

BECAUSE
OF THEM
WE CAN

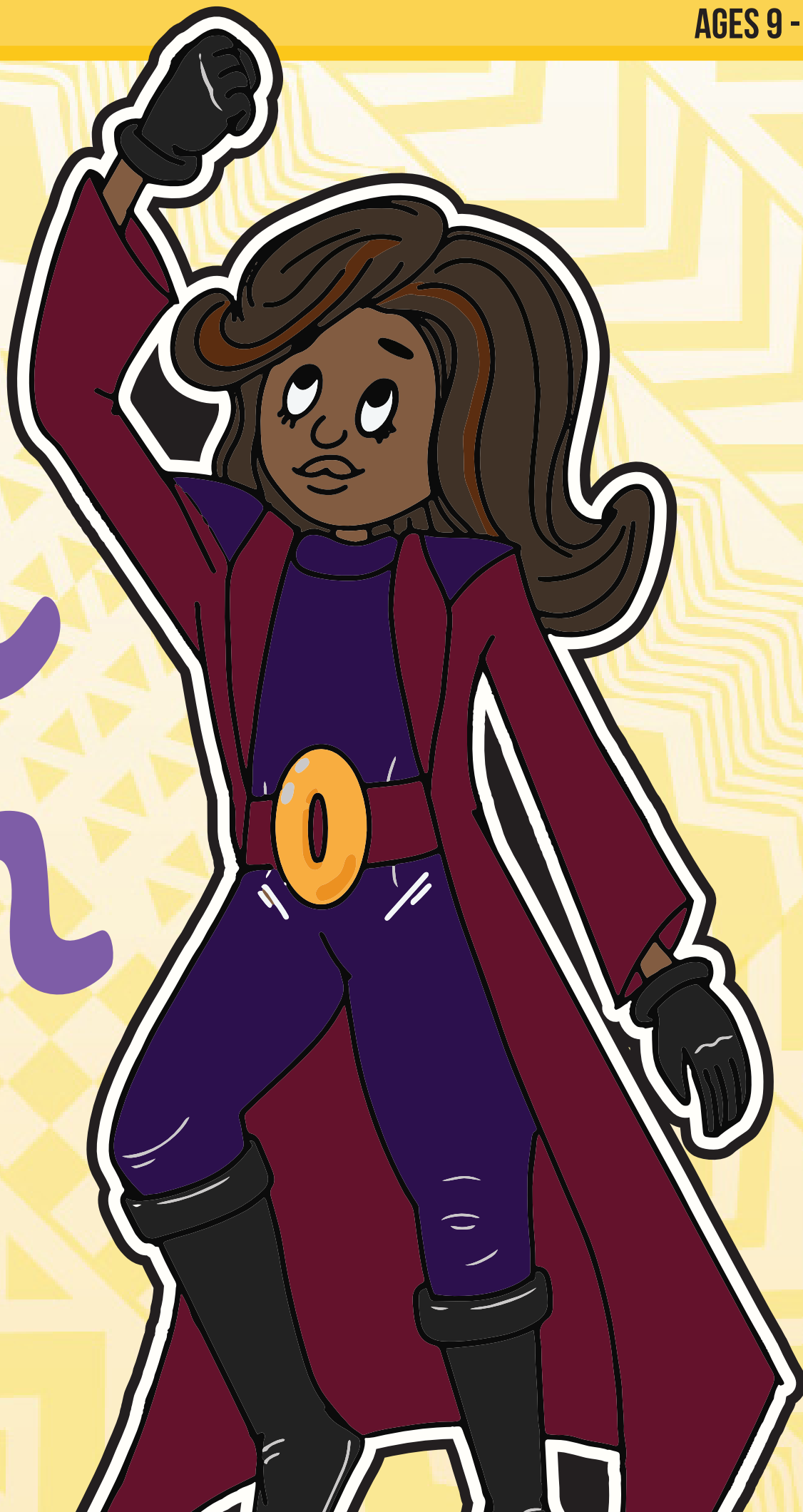
BOX

JUST FOR KIDS

BECAUSE OF MICHELLE OBAMA

AGES 9 - 12

aim
high



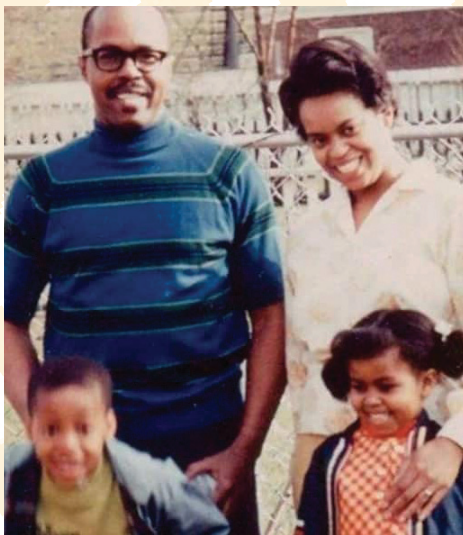
THE MISSION OF MRS. OBAMA

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 of her own.

Mom - Michelle is the mother of two daughters, Malia and Sasha Obama. Malia graduated from Harvard in 2021. She won an award for her work while she was in college and has successfully worked to further her career in the film and television industry. 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. She continued to do well in school and had the opportunity to go to a magnet high school. Once she graduated she received her first degree in sociology 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 former president 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. She launched an initiative called "Let's Move". The goal of this program was to promote healthy eating and physical movement for children.



Executive director - She held many important jobs. One of them was the executive director for the Chicago branch of Public Allies, a leadership-training program for young adults to work on social issues. She even worked for the University of Chicago, first as executive director for community affairs and then as vice president.



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 the game of "Rock, Paper, Scissors," you will face off against someone at home. There will be 7 rounds and the first person to win 4 rounds will win the series. Each round, you will do an exercise based on who wins "Rock, Paper, Scissors". If the winner's hand is "rock" the other person will have to do 10 pushups and they will do 5. If the winner's hand is "paper" the other person will have to do 10 side steps and walk 10 steps on each side and the other person will move 5. If the winner's hand is "scissors" the other person will have to do 10 jumping jacks they will do 5. A draw will result in starting the round over until someone wins. Remember, first to win 4 rounds wins the game. The winner will choose 3 exercises for the other person to do.



