

# Lesson 6: Girl Power

"You may think I'm small, but I have a universe inside my mind." —Yoko Ono

Social Justice Standard: Identity 4

## Summary

Girls are awesome! Strong, sweet, brave, thoughtful, bold, and funny. Celebrate these trailblazers and leaders with your children or students, and help them tap into their own potential and power. What does it mean to be the first to do something? What does it mean to see someone who looks like you already doing something you dream of? How does that change what seems possible? Also use the opportunity to explore the power of role models both for your children or students and for some of the characters in the books.

## Booklist

- *Grace for President* by Kelly DiPucchio, illustrated by LeUyen Pham
- *Firebird* by Misty Copeland, illustrated by Christopher Myers
- *Princess Grace* by Mary Hoffman, Cornelius van Wright, and Ying-Hwa Hu
- *A Dance Like Starlight: One Ballerina's Dream* by Kristy Dempsey, illustrated by Floyd Cooper
- *The Quickest Kid in Clarksville* by Pat Zietlow Miller, illustrated by Frank Morrison
- *Catching the Moon* by Crystal Hubbard, illustrated by Randy DuBurke
- *Little Melba and her Big Trombone* by Kathryn Russell-Brown, illustrated by Frank Morrison

## Consider This

- What messaging did you receive about women and girls as a kid? Were they positive or negative?
- Who are the strong women in your life? How have they influenced you?
- How do you think the roles of women have changed over the years? Are there areas that you feel still need progressive movement?
- How can you be an advocate for women?

## *Talk Together*

- What makes you powerful?
- What do you want to accomplish or attempt?
- How can you challenge yourself this year?
- What changes might you want to see in your house, school, community, or region?

## *Engage*

- Consider having your children or students interview older women they know and ask about a time they felt powerful, made a change, or achieved a goal.
- Have a Girl Power movie night! Grab some snacks, gather with friends and family, and watch a movie together about how amazing girls are!

## *Explore More*

- Career Girls website
- "Girls gear up to be firefighters for a day — and take steps toward a possible career path" by Jordan Perkins (*Chicago Sun-Times*, July 21, 2022)
- "International Women's Day: Female Role Models From Around The World" by Manas Sen Gupta (*Prestige*, March 8, 2021)