

Girls Explore Too!

Activity Pack



Designed and created by a qualified UK teacher. Suitable for boys and girls aged 7- 12 years old. Support may be needed

Fantastic Female Explorers

Women explore too!

In school, you've probably been taught about Christopher Columbus, the *man* who discovered America? Ernest Shackleton, the *man* to voyaged to Antarctica? Marco Polo, a *man* who crossed continents? Maybe you've even heard of Captain Cook or fictional characters like Indiana Jones and Robin Crusoe? Did you ever ask why all the explorers that we learn about are men?

The answer is very complicated. In the past, most women were expected to stay home to cook, clean and look after the children. Women were not supposed to travel alone. Whereas men were taught that it was a man's job to fight, explore, fly, sail and be heroic.

Until recently, it was difficult for women to prove that they were as strong, as brave and as curious as men. Watch this brilliant TED Education video about three amazing female explorers and the challenges that they faced. **Click here.**



Bravely crossing the desert alone

Robyn Davidson, from Australia, was a courageous, resilient and fiercely independent 25 year old explorer. She trekked over 1700 miles across Australia from Alice Springs (in the centre) to the Indian Ocean. Alone, except for her small flock of camels and a dog. Can you imagine being alone for weeks and weeks at a time in the desert, miles from anywhere?



Courageously climbing Mount Everest

Junko Tabei, from Japan, was the first female explorer to ever reach the top of **Mount Everest** - the highest mountain in the world. She later became the first woman to climb all seven of the Seven Summits (the 7 highest mountains in the world).

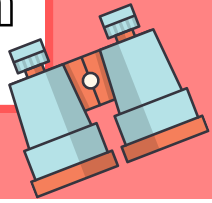


Flying fearlessly through the skies

In the 1920s, no flying schools in the whole of the USA would consider teaching a black woman to fly. So **Bessie Coleman worked** two jobs to save money, and taught herself French in order to move to Europe and gain her International Flying Licence. Afterwards, Bessie travelled around Europe and USA flying in airshows. Sadly, she later died in a plane crash.



Amazing Women Wordsearch



Women who explored the world.

Can you find the names of these 10 incredible, inspiring and brave women who travelled the world in the wordsearch below?

Gertrude Bell

Isabella Bird

Mary Kingsley

Freya Stark

Nellie Bly

Eva Dickson

Barbara Hillary

Ida Pfeiffer

Junko Tabei

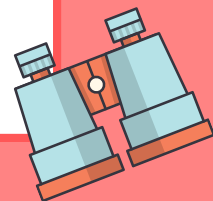
Aloha Wanderwell

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Did you that know that Barbara Hillary was the first African American woman to reach the North Pole!



You can be an explorer too!



195 countries

How many countries have you been to?

Which seas and oceans have you swam in?

Which country does your favourite food come from?



Draw an x on the country where you live



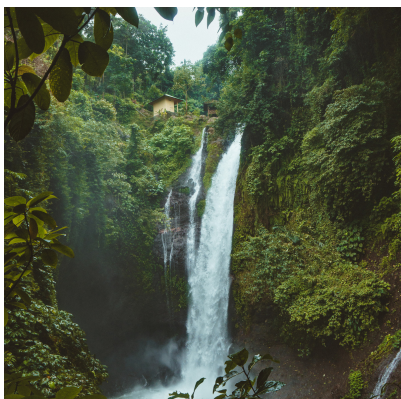
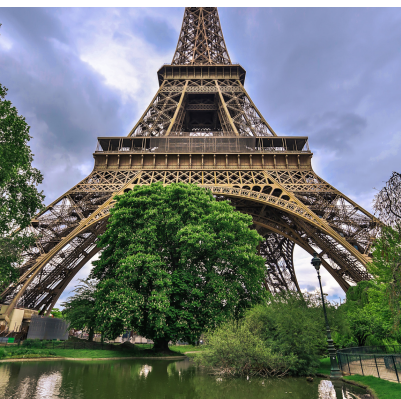
The United Nations says that there are **195** countries around the world today.

That's a lot of countries to explore!!

There are cities, towns, mountains, seas and deserts to explore.

