

My Female Heroes

Ester is a Female Food Hero winner and a real hero in her community. Ester has taught many women in Tanzania how to farm; these women look up to Ester.

There are many women throughout history that both girls and boys can look up to and call heroes. Can you think of any historical Irish women who you look up to? You may also look up to women that you know, like your mother, aunt, sister or teacher.

1. Find (or draw) a photo of two women you look up to:

- one historical woman
- one woman you know well (like your mother, aunt, sister, etc.)

2. Write a caption (comment) about each person. Your caption should include

- The person's name
- What they did/what they do
- Why you look up to them

HERE'S AN EXAMPLE TO HELP GET YOU STARTED



The comment tells you who is in the picture. It also tells you what they did well and why they are well known.



Mary Robinson is an Irish Politician who served as the 7th President of Ireland from 1990 to 1997. She was the first woman President of Ireland. She does a lot of work for Gender Equality and for Climate Change. I look up to Mary Robinson because she is a strong and smart woman who I think can do anything!

3. Share your Female Hero with someone in your home. Then, ask them who their Female Heroes are!

Note: You can draw a picture, take from newspapers, magazines, print from the internet etc. (Tip: ask an adult in your house first)

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