Directions: Using sensory memory and imagination, reference the drawing and answer/describe the corresponding prompt.

**FIVE SENSES**

**SIGHT** • What do you see? Describe where you are.

**SMELL** • What do you smell?

**TASTE** • Can you taste it on your tongue?

**HEAR** • What’s the bird song you hear?

**TOUCH** • Run your fingers through.

**SPACE** • Fill the room.
SPACE FOR YOUR HEAD, HEART, FEET.

HEAD • What's going through your head?

HEART • What feelings are in your heart?

FEET • What are you moving towards?
The time you felt the most joy in your life

A time when you felt powerful

Type of animal/plant/thing that describes your mood

Three things you’ll take with you into the new world
FERMENTED FEELINGS 30 DAY CHALLENGE

Directions: Follow the daily prompts below and reflect on your fermented feelings.

**DAY 1**  
Take a walk and snap a photo.

**DAY 2**  
What’s on your playlist?

**DAY 3**  
List your fave SE Asian dishes.

**DAY 4**  
Self-care looks like this...

**DAY 5**  
Name one quarantine life hack.

**DAY 6**  
Take a selfie of your hair.

**DAY 7**  
Who makes up your village?

**DAY 8**  
What I imagine for year 3000:

**DAY 9**  
My super power is: ________

**DAY 10**  
Share an inspiring quote.

**DAY 11**  
What poem are you?

**DAY 12**  
A good movie to watch in a theater...

**DAY 13**  
I wish I could ________ right now.

**DAY 14**  
Where’s your happy place?

**DAY 15**  
The last time I laughed: ________.

**DAY 16**  
3 people I want to hug: ________.

**DAY 17**  
I’m most like the ________ season.

**DAY 18**  
I can’t live without: ________.

**DAY 19**  
Share a lesson from your elders.

**DAY 20**  
My current comfort food is ________.

**DAY 21**  
Animal that best describes your mood.

**DAY 22**  
Name a song lyric stuck in your head.

**DAY 23**  
The most satisfying meal I’ve had: ________.

**DAY 24**  
Take a photo of a book cover.

**DAY 25**  
I want to smell ________.

**DAY 26**  
I love this holiday: ________

**DAY 27**  
Take a photo of your desk/kitchen/couch.

**DAY 28**  
List three words on your mind.

**DAY 29**  
I appreciate this invention: ________.

**DAY 30**  
After this is all over, I will ________.
### Seachange Word Search

<table>
<thead>
<tr>
<th>Joy</th>
<th>Create</th>
<th>Abolition</th>
<th>Regenerative</th>
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<td>Walk</td>
<td>Equity</td>
<td>Restorative</td>
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<tr>
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<td>Garden</td>
<td>Solidarity</td>
<td>Transformative</td>
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<td>Intersectionality</td>
<td>Sing</td>
<td>Ally</td>
<td>Human Rights</td>
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<td>Hydrate</td>
<td>Play</td>
<td>Diaspora</td>
<td>Rally</td>
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<tr>
<td>Eat</td>
<td>Justice</td>
<td>Empathy</td>
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<td>Bake</td>
<td>Self Care</td>
<td>Accountability</td>
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<tr>
<td>Cook</td>
<td>George Floyd</td>
<td>Movement Building</td>
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</tbody>
</table>

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**Seachange Word Search:**

- Joy
- Peace
- Inclusion
- Intersectionality
- Hydrate
- Eat
- Bake
- Cook
- Create
- Walk
- Garden
- Sing
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| M | C | K | W | A | P | H | Y | D | R | A | T | E | M | L | Q | W | R | E | G |
| E | L | I | E | O | J | H | H | P | Z | M | B | L | T | Q | O | M | C | S | E |
| M | A | N | D | H | T | P | J | U | S | T | I | C | E | C | I | N | R | O | O |
| Y | V | C | C | N | S | R | E | G | E | N | E | R | A | T | I | V | E | L | R |
| S | T | L | C | U | V | C | Z | C | D | R | R | W | P | S | S | V | A | I | G |
| W | Q | U | C | O | L | B | O | B | N | I | S | A | R | L | I | D | T | D | E |
| H | T | S | L | X | U | P | X | O | L | H | A | Y | L | T | A | P | E | A | F |
| U | K | I | N | S | Z | N | I | E | K | U | T | S | A | L | V | Y | C | R | L |
| M | R | O | V | B | E | T | E | R | I | Y | M | P | J | Y | X | B | I | O |
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| N | J | G | A | L | F | R | F | Q | B | O | S | B | S | X | R | R | D | Y | D |
| R | U | E | O | K | A | J | E | C | F | I | M | T | G | I | L | A | L | Y | R |
| I | P | B | L | E | J | X | O | S | A | W | L | O | O | A | N | I | T | H | B |
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| E | K | B | Y | Y | M | L | R | L | D | X | M | H | R | B | P | T | N | T | E |
| B | D | S | G | B | N | V | Y | H | V | R | A | N | S | I | C | E | L | Z | W |
Babaw Muon | Chicken Congee