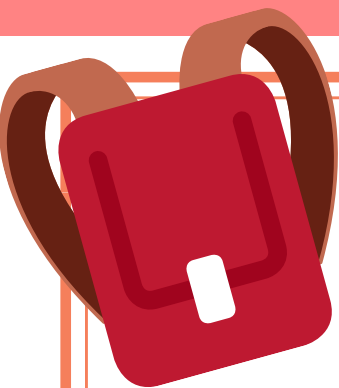
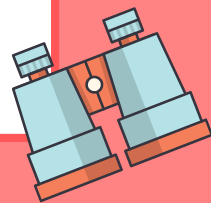
Almost one third of the Earth's land surface is desert. This includes the polar regions - which are ice deserts. Much of the world does not have roads or railways. Explorers often need to trek across deserts, climb mountains and clamber through rainforest to discover new places.

Women have walked, run, sailed, driven, cycled and flown around the world. Some women have taken trains to cross whole continents, like the Trans-Siberian Express that goes from Europe to the edge of the Pacific Ocean.



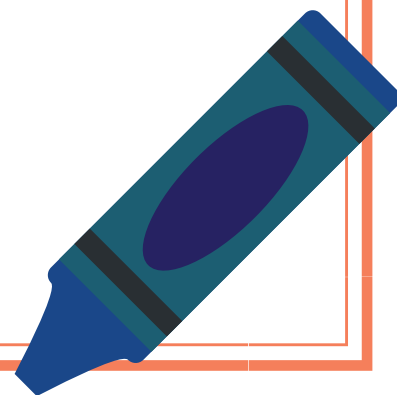


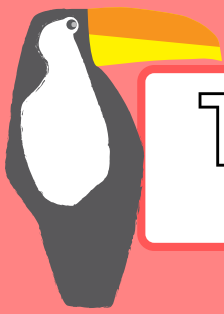
Draw yourself as an Explorer



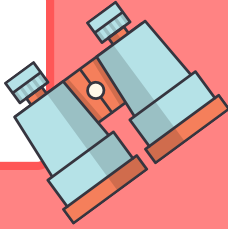
What will you be
carrying with you?

Are your clothes good
for exploring in?





The World is Your Oyster

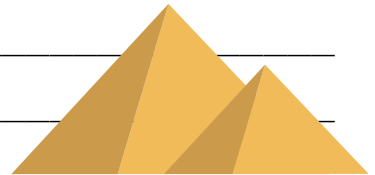
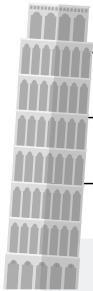


Exploring our awesome planet

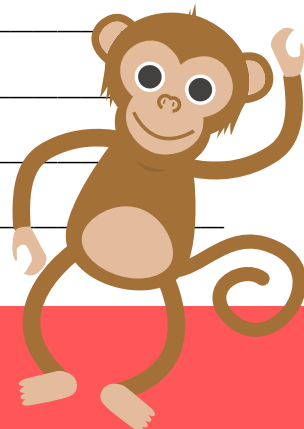
There are so many places to explore in the world. From deep oceans to ancient ruins; to desert islands to the tops of the mountains. Answer these 3 questions to plan your dream trip.

WHICH COUNTRIES WOULD YOU LIKE TO EXPLORE MOST AND WHY?

WHICH WORLD-FAMOUS LANDMARKS WOULD YOU LIKE TO SEE?



WHICH ANIMALS WOULD YOU LIKE TO SEE IN THE WILD?



How to be an Explorer

Courageous characteristics

It takes a lot of **courage** and **inner strength** to be an explorer. Whilst you don't need to be loud or popular or good at sports, you do need to know how to keep calm in an emergency and how to deal with disasters. Explorers need to be brave, resilient and determined. Can you think of any synonyms (words that mean the same)? Write them in the boxes below. *Tip: Use a thesaurus*

BRAVE

RESILIENT

DETERMINED

So now you know the **inner strengths** that you would need on your epic journey.

But what would you carry in your bag? Which 5 items do you think are the most important? How would you use each item? Could you survive without it?

Choose ONLY 5 items.

