

WOMEN'S HISTORY MONTH

SIMONE BILES GYMNAST

Simone Biles is an American gymnastics champion who's won more medals than anyone else in the history of the sport!

She is known for landing skills that have never been done before — she even has four signature gymnastics moves named after her!

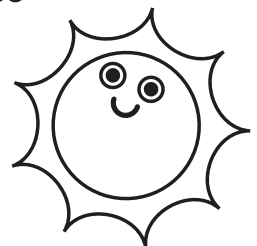
MAJOR TALENT

Growing up in Spring, Texas, Simone Biles discovered her love for gymnastics when she was 6 years old on a field trip to a gym. She was so enthusiastic that one of the coaches asked her to join the class. Just 10 years later, she won her first two gold medals at the World Championships!

OVERCOMING OBSTACLES

When she was 9, Simone Biles learned that she had ADHD (Attention Deficit Hyperactivity Disorder), which made it hard for her to concentrate in class, but she showed the world that learning differences can be a source of strength.

Simone Biles is proof that when you love yourself and embrace the things that make you happy, the sky's the limit!



WOMEN'S HISTORY MONTH

SIMONE BILES

★ FILL-IN-THE-BLANKS ★

Play with a friend! Have them fill in the blanks to create a funny fill-in-the-blank story inspired by Simone Biles' life and achievements!

When I grow up, I want to be a famous _____
(profession)

like Simone Biles. I will _____ and _____ while the
(verb) (verb)

whole world watches, wearing a beautiful

_____ showing the flag of _____. I will
(item of clothing) (country)

be the first in my profession ever to successfully

perform the skill known as the _____, _____,
(adjective) (noun)

and I will inspire thousands of _____ with my
(plural noun)

grace, my enthusiasm, and my _____.
(noun)

Simone Biles has made me realize that if I put my

mind to it, I can overcome any _____ in my
(plural noun)

way and make my _____ and _____ proud
(relative) (relative)

by winning a gold medal at the _____
(adjective) (noun)

games! Thank you, Simone Biles, for inspiring me to

be a _____
(comparative adjective) (noun)

DESIGN YOUR OWN BATON

Make a beautiful gymnast's baton inspired by the graceful Simone Biles!

Craft Supplies

- Screw eye for the top of the dowel
- Markers
- Satin ribbons in various colors
- Wooden dowel

Craft Instructions

- Soak one end of the dowel in warm water overnight to soften
- Twist the screw eye into the top of the dowel
- Cut 4 20-inch strips of ribbon
- Insert your 4 strips of ribbon through the eye of the screw and secure them with a knot
- Decorate the dowel rod with markers
- Do a floor routine with your Simone Biles-inspired baton!

LEARN MORE:

