

Word Art

At first glance, Audrey Hepburn seemed like a stereotypical female. She liked pink, makeup, fashion and dancing. However, once you read her story, you realize that Audrey was a tough woman. She was just as gritty as she was graceful. She had to be to endure World War II, starvation, losing her father and brother, and being an ambassador for UNICEF. Audrey was both gentle and tough. She was a dichotomy.

Dichotomy: A division into two parts or classifications, especially when they are sharply distinguished or opposed.

Many people learn this definition fits who they are . When we realize we can be two completely different things at once, we open ourselves up to a world of possibilities. Sometimes we limit ourselves by believing we can only be and do things in one way and not the other. Girls can be all things at once, even if they are total opposites.

Girls can be:

- *Gentle and Tough*
- *Awkward and Graceful*
- *Self-loving and Selfless*

OBJECTIVE

Girls will understand they can be full of opposites and do not have to fit into the cultural definition of a "girly girl".

COMPETENCY

Girls will create word art using dichotomies they feel pertain to who they are as a person.

MATERIAL

- Grace and Grit face outline
- Colored pencils, pens or thin-tipped markers

FACILITATOR NOTE

This activity is multi-stepped and requires dialogue between students and the facilitator. Please allow for additional time as it takes longer to complete when compared to our typical Grace and Grit activities.

BELOW ARE SOME DISCUSSION POINTS. READ THE STATEMENTS AND EITHER WRITE OR TALK WITH YOUR GROUP ABOUT HOW THEY APPLY TO YOU.

Audrey Hepburn believed that girls can love the color pink, makeup and fashion, but still like to play hard and get dirty.

How do these two things coexist in girls?

How do they coexist in you?

While Audrey's body was weak and malnourished, she showed an enormous amount of strength during World War II.

How can a person be both strong and weak at the same time?

What are some of your strengths and weaknesses?

Audrey helped herself while she helped others.

How can you take care of others as well as take care of your own needs?

**EMBRACE YOUR INNER DICHOTOMY!
LIST ALL THE WAYS IN WHICH YOU
ARE A DICHOTOMY.**

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

A LITTLE MORE GRIT

If girls can be opposites, so can boys. Take some time to think about how boys are stereotyped. What are some ways in which boys can be dichotomies?

Using the opposites that you listed above, use markers to decorate the image below with your word art.

