

ACTION FOR
HEALTHY
KIDS

REACH FOR THE STARS WITH MAE JEMISON

An art-based social-emotional health activity

Reflecting on strengths, goals, and
dreams with Mae Jemison



MEET MAE JEMISON

- Mae Jemison is a doctor, engineer, and astronaut.
- Growing up she had many passions including dancing, writing, and science.
- After graduating from Cornell, Jemison served as a medical officer in the peace corp (a volunteer organization that helps those in need) and eventually opened her own private practice.



Scan the QR code with your mobile device and follow along with the "Mae Among the Stars" read-along with Sankofa Read Aloud.

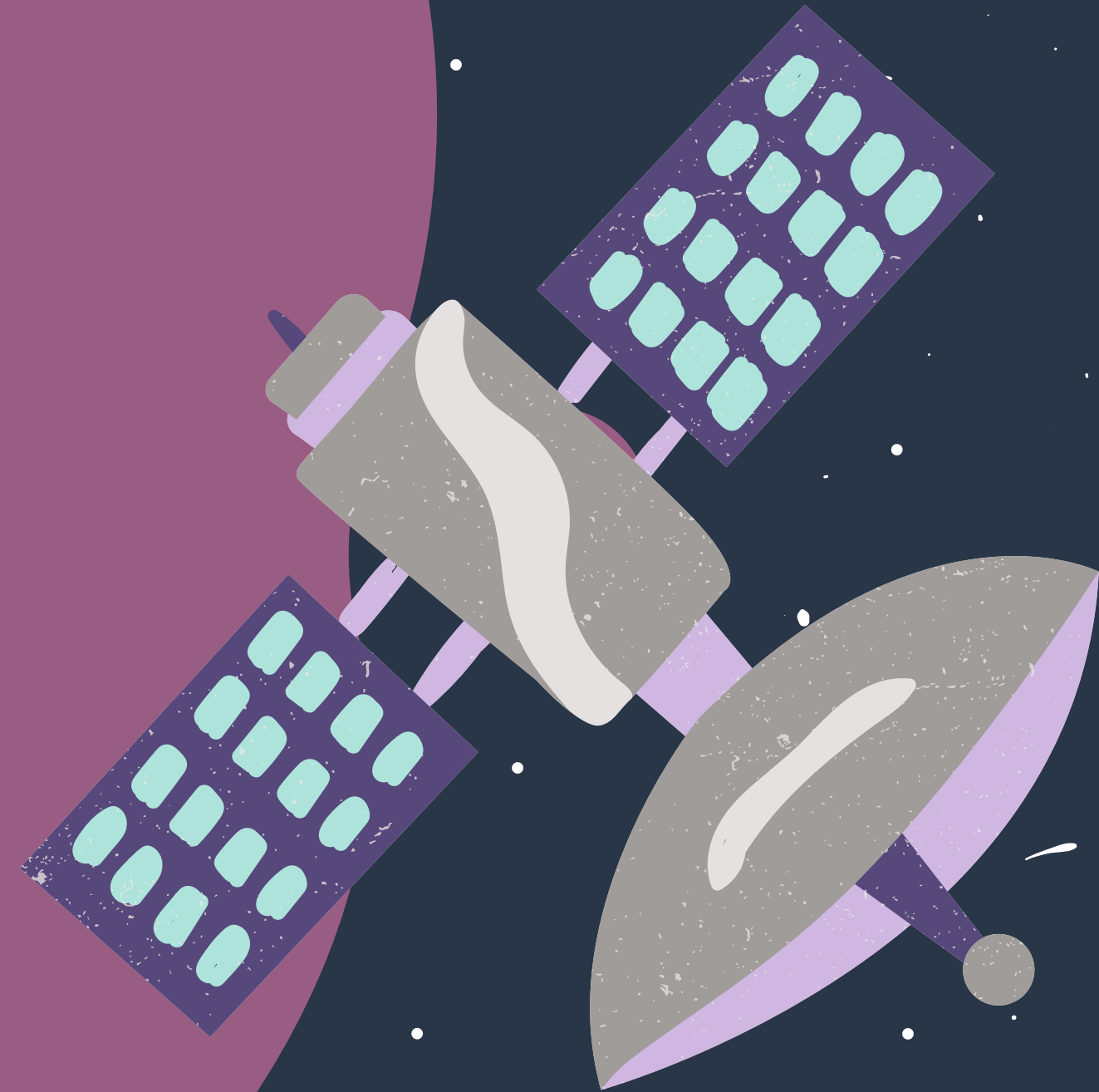


MORE ABOUT MAE

- She became the first African American woman to travel to space on September 12th, 1992 in the space shuttle, Endeavor.
- Once she left NASA, she started her own consulting company, taught at Dartmouth and Cornell, starred in an episode of Star Trek: The Next Generation, and has written several books.
- She now leads the 100 Year Starship project.



