

**BE THE CHANGE,
STAY REBEL!**

**REBEL
GiRLS**

Hi, Rebels!

Hi, Rebels! We're so excited to celebrate four of the incredible changemakers featured in our newest anthology, *Good Night Stories for Rebel Girls: 100 Inspiring Young Changemakers*, available on October 4th. We created some activities to inspire you to be a changemaker too.

NAIL A NEW TRICK

Skateboarder Rayssa Leal knows that part of the fun of a hobby is challenging yourself to get better and better. Plus, learning new things makes you feel strong and confident! What's your favorite hobby? Do you enjoy tumbling and flipping on the gymnastics mat? Are you honing your painting or drawing skills? Is running around a track or hiking along trails your thing? Just as Rayssa challenged herself to master a trick called the heel flip, you can set goals too. Whatever your hobby is, write up three ways to challenge yourself. Perhaps you'd like to paint something you've never painted before—like a portrait of yourself. Or maybe you'd like to be able to run a mile without stopping to walk. Write out your goals and put them somewhere where you can see them. Then get to work achieving your dreams.

FIND SMALL WAYS TO CREATE BIG CHANGE

When Mari Copeny wrote her letter to President Obama about the water crisis in her hometown of Flint, Michigan, she never imagined that such a small act would create such monumental change. Sometimes taking action, no matter how small it seems, leads to big results. Change is meaningful even if it only benefits one person's life. Here are some ways to make positive changes in your community:

- Volunteer to be a buddy for new kids starting at your school.
- Donate a notebook, binder, or backpack to a school supplies drive near you.
- Ask your grown-up if you can help cook dinner.
- Let your younger sibling pick an activity for you two to do together.

Choose one and start making change today!

LEARN SOMETHING NEW

Bindi Irwin and her team of Wildlife Warriors are dedicated to educating people about endangered species so that creatures like tigers and leopards don't become extinct. Research endangered animals in your area and find the one that interests you. Learn why they're endangered and think of some ways humans can help them. Draw a poster of the animal and list some of your findings. Present what you've learned to your family or class. The more people who know about how we can help our animal friends, the better.

BE KIND TO THE CLIMATE

You don't have to be an expert on climate change to help the planet. With these small changes, you can do your part to work toward the future Greta Thunberg believes we can achieve.

- Turn off the tap when you're brushing your teeth.
- Compost food scraps. Things like banana peels, apple cores, and egg shells can be saved in a compost bin and used to make supercharged soil for your garden or houseplants.
- Speaking of plants, start a garden! You can start small by growing herbs in a window box before branching out to a vegetable patch in your backyard.
- Avoid disposable plastic like water bottles. Carry a reusable bottle with you.

Listen to stories about these amazing young changemakers on the Rebel Girls app. Just scan the codes below.



Rayssa Leal



Bindi Irwin



Mari Copeny



Greta Thunberg