Investing in Yourself Extension Activity

Insights from Women Overcoming Aversity

**Introduction:** Helen Keller, Temple Grandin, Wilma Mankiller and Wilma Rudolf all have to overcome challenges to succeed in life. They were all strong women who worked hard and believed in the value of investing in yourself by getting a good education.

**Activities:**

Share the quotes on the visual with the students and task them to do one or more of the following activities:

* Illustrate one of the quotes.
* Rewrite one of the quotes as a text message.
* Select their favorite quote from each woman.
* Select one a day to use as a discussion starter.
* Rewrite the quotes on index cards. Sort the cards into categories.

Examples:

* Quotes about education
* Quotes about overcoming disabilities
* Quotes about being strong
* Quotes about helping others

Famous Quotes from Women Overcoming Adversity

“I am different, not less.” -Temple Grandin

“Nature is cruel, but we don’t have to be.” -Temple Grandin

“I cannot emphasize enough the importance of a good teacher.”

-Temple Grandin

“The only thing worse than being blind is having sight but no vision.”

-Helen Keller

“We can do anything we want if we stick to it long enough.” -Helen Keller

“Optimism is the faith that leads to achievement. Nothing can be done with hope and confidence.” -Helen Keller

“The secret of our success is that we never, never give up.” -Wilma Mankiller

“People Say that crisis changes people and turns ordinary people into wiser and more responsible ones.” -Wilma Mankiller

“I believe in me more than anything in this world.”-Wilma Rudolf

“The triumph can’t be had without the struggle.” -Wilma Rudolf