

*Inspiring
Brown Girl
Adventures*

Simranjit Kaur

Sports

Once upon a time in a faraway land called India, there was a girl named Simranjit. She loved to punch and spar, so she learned to box like a superhero! Every day, she practiced throwing jabs and hooks until she became super strong.

One day, Simranjit decided to join a special boxing tournament called the Olympics. It was a big challenge because she had to fight against the toughest opponents in the world!

Simranjit faced many tough fights, but she never gave up. She listened to her coach, who said, "Keep going, and you'll become even stronger!" With each punch and every dodge, Simranjit got better and better.

Simranjit worked so hard that she won a special medal at the Olympics. Everyone cheered and clapped for her because she showed that with hard work, you can achieve your dreams.

Simranjit always says, ***"Even when things are tough, keep punching! You'll be amazed at what you can do!"***



Fun Questions to spark your **inner superhero!**

Think About Your Own Strength!

1 What activities make you feel strong and powerful, like Simranjit feels when she boxes?

I feel strong when I _____.

2. Simranjit practiced a lot to get better at boxing. What is something you practice every day to get better at?

I practice _____ every day.

3. Simranjit never gave up, even when things were tough. Can you think of a time when you didn't give up? What happened?

I didn't give up when _____.

4. If you could win a special medal for something you are really good at, what would it be?

I would win a medal for _____.

5. What are your dreams? What do you want to achieve with hard work and practice?

My dream is to _____.

Amandeep Kaur

Literature and Arts

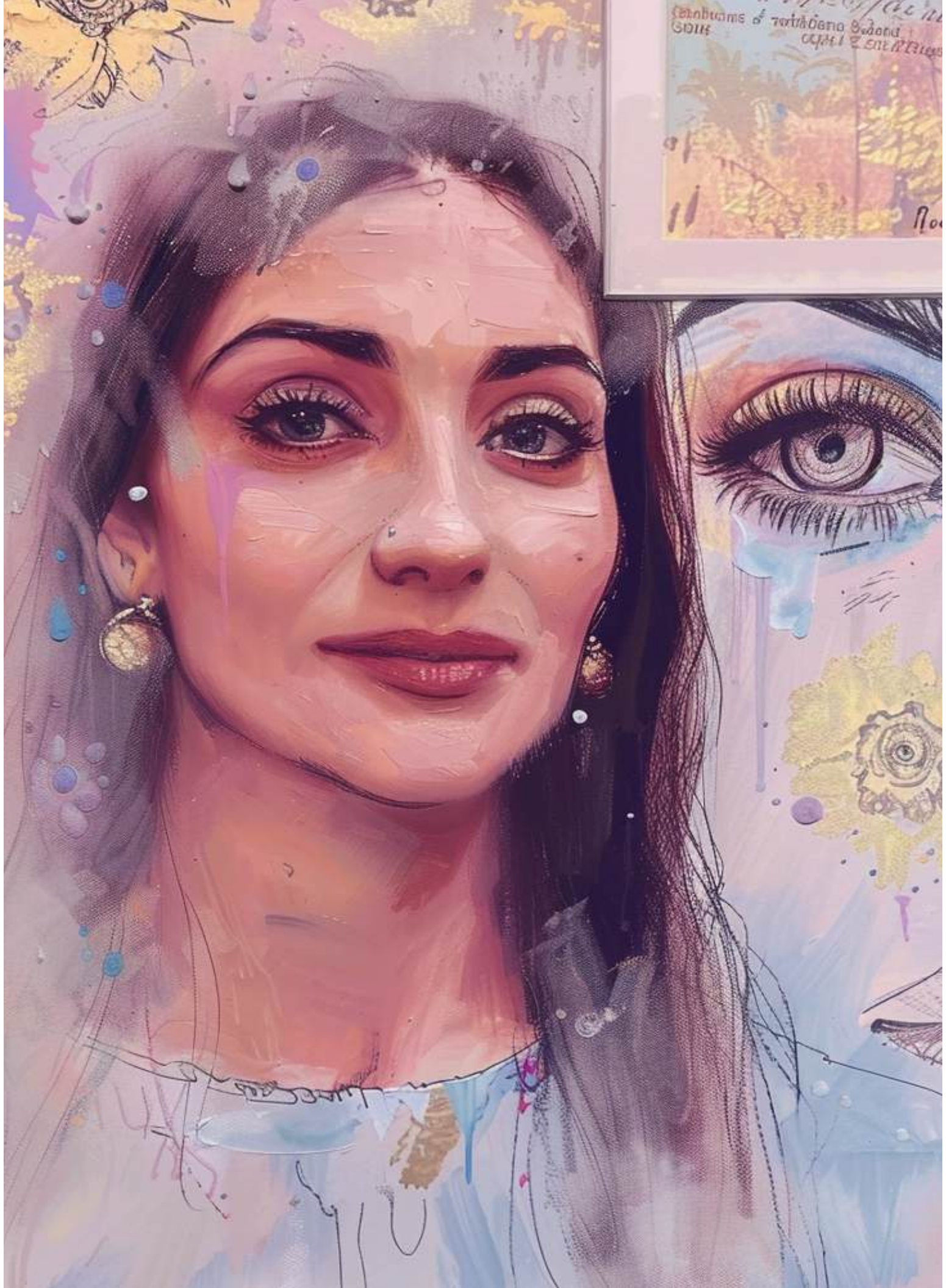
In a land full of words and rhymes, there lived a girl named Amandeep. She had a magic wand made of poems and stories, and wherever she went, happiness followed!

