

**BE YOU.
STAY REBEL!**

Presented by ATHLETA
by GIRL

**REBEL
GiRLS**

Be You, Stay Rebel

We've put together some activities for you to tap into all the things that make you special. You'll move your body, hone your writing skills, skills, and channel your inner fashion designer.

FIND YOUR CAUSE

When lawyers Menaka Guruswamy and Arundhati Katju set out to overturn a 157 year old law that made homosexuality a crime, they didn't take no for an answer. Armed with a persuasive argument, Menaka and Arundhati spent years in court battling for the rights of LGBTQIA+ people throughout India.

Menaka and Arundhati made a change that affected their whole country, but small changes are important too! Is there something at your school or in your town you think should change? Maybe you think recess should be ten minutes longer to really get out the jitters. Maybe there's a park in your town that would be beautiful—if it was cleaned up a bit. Let's practice making your voice heard. Grab a piece of paper and a pencil and write a letter to the person in charge (i.e. your school principal or the town mayor). Make your case—tell them why it's important to you and all the positive things this change will bring!

WHAT MAKES YOU MOVE?

Megan Rapinoe feels most at home on the soccer field, running, leaping, kicking, and scoring! But growing up, Megan tried all different sports before she found the one that she wanted to commit to. Here are some fun ways to get your body moving:

- What's your favorite song right now? Put it on, turn up the volume, and make up a fun dance to the beat. Bonus points for teaching it to someone else!
- Using things you have in your house, like a ball, a hula hoop, and a jump rope, create an obstacle course for you and your friends. Make sure to set some rules, like

successfully hula-hooping three times before moving on to the next task.

- Chart a course through your backyard or your local park. Set a timer and run from one end of your route to the other as fast as you can. Do this once a week for a few weeks and see if you can beat your PR (personal best) each time!

WRITE OUT YOUR SUPERPOWERS

Audre Lorde used her gift for writing to spread awareness about the social issues that mattered to her like combating racism and standing up for LGBTQIA+ rights. Poetry was one of her superpowers. What are some of your strengths? Are you a math whiz? An attentive listener? A funny friend? Write out some of the things that make you great in the form of an acrostic poem. Here's how:

- Grab a pen and a piece of paper.
- Along one side of the paper, write your name vertically.
- Now, for each letter of your name, think of a word or phrase that describes you and write it down.

DESIGN YOUR DREAM OUTFIT

When Marsha P. Johnson moved to New York City, she finally felt like she had the freedom to dress however she wanted. She walked around her neighborhood wearing sequins, glitter, and bright colors. Fashion was one of the ways Marsha expressed herself. What do you like to wear? What colors and patterns catch your eye? Grab some paper and colored pencils and design the exact kind of outfit you'd buy in a store!