Scan the QR code with your mobile device to hear from the European Space Agency, their alien friend "Paxi," and American astronaut - Anne McClain about what life in space is like and how astronauts take care of their mental health.



ART ACTIVITY: ROCKET TO THE STARS

Tap into your creativity by creating a rocket of your own, and reach for the stars using common or recycled materials.

Display your rocket as a reminder of just how far your dreams and goals can take you..



REFLECT ON YOUR STRENGTHS

Mae Jemison had many strengths and skills including writing, perseverance, dedication, and leadership. She used these strengths to share and express her lived experience as a Black woman through creative outlets such as playwriting, dance, and books,

How can our strengths and lived experience help us reach our goals? Reflect on this question as you craft your rocket and decorate it in a way that shows your interests, skills, strengths and the many things that make you - you.



PAPER TOWEL ROLL ROCKET

Materials Needed:

- Empty paper towel or toilet paper roll
- Paper or construction paper
- Paint, markers, crayons, stickers glitter, or other craft items
- Glue or tape
- Scissors
- Optional: strips of tissue paper, regular paper, toilet paper or paper towel

Instructions:

- Cut out two small triangles for the wings, shapes for the windows, and anything else you want your rocket to have
- Decorate your toilet paper roll by wrapping in colorful construction paper, painting, or doodling.
- Make a cone top by rolling a piece of paper and pinching at top before gluing or taping
- Glue or tape strips of tissue paper, paper towel, or another type of paper to the bottom as flames



COLLAGE ROCKET

Materials Needed:

- Collage Rocket template
- Paper or construction paper
- Paint, markers, crayons, stickers glitter, or other craft items
- Glue or tape
- Scissors

Instructions:

- Print out the Collage Rocket template or use a guide to draw your own outline on a piece of paper.
- Turn over to the blank side and collage with cut-out shapes, torn paper, stickers, etc. Use different materials to add texture and get creative with your collage. Ideas: tissue paper, words or images that inspire you torn out from magazines or newspaper, construction paper, cupcake liners, etc.
- Repeat with two triangle shapes.
- Glue or tape the triangle pieces to your rocket piece to complete.





OUT OF THE BOX ROCKET

Think outside of the box and use what you have on hand to craft a rocket. Get creative! Here are some ideas to get you started:

- Items found in nature (e.g., sticks, leaves, flowers, rocks, etc.)
- Finger foods (e.g., tortillas, vegetables, crackers, etc.)
- Play dough or clay

REACH FOR THE STARS

After your rocket is complete, reflect on your goals. Choose one you would like to work on and break that goal up into smaller goals. Breaking up our goals helps us to take small steps towards something big and celebrate our achievements along the way.

Print out the Reach for the Stars worksheet or make your own. Use a colorful piece of paper or paint a picture of outer space and glue to tape your rocket to the page. Cut out 4 stars, and glue the stars gradually going up the page. Then label them with each step you'll take to reach your goal.

★ 1 year from now

★ 6 months

★ 1 month

★ 1 week

REFLECTION & DISCUSSION

- In what ways do you think Mae Jemison showed leadership in her field?
 - How do you show leadership?
- What characteristics or parts of Mae Jemison's personality do you think played a role in her achieving so many big accomplishments?
 - What strengths, skills, and characteristics help you work towards achieving your goals?
- How do you think Mae Jemison may have felt when she became the first Black woman to travel to space?
 - How do you feel when you accomplish something you have been working towards?

REFLECTION & DISCUSSION

- How did Mae Jemison act as a role model for other Black women in science?
 - How can you be a role model for your community?
- What types of obstacles do you think Mae Jemison faced encouraging others to follow their dreams and reach for the stars?
 - What would you do if you saw someone being excluded or discriminated against based on their race, ethnicity, gender identity, or religion?
 - What things can you do to help yourself reach for the stars and encourage others to do the same?