**INGREDIENTS**
1 Whole Chicken
1 tbsp Fish Sauce
2 tbsp Sugar
1 tbsp Salt
2-3 tbsp Garlic
2 cups Rice
Chicken Powder
Chicken Stock
Optional: dried shrimp or squid, pickled radish

**GARNISH**
Cilantro, Green onions
Sawtooth herbs, Lime
Fried shallots or garlic

**PREPARING**
1. In a pot of water, boil chicken and add some chicken stock (liquid or powder). For authenticity, pork blood, chicken livers, hearts, and eggs are optional. Boil for 20-25 minutes.
2. Rinse rice 2-3 times. In a non-stick frying pan, add cooking oil and chopped garlic. Stir in rice and add sugar, salt, fish sauce and chicken powder. Slowly add some of the boiling chicken stock to loosen up the rice.
3. Pour rice into a pot of boiling chicken and stir. Add water to the pot about ¾ of the way up. Once soup comes to a rolling boil, lower temp to medium low and cook for 15-20 minutes.
4. Take chicken out to let it cool. Once cooled, shred chicken and put back into soup and continue to cook for another 5-10 minutes.
5. Serve with garnish.

Cambodian Omelet

**INGREDIENTS**
2-3 Eggs
1 Green Onion stalk, finely sliced
2 tbsp Dried Shrimp
1 Chili, finely sliced
1 tsp Sugar
1 tsp Salt or Fish Sauce

**PREPARING**
1. Beat egg with all the ingredients.
2. Heat a non-stick frying pan on medium and add 1 tbsp of vegetable oil. Pour egg mixture into frying pan. Use spatula to pull egg mixture towards the middle of the pan and tilt to allow remaining egg mixture to fill in space and cook faster.

Canned Fish with Onions and Herbs

**INGREDIENTS**
1 Sardines or mackerel in tomato sauce (15 oz)
Half a white onion, finely sliced
Optional: cilantro and parsley

**PREPARING**
1. In a frying pan, add 1 tbsp of oil and heat on medium. Once oil is hot, pour in sardines or mackerel. Stir for 4-5 minutes until heated thoroughly. Add in onion and cook to preference. Finish with herbs.
2. Serve with white rice or toasted French bread.
Som Pak Kahd Sai Hoo Moo | Pickled Mustard Greens with Pork Ears

INGREDIENTS
1 lb Mustard greens
¼ cup Sea salt
½ cup Sticky rice
1 cup Cooked pork ear, thinly sliced
Garnish: Ginger slices, fresh bird eye chili

PREPARING
1. Wash the pork ears and cook for 1 hour in simmering water with salt, then thinly slice it.
2. Thoroughly wash greens, then cut into 2-inch sizes. Sprinkle the salt on top of the greens and gently mix and let it sit for 30 mins. Squeeze the veggies and then rinse the salt off. Place the veggies in a large bowl and add the 1 tbsp salt and mix and massage.
3. In a separate bowl, add freshly cooked sticky rice with water and mix. Pour the rice mixture over the veggies and mix and massage.
4. Place all the greens in a jar. Ferment it for about 2-3 days depending on the temperature of your environment.

Khao Niew | Sticky Rice

INGREDIENTS
3 cups Uncooked Sticky Rice
Sticky Rice Bamboo Steamer Basket & Metal Pot, Sticky Rice Bamboo Holder

PREPARING
1. Rinse sticky rice 3x until the water is clear. Soak rice in water for 12 hours. Drain rice into a steamer basket.
2. Bring to a boil, cook for 15 mins, flip to evenly cook for another 15 mins.
3. Place cooked rice on a flat nonstick surface, gently break and fold to cool.
4. Roll rice into a ball and place into thip khao sticky rice holder.

