon a turn for the worse happens in school and leaves Tia scared and thinking.

Will she have a matching hairstyle with her friend for picture day or will she end up losing her Afro?



This story shows that diversity doesn't have to mean discrimination, it just means a different story to look into.

Reviews of this book has been amazing and we are happy that  
**Tiana-Rose Akoh-Arrey**  
is speaking out for every young black girl at there.

The saying 'a wise head on such young shoulders' is quite worthy of her.

Try to think of her as a role model.

Someone to look up to in the new year.  
Be honest and brave about what you want to say.  
Never back down from a challenge.



This is one of our favourite poems which we often like to start the New Year with. It inspires us to be bold and confident for the future.

**MAYA ANGELOU**

# LIFE DOESN'T FRIGTHEN ME

Shadows on the wall  
Noises down the hall  
Life doesn't frighten me at all  
Bad dogs barking loud  
Big ghosts in a cloud  
Life doesn't frighten me at all.

Mean old Mother Goose  
Lions on the loose 😊  
They don't frighten me at all  
Dragons breathing flame  
On my counterpane  
That doesn't frighten me at all.  
I go boo  
Make them shoo  
I make fun  
Way they run  
I won't cry  
So they fly  
I just smile  
They go wild  
Life doesn't frighten me at all.

Tough guys in a fight  
All alone at night  
Life doesn't frighten me at all.  
Panthers in the park  
Strangers in the dark  
No, they don't frighten me at all.

That new classroom where  
Boys pull all my hair (Kissy little girls With their hair in curls)  
They don't frighten me at all.  
Don't show me frogs and snakes  
And listen for my scream,  
If I'm afraid at all  
It's only in my dreams.  
I've got a magic charm  
That I keep up my sleeve,  
I can walk the ocean floor  
And never have to breathe.  
Life doesn't frighten me at all  
Not at all; Not at all  
Life doesn't frighten me at all.







# *Planting a new tree for the Year*

**by Zizi**

*This is my idea of a way to put stuff behind you for the New Year.  
It can also help you develop a more positive attitude. Try it out!*

First, draw 20 leaves.  
Draw them in pairs.

On one of the leaves in the pairs, write in detail what has been a problem for you in the last year that you are afraid may continue this year, or someone that has really been getting on your nerves (sorry but siblings don't count, that's their job 😊).

On the next leaf in the pairs, write what you will do to solve the problem or what you will try to think of the person next year.

I have a trick up my sleeve for people who annoy you and how to lengthen your patience with them.

Try to forget everything they have ever done to you and remember all the good things they have done to you.

This way, whenever they annoy you again, the kindness factor will hopefully outweigh the annoying factor.

If it's straight-up verbal insults though, stand up for yourself, just give them a cheesy smile and walk away.

It makes you feel better knowing that you have conquered their unnecessary pride in insults a bit without having to be as rude as them. IF the situation continues, bring it up with the responsible adult in school or at home.

Once all of your leaves are finished, you can stick it on your bedroom wall or carry it in your pocket as a reminder or add more leaves if you want.

## **Kick in the kindness factor**



# MY FAVORITE HOBBIES

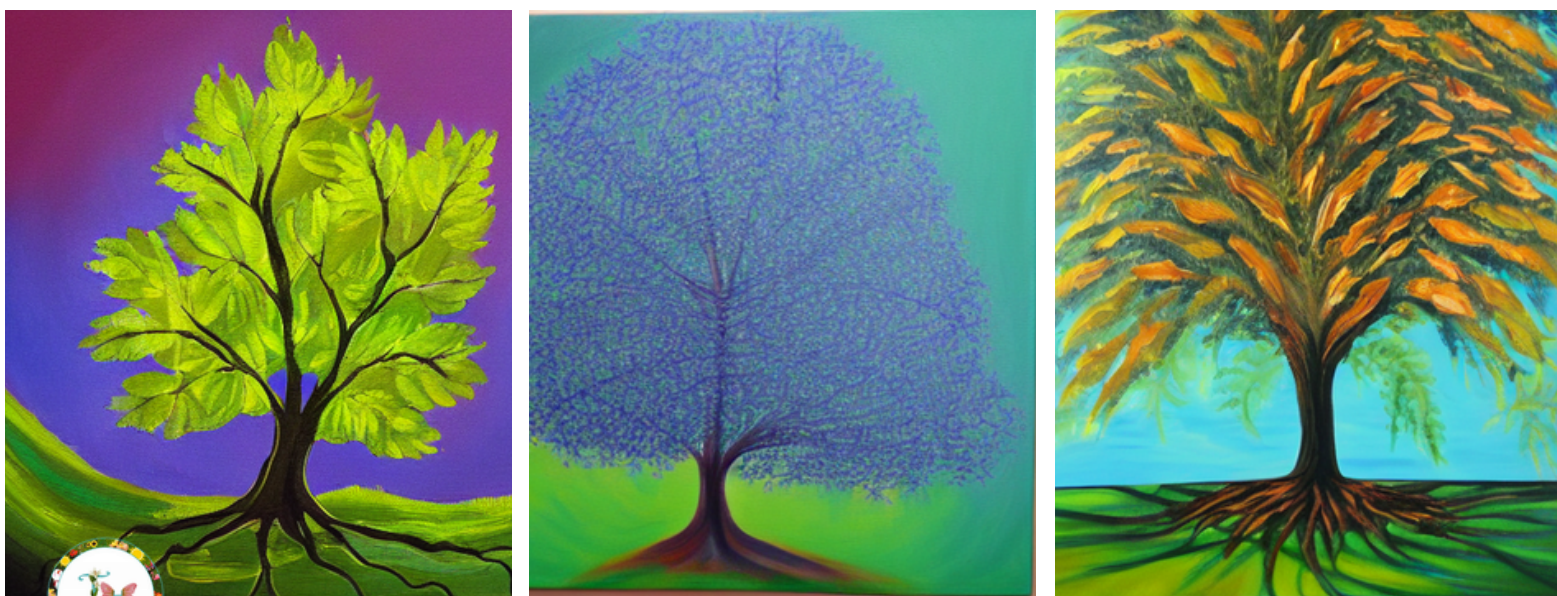
Our creative journey has been off to a curious start this year as we've tried experimenting with Artificial Intelligence (AI) creative apps; under supervision of course, to ensure we're accessing age appropriate content.

