

## Pre Writing Activities for Women's Perspectives

### *We are still here: Women and Resilience*

Here are some pre-writing activities that may get you started thinking. This has been a long year of COVID and you are still in school. You are surviving. You are strong.

- 1) **What does the word resilience mean?** Look it up in the dictionary. Write the meaning. What are 5 synonyms for resilience? For each word you find, write a sentence about a woman you know or heard about and how she is resilient.
  
- 2) **Here are some writing prompts** that we found at GritTherapy.com  
They are adapted from what they shared.  
<https://www.grittherapy.com/post/writing-prompts-for-perseverance-and-resilience>
  - a) How does your family make sacrifices? Maybe you gave up everything to come to America. Maybe your grandparents lived through World War II, or your parent's big made sacrifices for your education. Write about your family's experience of hardship. How did they make it through difficult times? What allows you to overcome and thrive?
  
  - b) Make a list of the best qualities of a woman who you think is a star. What initially drew you to them? What do love most about them? What are the big and small ways that they help you? (Even if you don't know the person, how do they inspire you and keep you going.)
  
  - c) Write a letter to a friend about your daily life, and your experience during the COVID shutdown. Tell them about something good that happened this year.
  
  - d) Make a list or write a paragraph about your personal strengths. What are the qualities you possess that help you manage change and challenges?
  
  - e) Write a list or a narrative about the things that make you happy. From that list, identify what things you can still access during social distancing and stay at home orders. Looking back. What little "happineses" did you find that helped you make it through?
  
  - f) Identify ways that you felt supported or connected during the COVID-19 era. Many of us found unexpected support. Do you think support from your co-workers and/or loved ones has changed? Has the way that you offer support changed?
  
  - g) What are the absolute basics you need to live? What do you now consider a luxury that you used to consider a daily staple? What is a necessity and what we can live without? In your life, what are true necessities?

### 3) Write a poem.

Check out <https://owlcation.com/humanities/10-Types-of-Short-Poetic-Forms>

**Acrostic Poem:** Write the word Resilience down your page. Then think of one word or phrase that would describe resilience. For example, R could be Realize that you are strong

**Cinquain Poem:** This type of poem has 5 lines. Here is an example and the layout.

First line- two syllables	Don't stop
Second line- 4 syllables	You can do it
Third line- 6 syllables	Set goals and try your best
Fourth line -8 syllables	You can do it if you want it
Fifth line- 2 syllables	Keep going

### 4) Use quotes on Resiliency to get started.

- a) "You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages." – **Michelle Obama**
- b) "She stood in the storm and when the wind did not blow her way, she adjusted her sails." – **Elizabeth Edwards**
- c) "I tried and failed. I tried again and again and succeeded."— **Gail Borden**
- d) "Although the world is full of suffering, it is also full of the overcoming of it."— **Helen Keller**
- e) "Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow'."— **Mary Anne Radmacher**

- 5) Look at the photos below. Write about how the picture makes you think of someone who has made it through the last year. What is it about this person that gave them strength? What happened to knock them down? How did they survive?  
(Photos from Pexels.com)

