

**BE BOLD.
STAY REBEL!**

Presented by ATHLETA
by GIRL

**REBEL
GiRLS**

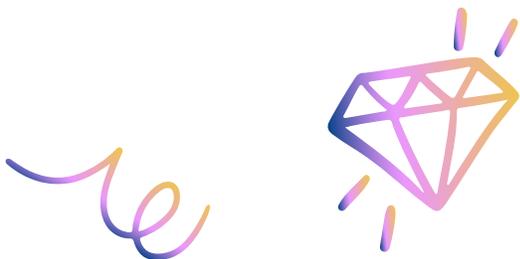
Hey, Rebel Girls! February is Black History Month in the US. To celebrate, take the lead from bold Black changemakers like Simone Biles, Beyoncé, Bessie Coleman, and Leah Chase and try out some activities designed to make you feel bold, brave, healthy, and confident. Have fun!

SING YOUR POWER!

Beyoncé and her daughter recently worked together on an album. They wrote and performed “Brown Skin Girl,” a song that celebrates the power of Black women and girls everywhere. Pick a song that makes you feel powerful and grab a family member or friend. Create a short dance routine to match your favorite lines. Then, sing out loud, sing it proud, and show off your bold moves together!

DRAW YOUR BOLD GOAL

After Bessie Coleman’s brother told her about women pilots in Europe flying through the skies during World War I, she decided that was her future. She imagined herself in the cockpit and then took bold steps to make it happen. Take a minute to picture yourself climbing Mount Everest, solving an “unsolvable” math problem, rocketing into space as an astronaut, or accomplishing something else you’ve dreamed about. Grab some art supplies and draw your big dream. The first step toward crushing a bold goal is believing you can do it!



SOOTHE YOUR MIND

Last year, Simone Biles made headlines when she withdrew from some of her Olympic events. She stood up for herself and boldly put her mental health first. What do you do to nurture your mental health? Make a list of the things you already do, like cuddling with your pet or talking walks with your family. Then add some ideas you’d like to try out this month.

Here’s a simple meditation that will help calm anxiety. Give it a try every day or when you are feeling stressed.

1. Find a cozy spot and sit in a comfortable position.
2. With your hands in your lap, close your eyes and relax your shoulders.
3. Concentrate on your breath as you inhale and exhale.
4. Spend a few minutes simply breathing. Think about how your body feels as you breathe in and out. Notice how your chest moves as you breathe or how your nostrils feel as you inhale.

BOLD FLAVORS AND BIG PLANS!

Leah Chase expressed herself in the kitchen—and you can too! Think of a dish you’d love to serve to the world. Make sure to give it a fun name! Then pitch it to your parents. Tell them about your vision. With their help and permission, whip up a batch of your bold, new dish. Discuss three things you’d like to do to make the world a better place while feasting on your rad recipe.