

AURORA JAMES

Making a Statement



Dream Team, welcome to the Barbie Podcast Activity Guide! This guide is part of the Barbie Dream Gap Project. The Dream Gap is anything that comes between us and our limitless potential. Everybody, even change-makers like Aurora James, can experience fear and self-doubt on their way to success. These Activity Guides remind us that “You can be anything” by practicing our dreaming skills together. Practicing these skills helps us build confidence. Confidence and connection are the fuel that make dreams possible.

By doing this activity together girls and their adults will:

- Deepen their learning from Aurora James' story;
- Connect with each other by learning what they each care about; and
- Express what they think as clothing or art.

EMOTIONS CHECK-IN

Anger came up twice in this podcast. Planet Protector was angry when her mayor canceled the recycling program in her town, and Aurora James shared that millions of people were angry after the murder of George Floyd. In both cases, what made people feel angry was also what inspired them to take action. Let's start with connecting with what makes us mad, so we can get to making a bold call for change.

Grab a pen and paper and make a list as long as possible about everything that makes you upset, disappointed, or angry. Don't hold back, let yourself fill the paper. If you aren't writing yet, get an adult to write your list for you.

Share your list with each other. What themes do you have? Is it a sibling who makes you angry, or a rule at school or work, issues with the environment, or unfairness in our culture? Sometimes we're told not to be angry, but our anger often reflects that we care deeply about something, and caring is powerful.

ACTIVITY

Your bold message:

Now get another piece of paper to brainstorm your bold message. Your bold message is the positive statement that you want to put out into the world. It requires that you flip the thing that you don't like into something you believe in.

If you are angry that we aren't taking better care of the earth, your bold statement could be, “We only get one.” If your sibling is annoying you, you can create a statement like, “Be kind to all kinds.” Or if you're mad about the way people treat animals, your bold statement could be, “Help save the animals.”

See if you can come up with three to five bold statements that speak back to the list of things that make you angry.

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ACTIVITY continued

Your bold art:

If you have access to paint brushes, water, chalk, acrylic paint, medium paint fabric, a jean jacket, and a hair dryer, then you can do the project in this episode. If you don't have these supplies, don't let that stop you from expressing yourself. You can create your bold statement with paper, poster board, or whatever is around your home.

1. **Sketch** out our design with chalk on a jacket, or pencil on a paper or poster board.
2. **Prepare to paint**, by going outside or protecting the area around the area so that you can paint freely without damaging anything.
3. Cover the area where you want to create with a **white base paint**. If you are painting a jean jacket, mix your white paint with the fabric paint. Make sure you have permission from a parent or caregiver before you redesign any existing clothing. If you are working on a white background, you can skip this step.
4. Let your paint dry, or dry with a hair dryer with the help of an adult.
5. Once your base paint is dry, use your acrylic paints on a jean jacket, or any paints on other materials to **paint your bold message**. Paint lets your visual message be as bold as your passion for this cause. No wonder Aurora used hot pink on her jacket.
6. Once this layer dries, **show off your message!** You can wear your message, or hang it up on your wall, or in a window for others to see.

CLOSING

Aurora James expresses herself through fashion, but sometimes there can also be pressure to follow the rules of fashion. When you go out the door in the morning, in what ways do you feel pressure to follow the unspoken rules of fashion? Is there anything you could do for each other to help each other embrace what Aurora James called "fashion at its best," which is an expression of who you are?

Congratulations on practicing making bold statements together. You are both so lucky to have a buddy to flex your self-expression muscle with! Tune into the next Barbie podcast episode to learn about other inspirational changemakers, and to have fun learning together.