

Gabby Douglas

"If you have the dedication, drive, and determination, then you're there and you have it. You just have to be yourself and go full with confidence and be courageous!"

Gabby Douglas is an Olympic gold medalist. She is the first African American in Olympic history to become the individual all-around champion. She also is an author; she wrote a book about her life and time as an Olympian. Learn more about Gabby Douglas in this monthly patch.

Complete 3-Daisy, 4-Brownie, 5-Junior, 6-Cadette, and 7-Senior/Ambassador steps to earn your patch.

All monthly patches are custom designed patches. Once we get the final number of patches after the 15th of each month, we place an order. Patches take about a month to create and then we mail them to you. You will get a confirmation email once the patches are headed your way.

Order patch on-line by February 15, 2020 at www.getyourgirlpower.org

Discover

1. Gabby was first introduced to gymnastics by her older sister. Her sister did gymnastics and was a competitive cheerleader, so when Gabby was born her sister was determined to teach her a cartwheel. Gabby soon mastered the cartwheel and then taught herself how to do it with one arm. Has anyone ever taught you something new that you fell in love with? Maybe a sibling, parent, or a friend? Discuss with your troop what that person taught you, how long it took you to learn, and then how you made it your own or continued to learn afterwards. If

someone has not taught you something, what would you like someone to teach you? Can you reach out to a family member and ask them? Everyone has hidden talents and hobbies; and maybe you will find one you love!

2. Gabby made history in 2012 when she became the first African American gymnast to win an individual gold medal, as well as the first woman of color of any nationality to win the event. What do you think this was like for Gabby to be the first? Can you name any other African American women that have been the first at something? If you could be the first at something what would it be? Dream big!
3. Gabby is known for her performance on the uneven bars; but there are four different areas of concentration in gymnastics. What are they? Learn more about gymnastics and the history of it. Do you know any other well-known gymnasts? When did gymnastics get added to the Olympic line up?
4. When Gabby was just 14 she moved away from her family in Virginia to go train with her coach in Des Moines, Iowa. This was really hard for Gabby to be away from her family and she had trouble fitting in at school because of it. What would you say to Gabby going through this situation? How would you help? Have you ever moved to a new place? How did it make you feel? Discuss with your troop how Gabby might have felt and what you would do to make her feel better.

Connect

5. Gabby wrote a book about her life and what it takes to be an Olympic gold medalist including the determination and perseverance she had to have. Write a short story or draw a picture that describes a time you had to have determination and perseverance. What was the situation?

Was it hard to keep that motivation? What was the outcome afterwards?

6. Gabby and her four teammates were called the Fierce Five in the 2012 Olympics and appeared on the cover of Sports Illustrated magazine; which was the first time an entire Olympic team had been featured on the cover of the magazine. Do you have a fun nickname for you and your friends or you and your siblings/family? Come up with a nickname just for fun and then design a magazine cover for your group. Get creative!

7. Gabby faced a lot of criticism for things she did and **didn't** do during the Olympic Games. One of them being how she looked and if she wore makeup or not when competing. **If she didn't wear makeup**, people would say she looked rough or unkempt; but if she did wear makeup **people would say this isn't a beauty pageant, why are you wearing makeup to compete?** Do these double negatives tend to happen a lot for women in the spotlight? Can you think of any other women this type of situation may have happened to? Can you think of a double negative **situation that women experience in today's society? Talk with your troop.** Really think about the standards that society puts on women and discuss how you would handle situations similar to the one that Gabby was put in.

8. Did you know that Gabby produced her own Lifetime movie about her life? If you could make a movie about your life what big moments or **situations that you've been through would you highlight in your movie?** What movie star would play you? Who would play your family? Would you only include the great moments or would you talk about how you overcame a hard time? If you get a chance, watch the movie about

Gabby's life and gather ideas for how you would make a movie about your own life.

Take Action

9. In 2011 Gabby tore her hamstring and her hip flexor and fell 7 times when she went out to do her floor routine at a competition. Even through that, her coach and parents still encourage her to try out for the world championship. In an interview with Time Magazine regarding **this time in her life Gabby said, "It's awful—the worst thing ever—when you're so talented and you believe that you can do something, but fear holds you back. It's torment."** Has fear ever held you back from doing something? I want you to come up with a Fear Action Plan. Come up with actionable steps to take when fear or doubt get in the way of a goal you have. Who can you talk too? What can you do to get back on track? What habits can you put in place to keep working on your goals even when it gets hard?
10. **Gabby thinks it's really important to have strong female role models.** One of hers is Serena Williams, the famous tennis player. She looks up to her because she lets criticism roll off her back and not affect her. Who is your female role model? And why do you look up to them? If you **don't** have a female role model, you can look up women in a career you want to be in when you grow up. Maybe if you want to be a gymnast, Gabby Douglas can be your role model! Do some research on your chosen role model and see what qualities they have that you want to embody. Think about steps you would need to take in your life to end up in the career they are in, or to be the type of person they are. Your role models may change year after year, so this is good exercise to reevaluate every now and then.

11. Gabby's mom use to tell her "Inspire a generation." When that finally happened **she couldn't believe it**. Gabby became a trailblazer in the gymnast world and inspires young girls every day. She takes being a role model very seriously and thinks of herself as a big sister to the young girls that look up to her. I want you to come up with a catch phrase or a word that inspires you, **like Gabby's mom did for her**. Make a poster of your word or phrase and hang it up somewhere where you can see it every day as a reminder.