

Michelle Obama

“Your success will be determined by your own confidence and fortitude”

Michelle Obama was the first African-American first lady in United States history. She is also a lawyer and author. During her time as first lady she was an advocate for poverty awareness, education, nutrition, physical activity and healthy eating. Learn more about Michelle Obama in this monthly patch.

Complete 3-Daisy, 4-Brownie, 5-Junior, 6-Cadette, and 7-Senior/Ambassador steps to earn your patch.

All monthly patches are custom designed patches. Once we get the final number of patches after the 15th of each month, we place an order. Patches take about a month to create and then we mail them to you. You will get a confirmation email once the patches are headed your way.

Order patch on-line by September 15, 2020 at www.getyourgirlpower.org

Discover

1. Michelle describes her family as being very close. She grew up in the South Side of Chicago and shared a room with her brother, Craig. Her family would often share meals, play games, make music and read together. **In today's world**, families are so busy and children are involved with so many activities that it can be hard to get everyone all together; so take some time to plan something fun to do with your family. You could plan a family board game night or pick out a book to read together before bed. Brainstorm some fun ideas with your family!

2. During Michelle's senior year at Whitney Young High School in Chicago, she told her guidance counselor she aspired to go to Princeton University like her older brother. Her guidance counselor told her, "I'm not sure that you are Princeton material" even though Michelle was in the top 10 percent of her class and involved in extra-curricular activities like student council and national honor society. How do you think this made Michelle feel? How do you avoid letting other people keep you from reaching your dreams? Discuss with your troop!
3. Michelle and Barack had two daughters, Malia and Sasha. The girls were only 10 and 8 years old when their dad became President of the United States. Michelle and Barack tried to keep their lives as normal as possible with set times for studying, going to bed and getting up. Their move from Chicago to Washington D.C was a big adjustment. Talk with your troop about what it must have been like for Malia and Sasha; then write a diary entry as Malia or Sasha describing your first few days in the White House.

Connect

4. During her time as first lady, Michele Obama launched a program called *Let's Move!* addressing the challenge of childhood obesity so children could grow up healthier and be able to achieve their dreams. Click the link below to view the 5 Steps to Success list from the *Let's Move!* website. Discuss with your troop some healthy habits you already do and chose at least one new habit to try out. Come up with a way to keep each other accountable to your new healthy habit.

https://letsmove.obamawhitehouse.archives.gov/sites/letsmove.gov/files/pdfs/TAKE_ACTION_KIDS.pdf

5. In 2018, Michelle wrote her book titled *Becoming* which describes her roots and how she found her voice; as well as her time in the White

House. Senior and Ambassador Girl Scouts read the book *Becoming* and discuss with your troop. See the reading guide link below for thought provoking questions to help deepen your understanding of the book.

<https://crownpublishing.com/wp-content/uploads/2018/11/becoming-michelle-obama-reading-guide.pdf>

6. Did you know that Michelle Obama planted a vegetable garden on the White House lawn? It was the first major vegetable garden since **Eleanor Roosevelt's victory garden during World War II**. The garden provided fresh, seasonal produce for the First Family, guests at White House events, and for those in need in the local community. Students from across the country helped Mrs. Obama plant and harvest the garden **throughout President Obama's** administration. Try your hand at planting your own vegetable garden! Is there a vegetable or a spice that you really like that you could plant and then use in your own kitchen?

7. Michelle Obama is considered a fashion icon! She appeared twice on the cover of *Vogue* and made the *Vanity Fair* best-dressed list two years in a row. **Do a quick Google search of Michelle Obama's fashion and you'll see how trendy the First Lady really was, and continues still to be. Michelle learned early on during her husband's presidency that what she wore mattered and sent cues to the public about what she stands for. Isn't it interesting that fashion can cause a political statement?** Discuss with your troop why you think she wore certain outfits and what message her outfits sent during that specific time in the presidency or at a certain event. How does fashion relate to how the world perceives women? And how/when do you use clothes or accessories as an extension of yourself? Discuss with your troop.

Take Action

8. Before Michelle Obama was the First Lady of the United States she was the Vice President of Community and External Affairs at the University of Chicago. Michelle had a vision of community and campus coming together and developed **the university's first** community service program; under her leadership volunteerism skyrocketed! Discuss with your troop the importance of volunteerism and the impact it has made not only on the community, but also on yourself. Brainstorm with your troop your next community service project you plan to undertake!

9. In 2018 Michelle and Barack Obama signed a multi-year deal with Netflix to produce a series and films through their company, **Higher Ground Productions**. **The Obama's have always believed in the power of** story-telling to inspire and challenge us to think differently about the world. Is there a story that you have heard that inspires you and challenges you to think differently? Share and discuss with your troop. **Two documentaries on Netflix that the Obama's have put out include** *American Factory* and *Becoming*. Discuss with your troop the importance of telling diverse stories and the impact they can make. If you have a story that inspires and sparks change, maybe something **that you have lived through or experienced, don't be afraid to say it proud**. Write it down or record your story to get it out into the world and inspire others!

10. Life on the campaign trail was a constant lesson for Michelle. Politics, in general, bring up a lot of confrontation with opposing viewpoints, but **with the Obama's being the first African-Americans in the White House this was amplified**. **She learned that it's** harder for people to hate, up close. How do we create spaces where people can come together to



talk, listen, and share stories and ideals to build stronger communities, even when people might not agree or share the same history or perspective? How do we as a nation push back against cynicism and the “us vs. them” battles that so often divide us? Discuss with your troop and come up with a plan of action.