Sometimes, Amandeep felt shy about sharing her magical poems. She worried that people wouldn't like them, and that made her sad.

But then, Amandeep remembered what her grandma said: "Your words are like shining stars; they light up the darkest nights!" So, she bravely shared her poems with everyone. And guess what? People loved them, and she made lots of new friends.

Amandeep's poems were so wonderful that she became a famous spoken word artist. She used her words to talk about important things like being kind and fair, and she inspired many people.

Amandeep always says, ***"Your words are magic! Share them with the world, and you'll make everyone smile!"***



Unleash Your Creative Powers

Spark Your Inner Poet

Discover Your Inner Poetry!

1 Amandeep Kaur used her magical poems to spread happiness. What makes you happy, and how can you share that happiness with others?

I feel happy when _____.

2. Amandeep was inspired by her grandma's wise words about her poems being like shining stars. Who inspires you to be creative, and how do they encourage you?

I am inspired by _____ because _____.

3. Amandeep was shy about sharing her poems at first. Is there something you feel shy about but want to try? What can you do to feel more confident?

I feel shy about _____, but I can _____ to feel more confident.

4.If you could write a poem about something important to you, what would it be about?

My poem would be about _____.

5. Amandeep became a famous spoken word artist. What talents do you have that you want to share with the world someday?

One day, I want to share my talent for _____.

Zaila Avant-garde

Spelling Bee

Once upon a time in Harvey, Louisiana, lived a bright and energetic girl named Zaila. She loved to read and learn new words.

One of her favorite things to do was to read big dictionaries, learning all the amazing words inside. Zaila also had a special talent for basketball. She could dribble three balls at the same time and even set world records for it!

One day, Zaila decided to join a big spelling contest called the Scripps National Spelling Bee. She knew it would be very hard because she would compete against many other smart kids. Zaila studied hard every day, learning hundreds of new words. She faced many challenges, like remembering the spelling of tricky words and staying focused during long study sessions.

But Zaila never gave up. She believed in herself and kept practicing. On the day of the contest, Zaila spelled every word correctly, even the really difficult ones! She became the first African-American girl to win the contest. Everyone cheered for her, and she showed that with hard work and passion, you can achieve great things.

Zaila says, ***"You have to keep pushing. Even when it gets tough, believe in yourself and never give up."***





Pallavi Mahidhara

Music

Once, in Washington, D.C., there was a little girl named Pallavi who loved to play the piano.

Her mother, who was also a pianist, taught her how to play. Pallavi practiced a lot, learning new pieces and perfecting her skills. She loved the way music made her feel and wanted to share it with others.