Khao Jee | Lao Pancakes

INGREDIENTS
2 cups Cooked sticky rice
Pinch of salt
1 Whole Eggs, 1 Egg yoke
Splash of vegetable oil
1 tsp Padaek, 1 tsp Fish sauce
1 tsp Seasoning sauce
1 tsp Chicken bouillon
Pinch of Black pepper
Bamboo skewers, soaked
Saute Pan

PREPARING
1. Take handful of cooked rice, sprinkle pinch of salt to mix. Form the sticky rice into a patty, lightly brush with oil.
2. In a small bowl, add whole egg, egg yoke, padaek, fish sauce, seasoning sauce, bouillon, and pepper. Skewer each patty. In saute pan, heat a little cooking oil, cook patties for 1-2 mins each side until crispy. After patties are crispy, brush egg mixture on each side and cook for 30 seconds, twice.
3. Serve with your favorite sauce.
CA KEO CHIEN, RAU MUONG XAO TOI & CANH CHUA

By the Dao Siblings

Cá Kèo Chiên | Fried Goby Fish

INGREDIENTS
1 lb of Goby Fish
MARINADE
1 tbsp Fish Sauce
1 tsp Sugar
3 Garlic Cloves, chopped
1 Thai Chili, minced
Vegetable Oil
Salt

PREPARING
1. Wash fish by using hands to scrub with salt, cutting off fins, and clearing out scales and slime thoroughly.
2. Cut off fish head and remove insides.
3. Combine marinade mix and fish in a bowl.
4. Marinade for 15 minutes.
5. Shallow fry fish in oil until cooked for 5-10 minutes.

Rau Muống Xào Tỏi | Water Spinach Stir-Fried With Garlic

INGREDIENTS
1 lb of Water Spinach roughly chopped (Ong Choy or Morning Glory Stem)
2 Garlic Cloves, minced
1 tbsp of Sesame Oil
1 tbsp of Fish Sauce
1 tbsp of Granulated Sugar
Salt

PREPARING
1. Wash water spinach, squeeze lightly on stems.
2. Blanch water spinach in boiling water for 30 seconds and drain.
4. Add in chili and lemongrass for additional flavor.
5. Add in water spinach and sauté for one minute or until wilted.
6. Add fish sauce, sugar, and sauté for an additional minute, allowing sugar to slightly caramelize.

Canh Chua | Sweet and Sour Soup

INGREDIENTS
½ of a Pineapple, sliced
3 tbsp Tamarind Concentrate
2 tbsp of Fish Sauce
1 stem of Taro Root, sliced in ¼ inch slices (Bac Ha)
2 Tomatoes, sliced into eighths
1 cup of Mung Bean Sprouts
4-5 stems of Rice Paddy (Ngo Om or Kayang)
2 cloves of Garlic, minced
2 tbsp Vegetable Oil

PREPARING
1. Blend ¼ of the pineapple in a blender.
2. In a 6-quart pot add blended pineapple, tamarind concentrate, and 6 cups of water, and bring to boil. Add catfish, cook thoroughly, remove and rest until soup is done.
3. Add in fish sauce, tomato, remaining sliced pineapple, taro root, mushrooms, and okra. Boil for 5 minutes over medium high heat, or until each vegetable is tender.
4. Add water paddy, culantro, bean sprouts and chili.
5. Reduce heat to medium low, allow the soup to simmer for 5-10 minutes to allow flavors to permeate broth.
6. Fry garlic in vegetable oil for 3 minutes on medium heat until golden brown. Garnish with water paddy, chili, and garlic oil and serve.
GRILLED STEAK LAAB

By Chef Yia

INGREDIENTS
1 lb Hanger steak
1/4 cups Thinly sliced shallots
2 tsp Finely chopped lemongrass
2-3 Finely chopped thai chilies
2 tsp Toasted rice flours
2 Fresh lime juice
2 tsp Fish sauce

STEAK SEASONING
1 tsp Coriander powder
1 tsp Chili powder
1 tsp ground pepper
1 tsp MSG
1 tsp Salt

HERB MIX
Mint
Culantro
Cilantro
Scallions

PREPARING
1. Grill the steak to desired level of wellness.
2. Season the steak, then mix it with the rest of the ingredients.
3. Eat with a head of butter lettuce and sticky rice.
How to get to the Pause & Grow Care Package Video Playlist

Directions:

1. To get the playlist from SEAD’s YouTube:
2. Get your phone out. Turn on your phone’s camera. Make sure that your phone is connected to the internet or has wifi data
3. Hold your camera up to the image of the QR code below until the image fits in the corners indicated below:
You can access all Pause & Grow Care Package resources online at: www.theseadproject.org/covid19