In particular we're trying out text to image which has become very popular recently.

It's been fun and sometimes hilarious to see some of the images that have come out of our random descriptions.

We're sharing a few, of the images and descriptions. Who knows maybe we'll become artistic ninjas by the end of the year. Haha!

*tree with leaves on both sides, acrylic painting*





*watercolour illustration of an african girl looking out  
her bedroom window at the sunrise*







TWEEN HOLIDAY MAGAZINE |  
ISSUE 17 | JANUARY 2023

*watercolour illustration of children playing ball in a field of flowers*



*cartoon of a dog spinning on an exercise bike*





# 2023 mental reminders

**BELIEVE IN  
YOURSELF**

*I matter*

*I can do anything*

**SELF  
LOVE**

*it's okay to feel*



*your feelings*

**YOU  
CAN!**

*YOU ARE  
ENOUGH  
DON'T FORGET  
THAT*



# YOU'RE INVITED

Join our brand crew.

Tween Holiday celebrates amazingness in pre-teen girls!

A global magazine by pre-teen girls for pre-teen girls (*mostly!*).

We cherish holiday good times with:

*Fun, Family, Friends, Food, Fiesta, Faith!*

We are looking to work with Mums as our local brand representatives.

Business sponsors who share similar brand values

Email us for details!

[tweenholiday@sapphiregroup.uk](mailto:tweenholiday@sapphiregroup.uk)

Our magazine issues all year round:

New Year Special Edition (Jan)

Spring Half-Term (Feb)

Easter Holiday (Mar/Apr)

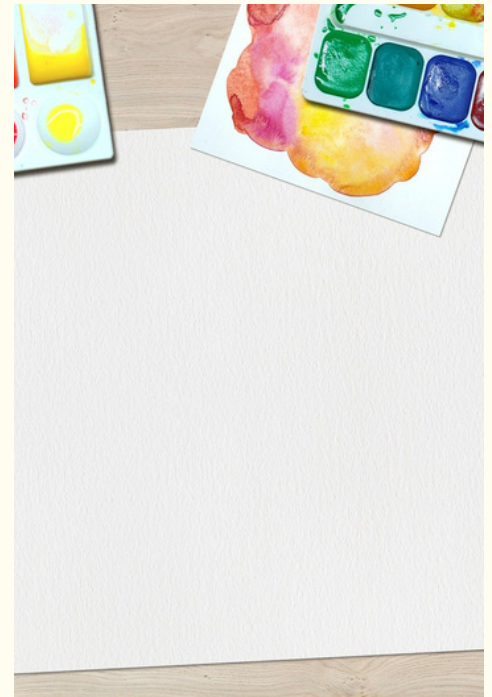
Summer Half-Term (May/June)

Summer Holiday (Aug)

Autumn Half Term (Oct)

Christmas Special Edition (Dec)

Gal



*Thanks for reading this issue!*



***Subscribe today.  
It's FREE!***

<https://sapphiregroup.uk/subscribe>



Follow @tweenholiday

Email us: [tweenholiday@sapphiregroup.uk](mailto:tweenholiday@sapphiregroup.uk)



See you at the February  
half term edition!

Guess what new news  
we'll be covering?



A pre-teen magazine for girls is released during the half-term and school holidays.  
We celebrate ethnic diversity, family, fun, faith, food, fiesta and friendships.  
No part of this magazine should be reproduced or printed without permission.  
We are looking to partner with brands, schools and organisations who share similar values.

Email us: [tweenholiday@sapphiregroup.uk](mailto:tweenholiday@sapphiregroup.uk)



**@tweenholiday**