As Pallavi grew older, she faced many challenges. Some of the piano pieces were very difficult, and she had to practice for hours to get them just right.

Sometimes, she felt frustrated and wanted to give up. But Pallavi's mother encouraged her to keep trying and to believe in herself.

Pallavi's hard work paid off. She started playing in concerts all over the world. People loved her music, and she won many competitions.

Pallavi's dream was to share her love of piano music with everyone, and she worked very hard to make that dream come true.

Pallavi says, ***"When you play music, you tell a story. Practice makes you better, and sharing your music can make people happy."***



Harnaam Kaur

Activist

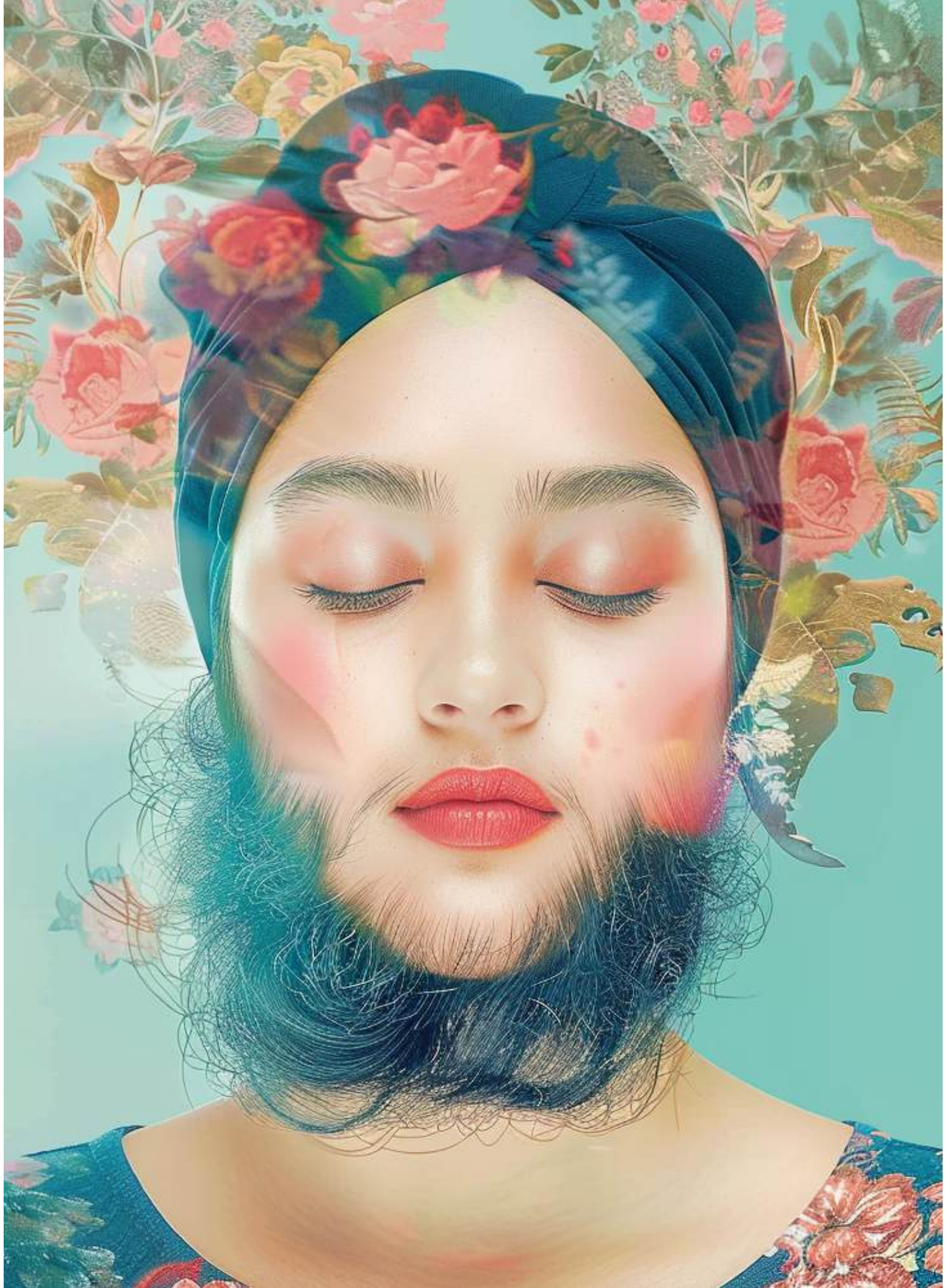
Once upon a time in a place called England, there was a brave girl named Harnaam. Harnaam was special because she had a beautiful beard that made her look unique. She loved her beard, but sometimes people didn't understand and made fun of her.

