

BECAUSE
OF THEM
WE CAN

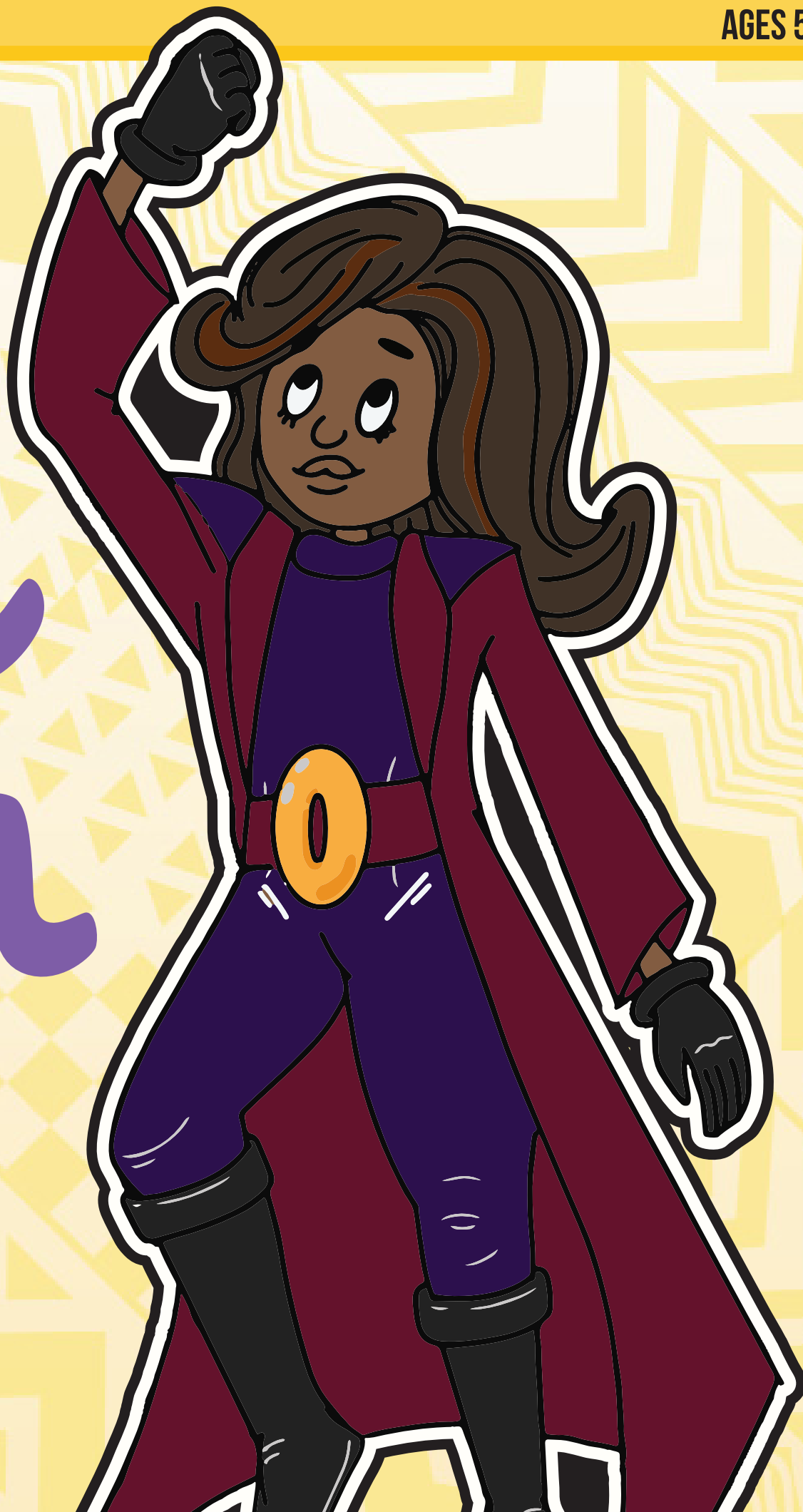
BOX

JUST FOR KIDS

BECAUSE OF MICHELLE OBAMA

AGES 5-8

aim
high



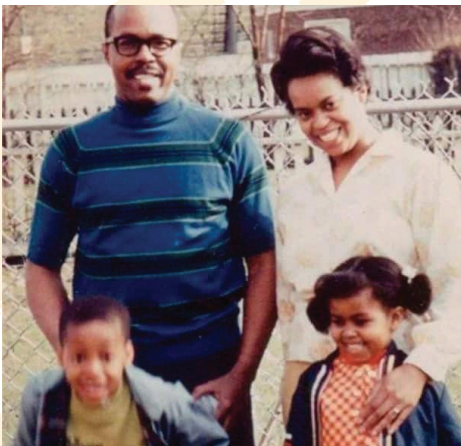
THE MISSION OF MRS. OBAMA

Directions: Look at the acronym below. An acronym is a word formed from the first letters of each one of the words in a phrase. In this one, the letters of her first name stand for other words that explain parts of her identity, roles she had held, and words to describe her. Once you have read this part, use her last name to make your own acronym based on the reading. Many know Michelle Obama as the former First Lady and wife of former President Barack Obama. And while that was a very honorable and important role, she also has many more roles and accomplishments.

