

## Happy summer, Rebels!

The four women featured this month prove that with a can-do attitude and a sense of adventure, anything is possible. This month we've got activities that will get your body moving, mind whirring, and confidence soaring.

### SUMMER OF NEW

Mae Jemison didn't want to be just one thing. She was too curious for that! She was a doctor, an astronaut, and a philanthropist. She also learned to speak several languages. Mae was always learning something new.

Summer is a great time to try things you've never done before. School's out and the weather is perfect for getting outside. But summer can go fast if we don't make the most of it. What are some things you've always wanted to try? Is there a nature trail in your town you've been wanting to hike? Maybe you've been thinking about volunteering at an animal shelter? Perhaps you'd like to try running a lemonade stand or starting a bracelet business? Write out a list for your summer and check things off one by one. Don't forget to add a few indoor activities for rainy days. By the time fall rolls around, you'll have all sorts of adventures to tell your school friends about.

### TIME TO EXPLORE

Barbara Hillary's North Pole expedition was inspired by her trip to Canada during the middle of winter. She took pictures of polar bears and went dogsledding. She loved learning about the animals she came across and being out in nature. You don't have to travel far to have an adventure, though. Head to your favorite park, beach, or hiking trail with a camera. Take some pictures of things you see—plants, animals, or your friends being silly. Or leave the technology at home and bring along a pad and some colored pencils so you can draw what you see.

### REFLECT ON PAST ADVENTURES

Being adventurous often means overcoming obstacles that might be in your way. When Maya Gabeira was knocked down by a wave, she didn't let that one scary experience stop her from getting back out there and doing what she loved. Grab your journal and write about a time you took on a challenge or faced one of your fears. What did you learn about yourself? What insights will you take with you on your next adventure?

### CLIMB TO THE TOP

In order to become the Spider-woman she is today, Luo Denping had to practice . . . *a lot*. Climbing—pulling yourself higher and higher—takes physical effort. It also requires mental strength to push yourself onward and navigate the best routes. Take a trip to your favorite playground, climbing gym, or hiking trail with a grown-up and train like a spider-woman. Set a goal—the top of the climbing wall, the crest of a steep hill, or the end of the trail. As you climb, notice how this adventurous activity requires you to use your muscles and stay focused on every movement in order to reach your goal—getting to the tippy top!