Sometimes, people said unkind things to Harnaam because she looked different. This made her feel sad and scared to show her true self.

But then, Harnaam remembered what her mom always told her: "You're perfect just the way you are!" Harnaam decided to be brave and stand tall. She started telling everyone that being different was something to be proud of, not ashamed of.

Harnaam's courage inspired many people around the world. She became a famous motivational speaker, spreading the message that everyone should love themselves just as they are. Harnaam showed everyone that true beauty comes from being yourself.

Harnaam always says, ***"Be brave, be bold, and be yourself! That's the most beautiful thing you can be!"***



Yara Shahidi

Politics and Activism

In the lively city of Minneapolis, there was a girl named Yara. Yara loved acting and was very good at it. She was on a TV show called "Black-ish," where she made many people laugh and think.

But Yara also cared a lot about making the world a better place. Her parents taught her about fairness and justice, and she wanted to help others.

Yara faced the challenge of balancing her acting career with her activism. She wanted young people to vote and speak up for what they believed in.

She started an organization called Eighteen x 18 to help young people understand the importance of voting. It was hard work, but Yara was determined.

She used her voice to talk about important issues like racial and gender equality. Yara's family and their teachings inspired her to keep going, even when things were tough.

Yara says, ***"You are never too young to make a difference. Stand up for what you believe in and use your voice for good."***



Sofia Ashraf

Politics and Activism

In the colorful city of Chennai, India, lived a girl named Sofia who loved to sing and rap. But Sofia didn't just sing about anything; she sang about important things like keeping the environment clean.

One day, Sofia heard about a place called Kodaikanal where a factory was making people sick with mercury. She decided to make a song to tell everyone about it.

Making the song was a challenge. Sofia had to find all the facts and make sure her song was powerful enough to make people listen.

She worked very hard, even when some people didn't believe she could make a difference.

But Sofia didn't give up. Her song "Kodaikanal Won't" became very famous and helped people learn about the problem. Sofia showed that music could be powerful and help make the world a better place.

Sofia says, ***"Your voice is powerful. Use it to speak up for what's right and help make the world a better place."***



Karenjeet Kaur

Sports

Once upon a time in a place called England, there lived a girl named Karenjeet. Karenjeet was very strong and loved to lift heavy weights. She dreamed of becoming a powerlifter, which is someone who lifts very heavy things to show how strong they are.

Karenjeet had a big challenge. She wanted to be the first female Sikh powerlifter to represent Team Great Britain. Some people thought girls couldn't be strong or lift heavy weights, and this made Karenjeet feel sad sometimes.

But Karenjeet didn't let those thoughts stop her. She trained hard every day, lifting heavier and heavier weights. She remembered what her dad said: "You can do anything if you work hard and believe in yourself!" Karenjeet kept pushing herself, even when it was tough.

All her hard work paid off when Karenjeet was chosen to represent Team GB in powerlifting! She showed everyone that girls can be strong and do amazing things. Karenjeet broke many records and inspired other girls to believe in themselves too.

Karenjeet always says, ***"You can break any stereotype if you work hard and never give up. Be strong, be proud, and follow your dreams!"***



Ridhima Pandey

Climate Change

In the town of Haridwar, India, there was a brave little girl named Ridhima. She loved nature and wanted to protect it. When she was just 9 years old, she saw that the Earth was getting too hot because of pollution. Ridhima decided to do something about it.

Ridhima filed a lawsuit against the Indian government for not taking enough action on climate change. It was a very brave thing to do, but it was also very challenging.

