



The Suffragette Challenge

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Discover East London's inspiring suffragette stories.

The East London Federation of Suffragettes were known for their fearless fight for the vote, and much more. Discover their stories with the Suffragette Challenge.

How to use this pack

How you use this pack is up to you. We encourage you to complete the activities as a family, as children will enjoy learning most when you are learning too. This is not history as you learnt it at school – this is exploring our heritage through play, creation and imagination.

The pack is designed for 5-11 year olds. We've tried to make it as accessible as possible, to meet all learning needs. So there are some simple ideas, and some activities that might be best for older children.

Top tips

You might like to start by listening to our [Rebel Women podcast](#). The episode for this pack is called Suffragettes for Kids, and is available where ever you listen.

If podcasts aren't for you, we also have a blog. You can find one for this pack at bit.ly/suffragettesforkids

Do as many of the activities as feels right – there are no rules

We will occasionally provide you with physical resources for the activities. Otherwise, use what you have around the house. There is no need to buy anything in.

Adapt and extend each activity as you like. You will find other ideas at www.pinterest.com/eastlondonwomen. For this pack see the *suffragettes for kids* board.

Activities

1. Suffragette colours were purple, green and white. In East London they included red as well, representing their connection to working people. Make a suffragette sash or rosette.
2. As well as leading the East London Federation of Suffragettes, Sylvia Pankhurst was a talented artist. Using the resources in this pack, and what you have at home, design a protest banner on any issue you like.
3. The East London Suffragettes set up a toy factory, providing much needed work for local people. Make a toy from old socks, or whatever you can find around the house.
4. Families in East London had little money, and didn't always have enough to eat. The East London Suffragettes gave out free milk to babies, so they wouldn't go hungry. Make a milk based recipe.
5. During this time, there were a lot of Jewish people living in East London. A leading member of the East London Suffragettes was Minnie Lansbury, who was Jewish. Have a go at making some Jewish food. Alternatively, take a trip to the Jewish run *Beigel Shop* on Brick Lane, established in 1855.
6. The East London Suffragettes set up a canteen that sold cheap food, to help hungry families in the area. Sadly, many families still go hungry today. Food banks have been set up to help them, carrying on the suffragette tradition. Research ones in your local area, and make a donation.

For older children

Norah Smyth was an East London suffragette who also had an interest in photography. It's thanks to her that we can see what life was like for these women. Look online for some of her photos – what more do you learn from the images?

Challenge complete?

Make sure you are signed up to get next month's activity pack at <http://eepurl.com/bPjLpD>.

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www.eastlondonwomen.org.uk