☐

BINOCULARS

☐

MOSQUITO NET

☐

GUIDEBOOK

☐

PEN KNIFE

☐

GPS LOCATOR

☐

i-PAD

☐

SHOVEL / SPADE

☐

WATER PURIFIER

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SPARE BOOTS

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TENT

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SHOWER GEL

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CAN OPENER

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MATCHES

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MAP

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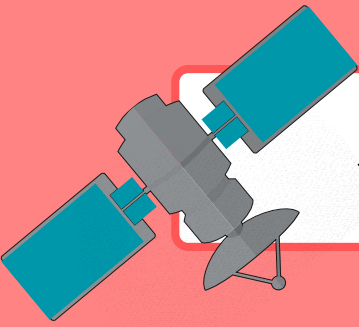
COMPASS

☐

MOBILE PHONE

☐

MAGAZINE



Space Travel



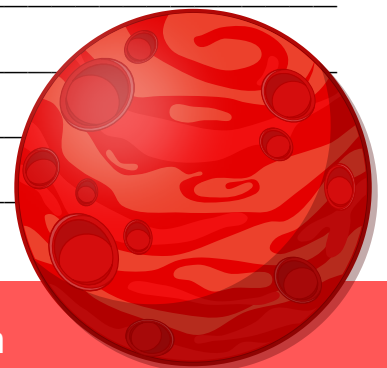
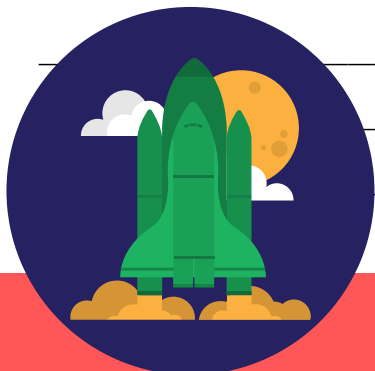
Exploring the final frontier

You don't need to limit your explorations to Earth. What about outer space? Did you know that currently over 60 fearless female astronauts have completed space flights? There's a whole galaxy out there for men and women to explore together!

WHICH PLANET DO YOU WANT TO EXPLORE THE MOST? WHY?

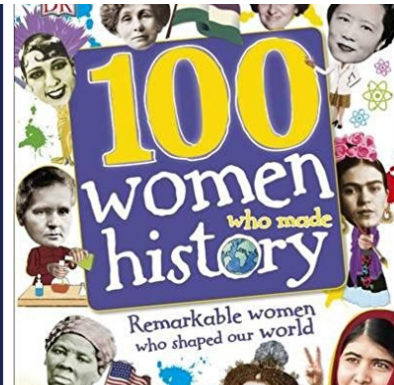
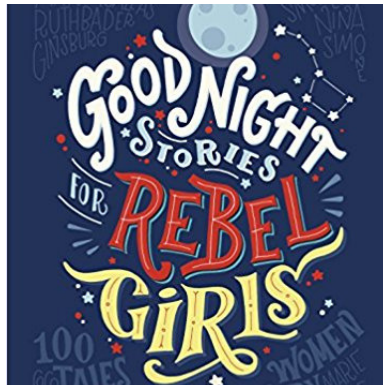
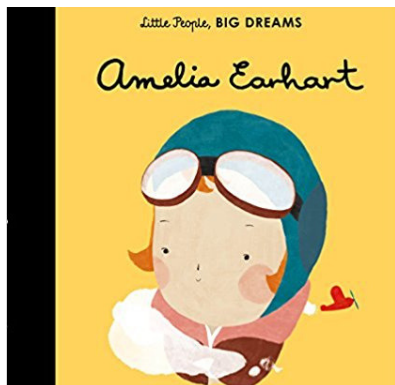
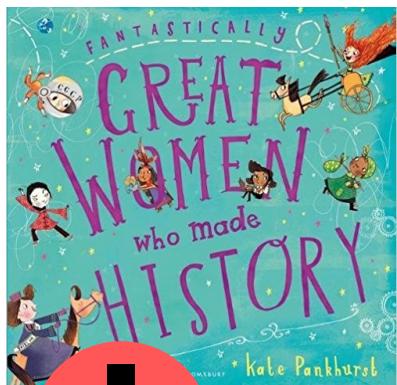
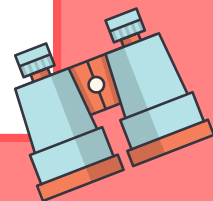
WHICH CHARACTERISTICS DO YOU NEED TO TRAVEL IN OUTER SPACE?

WHAT WOULD YOU DO IF YOU DISCOVERED A REAL ALIEN?





Further resources



Inspiring girls to be fearless adventurers

Some great resources for learning more about female explorers and adventurers are:

A Mighty Girl Online Book Store or ask for one of the above titles in your local library

www.worldforagirl.com: Free Online Women's History Resources
54 Fantastic Women Explorers

*Kirsty is a British family travel blogger and primary school teacher. Her website **World for a Girl** blends family travel tips and itineraries with a lesser-explored world of inspirational female explorers, women's history and global feminist issues.*

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