Many people told her that she was too young to make a difference, but Ridhima believed that every person, no matter how young, could help protect the planet.

She worked hard to learn everything she could about climate change and talked to many people to get them to care about the environment.

Ridhima's courage and determination inspired many others to join her in fighting for a cleaner, healthier planet.

Ridhima says, ***"We have only one Earth. It's our job to take care of it, and even kids can make a big difference."***



Kiara Nirghin

Climate Change

In South Africa, there lived a clever and curious girl named Kiara. Kiara loved science and wanted to help solve problems.

One big problem she noticed was that during droughts, farmers didn't have enough water for their crops. This made Kiara very sad because she knew how important food and water were.

One day, Kiara had an idea. She wondered if she could create something that could help the soil hold water better during droughts. After many experiments and a lot of hard work, she invented a special mixture made from orange peels and avocado skins. This mixture could absorb water and help keep the soil moist for longer periods.

Kiara faced many challenges. Some experiments didn't work, and sometimes she felt like giving up. But Kiara believed in her idea and kept trying. Her invention won the Google Science Fair, and she showed the world that even a young person could make a big difference.

Kiara says, ***"Never stop being curious. Even small ideas can solve big problems if you believe in them and work hard."***



Harleen Kaur

Sports

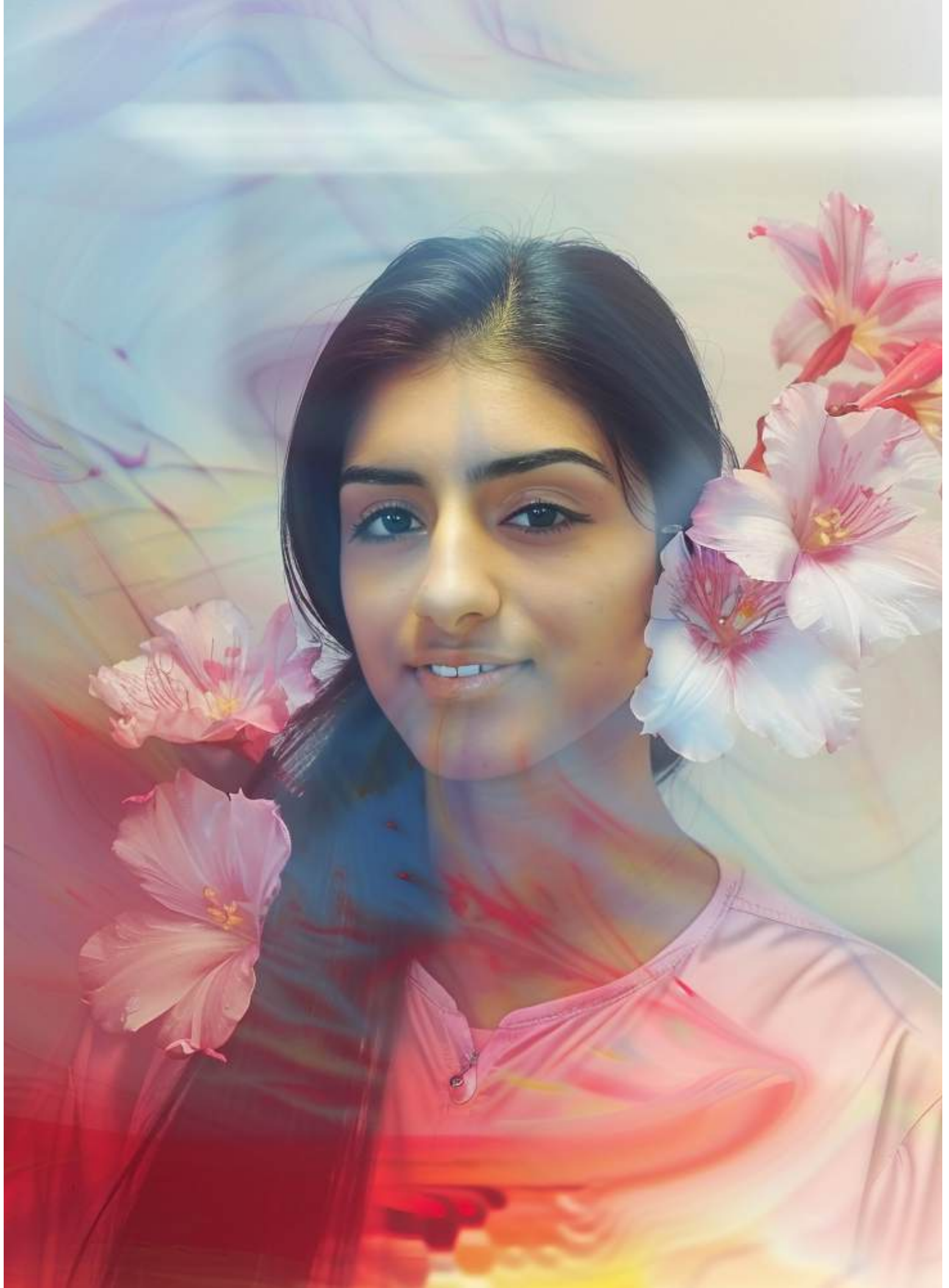
Once upon a time, there was a spirited girl named Harleen who loved karate. Harleen lived in a vibrant community where she saw that not everyone got the same chances to play sports, especially girls. This made her feel very sad because she believed everyone should have the same opportunities to enjoy sports and be strong.

