



# The Groundbreakers Challenge

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## Discover the women who were brave enough to be the first.

Not that long ago, women were expected to be maids or mothers and not much else. They didn't always go to school, they weren't allowed careers, and they were expected to do everything their husband said. A lot of women were very sad. Some got so sad they became sick. They knew things had to change. But who was brave enough to go first? This month we discover some of those pioneering women.

### How to use this pack

How you use this pack is completely up to you. We encourage you to complete the activities as a family, as children will enjoy learning most when you are learning too.

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. Our guiding principle is that this is not history as you learnt it at school – this is exploring heritage through play, creation and imagination.

### Top tips

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

If podcasts aren't for you, we also have a blog. You can find one for this pack at [bit.ly/rebelwomen4](https://bit.ly/rebelwomen4)

If your child has learning difficulties and is finding the podcast and blog hard to access, we've broken the learning down into smaller chunks. See the "fun facts" scattered throughout this activity sheet.

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](https://www.pinterest.com/eastlondonwomen). For this pack see the *Groundbreaking Women* board.

# Activities

## Fun Fact

Parliament is where the Prime Minister and all the other people who run the country meet. For a very long time, only men could go there. In 1918, the first woman entered. Her name was Constance Markievicz. It would take another 70 years before a black woman was elected into Parliament. Her name was Diane Abbott, and her parents were from Jamaica.

1. Try some Jamaican food, such as jerk chicken or dumplings.
2. One of the first ships that brought Jamaicans to this country was called the HMT Empire Windrush. Make your own Windrush out of paper, and see how far you can sail it.

**For older children:** Read the Deep Dive about Diane Abbott, and draw, write or discuss how she inspires you. Maybe you would like to write to Diane and tell her directly. You can find her address on the website, *They Work For You*.

## Fun fact

Karpal Kaur Sandhu was born in a country called Zanzibar, and moved to Britain in 1962. She worked as a nurse, before becoming the world's first Asian woman police officer. And she worked right here in Walthamstow.

3. There are lots of other women who did things for the first time. Look at our Pinterest board for inspiration and use the coloured paper in your pack to make a paper chain, each link with the name of a pioneering woman.
4. Mary Anning was a fossil hunter. She was the first person to find the complete skeleton of a Plesiosaurus, which was a dinosaur who lived in the sea. Make your own fossils from salt dough. Afterwards, hide them around your home or local park, and get another member of your family to find them. Like Mary did.

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