 ROUND	WINNER	EXERCISE
		

MATH AND MOVEMENT

Directions: Use Uno cards, playing cards, or flashcards to determine factors for numbers. Chose 1 card from the deck. You will use that card as the card you are factoring. As you pick the next cards you will place them into two piles. The first pile is the numbers you picked that are factors of the chosen card and the second one is numbers that are not. You will pick 6 cards and try to get the factors. After you choose 6 you will write down any other numbers that are factors that you didn't

Round 1: Chosen Card.

Cards that are factors: __, __, __, __, __, __,
Cards that are not factors: __, __, __, __, __, __,
Missing factors: __, __, __, __, __, __,

Round 2: Chosen Card.

Cards that are factors: __, __, __, __, __, __,
Cards that are not factors: __, __, __, __, __, __,
Missing factors: __, __, __, __, __, __,

Round 3: Chosen Card.

Cards that are factors: __, __, __, __, __, __,
Cards that are not factors: __, __, __, __, __, __,
Missing factors: __, __, __, __, __, __,

Round 4: Chosen Card.

Cards that are factors: __, __, __, __, __, __,
Cards that are not factors: __, __, __, __, __, __,
Missing factors: __, __, __, __, __, __,

Round 5: Chosen Card.

Cards that are factors: __, __, __, __, __, __,
Cards that are not factors: __, __, __, __, __, __,
Missing factors: __, __, __, __, __, __,

Round 6: Chosen Card.

Cards that are factors: __, __, __, __, __, __,
Cards that are not factors: __, __, __, __, __, __,
Missing factors: __, __, __, __, __, __,



GLOSSARY

Graduate - a person who has earned a degree or diploma from a school, college, or university
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
Intern - a student or recent graduate who works for a period of time at a job in order to get experience

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
Sociology - the study of society, social institutions, and social relationships

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.