

Simone Biles

“I’d rather regret the risks that didn’t work out than the chances I didn’t take at all.”

Simone Biles is an American artistic gymnast. With a combined total of 30 Olympic and World Championship medals, Biles is the most decorated American gymnast and the world's third most decorated gymnast.

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, 2021** at www.getyourgirlpower.org

Discover

1. Simone was first introduced to gymnastics on a daycare field trip. The instructor suggested that she continue with gymnastics because she had natural talent. Have you ever stumbled upon a talent like that in your life? What did it help you discovered about yourself? What were the circumstances that made you stumble upon your hidden talent? Discuss with your troop! If you have not stumbled on a hidden talent think of something that you would like to learn or develop your talent in. What is it? Can you reach out to a family member and ask them to teach you? Maybe you will find a hidden talent just like Simone!
2. Simone made history in 2013 when she became the first female African American athlete to win gold in the all-around at the World Championship. All-around means that she earned the highest total

score from all the events (vault, beam, etc..) combined! Simone was proud of this victory and said, "I think it inspires a lot of the little girls out there to go in the gym and train harder." If you could be the first at something what would it be? Who do you hope to be a role model for? What do you want to inspire others to do? Dream big!

3. Simone is the first American female gymnast to win a world medal in every event. Do you know what the four different events in gymnastics are? 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. Simone has been dubbed by peers and fellow Olympic legends as the "most talented gymnast of all time." Simone is currently only 23 years old. How do you think that would feel to be regarded as the best? Do you think it would be a lot of pressure? Why or why not? Discuss with your troop!

Connect

5. Simone and her teammates were featured on the front of a Kellogg's cereal box in 2016. Historically, the brand Wheaties has featured Olympians on their boxes, but this specific year Kellogg won the sponsorship over the gymnastic team. Take a look at past Kellogg and Wheaties boxes. Who was featured? What sport did they do? Then design a cover of a cereal box with your picture on it. What Olympic sport would you be honored for? It can be a real Olympic event or a made up silly one. Get creative and share with your troop!
6. Simone holds Belizean citizenship through her adoptive mother. She refers to Belize as her second home and goes there to visit at least once a year. Find out if anyone in your troop has dual citizenship or roots to a

different country! Discuss your different connections to other countries and nationalities, then prepare a short presentation to teach your troop about that country!

7. One move, a complex flip that Simone incorporated into her floor routine during the 2013 World Championships, is now known as the “Biles.” Click the link below to watch her routine. Can you imagine having a move named after you? Would you name it after your last name or name it something totally different? Do some research on the “Biles” move; she has also gotten two more moves named after her since the video in 2013. Find out what they are named, and what the moves look like! Then learn about how a move gets submitted to officially be named after you!

<https://youtu.be/p8NZ04yAzqI>

8. After every single gymnastics meet, win or lose, Simone orders a pepperoni pizza with stuffed crust. Do you have any game day rituals or things you always have to do before or after an activity you are involved in? Discuss with your troop! If you don't have a game day ritual consider starting on! I like that Simone gets pizza no matter if she wins or loses because she knows that she did her best and she rewards herself for a job well done.

Take Action

9. Before the 2016 Olympic games, Russian hackers leaked Simone's medical records and revealed that she is on Ritalin a medicine used to help with ADHD. She took to social media and defended herself saying she is not ashamed of having ADHD and it's nothing she's afraid to let

people know. Later in an interview she said she has never let her ADHD hinder her and the way we frame learning disabilities can make all the difference for young children. She said, “if you start to think of it as a superpower then it’s kind of cool.” What is a condition that can be seen as a disability, but could really be a superpower? Do you have any experience with people thinking less of you because of some type of diagnosis or perceived disability? Do you have a friend that has ever been treated unfairly because of a disability or something that makes them different? Choose a condition to education others on, such as ADHD like Simone has, then create a poster or a presentation to inform people about it and how it does not stop anyone from achieving their dreams, and how it can be used as a superpower just like it has been for Simone! Present to your troop, your friends or your family! Educate others on how to help people with this disability whether it is in school, in a sport or club and how to help make them feel included!

10. Simone and her siblings were in and out of foster care as children. A recent study showed that over 430,000 children are in foster care in the United States. There are many worthwhile ways to help children in foster care. Do some research and decide how your troop could make a difference in the lives of these children. One opportunity is to create hope packs. Many children when they are transitioning to a new home have to leave items behind or do not have a proper bag to put their things in. By creating hope packs and filling it with item that child would need such as toothpaste, toothbrush, pajamas and comforting items such as a stuffed animal or blanket, the child has an easier transition into their new home!