Mom - Michelle is the mother of two daughters, Malia and Sasha Obama. Malia graduated from Harvard in 2021. Sasha currently attends the University of Michigan and has interests in sports and music.



Ivy League Graduate - Michelle Obama was always a great student. She could read by the age of four and because she was so gifted she skipped second grade, just like her older brother. When she went to college, she received her first degree from Princeton. She then went on to get a law degree from Harvard.



Chicago - She grew up in the south side of Chicago with her parents and older brother Craig. She attended Chicago's first magnet school and was a great student. She lived in Chicago up until moving to Washington DC.



History - When Barack was elected president she also made history as the first African American first lady.

Elegant - Mrs. Obama has been known for her elegance in everything from her speeches to her outfits and the way she presents herself. She is one of the most educated First Ladies.

Lawyer - Michelle Obama built her career first as a lawyer. Once she graduated she worked for a law firm called Sidney Austin. She actually met her future husband Barack Obama there when he was an intern and she was his mentor. She did not want to date him at first because of this.

Let's Move - While Obama was president, Michelle Obama found her own ways to try and make the country better. For example, she started "Let's Move" to help teach healthy eating and movement to kids.



Executive director - She held many important jobs. One of them was the executive director of a leadership-training program for young adults to work on social issues. She even worked for the University of Chicago.





READ & RESPOND

Now it's your turn! Make your own acronym for Michelle Obama's last name based on your reading.

O:

B:

A:

M:

A:



LET'S MOVE, LET'S ROCK

Directions: In freeze dance, you and your partner (s) will pick a song to dance to, and have someone start and stop the music randomly. When the music starts, bring out your best dance moves. When the music stops, freeze in your pose and hold it until the music begins again. Freezing gains a point but moving after the music stops will cause you to lose a point. The person with the most points at the end of the song wins!

[illegible]

MATH AND MOVEMENT

Directions: Use Uno cards, playing cards, or flashcards to make equal math sentences. For each odd number in your number sentence, you will do 3 jumping jacks. See how many jumping jacks you have to do at the end!

For example: $6=6$. 6 could also be $6= 4+2$ or $7-1$.

Below you are given a few numbers. Use the cards or mental math to make those equal math sentences.

1. $8=$ _____ $+$ _____ 2. $2=$ _____ $-$ _____

3. $10=$ _____ $+$ _____ $+$ _____

4. $5=$ _____ $-$ _____ $+$ _____

5. $12=$ _____

Make your own number sentence. You can use small or big numbers and add or subtract. Use as many numbers as you like.

How many jumping jacks did you complete?



ALWAYS
Aim High!



GLOSSARY



Ivy League - a group of eight colleges and universities in the eastern U.S. that have been respected for providing an excellent education for a long time

Graduate - a person who has earned a degree or diploma from a school, college, or university

Degree - an official document and title that is given to someone who has successfully completed a series of classes at a college or university

Elegant - showing good taste; graceful and attractive

Intern - a student or recent graduate who works for a period of time at a job in order to get experience



YOGA POSES

Directions: Clear a space in your home, roll out your BOTWC yoga towel, and flow through these yoga poses to stretch your body and calm your mind!



TREE POSE

Balance on one leg, keeping it strong like a tree. Bring hands to the heart or reach arms up overhead. Helps with focus, calming and balance.



WARRIOR POSE

Start at your feet, bend one knee and extend the other leg. Reach arms out wide like you are flying.



DOWNWARD DOG

Spread your hands wide, lengthen the spine and reach up with your tail. Extend legs and keep feet on the ground. Helps with energizing and strengthening.



LOTUS POSE

Sit with legs crossed, resting your hands on your knees. Keep your spine straight, body relaxed and eyes closed. Helps with calming and relaxing.

TAKE THE PLEDGE

I WILL HONOR
THE SACRIFICES OF
MY ANCESTORS.

I WILL BELIEVE
IN ME.

I WILL PURSUE
MY DREAMS.

I WILL HELP
OTHERS ALONG
THE WAY.