Harleen faced a big challenge. She wanted to be a champion and also help other girls get the same chances to play sports. Some people thought that sports were just for boys, which made it hard for Harleen to follow her dreams.

But Harleen didn't let those thoughts stop her. She trained hard, and her hard work paid off when she became a WMKF World Champion Silver Medalist! Harleen showed everyone that girls can be champions too.

Not only did Harleen become a champion, but she also became a passionate representative for the Asian Sports Foundation. Harleen spoke out about gender equality and inspired many other girls to join sports and believe in themselves.

Harleen always says, ***"Sports are for everyone! We all deserve the chance to play and be strong. Believe in yourself, and you can achieve anything!"***



Gitanjali Rao

Robotics and Engineering

In a place called Lone Tree, Colorado, there lived a bright and inventive girl named Gitanjali. Gitanjali loved science and wanted to help people.

One day, she heard about a big problem in a place called Flint, Michigan. The water there was dirty and full of lead, which made people sick. Gitanjali decided to do something about it.

She invented a special device called Tethys that could quickly test water for lead. Gitanjali worked very hard on her invention, spending many hours researching and testing. She faced challenges like making sure her device worked correctly and finding ways to improve it.

Despite the difficulties, Gitanjali didn't give up. Her invention was a success, and she was named TIME's Kid of the Year in 2020.

Gitanjali's work showed that young people could use science and technology to solve important problems.

Gitanjali says, ***"If you see a problem, don't wait for someone else to fix it. You have the power to make a difference."***



Samaira Mehta

Robotics and Engineering

In Silicon Valley, California, lived a young coder named Samaira. Samaira loved playing games and creating new things.

She wanted to teach other kids how to code, but she knew that sometimes learning to code could be difficult and boring.

Samaira had an idea to create a fun board game called CoderBunnyz. This game would help kids learn how to code while playing and having fun.

She worked very hard to design the game, test it, and make it better. Samaira faced challenges like making the game easy to understand and finding ways to share it with other kids.

But Samaira didn't give up. Her game became very popular, and she started teaching coding workshops for kids. She showed that learning could be fun and that anyone could learn to code.

Samaira says, ***“Learning should be fun and exciting. Don't be afraid to try new things and share your ideas with the world.”***



Snatam Kaur

Music

Once upon a time in America, there was a girl named Snatam who loved to sing. she loved to sing songs that made people feel happy and peaceful. These songs were special because they were devotional music called kirtan.

Snatam wanted to share her beautiful music with the whole world, but sometimes people didn't understand kirtan or why it was important. This made Snatam feel a little sad, but she knew in her heart that her music could bring peace to many people.

Snatam didn't let this stop her. She practiced her singing every day and wrote many beautiful songs. She started to tour around the world, singing her peaceful kirtan music. People began to see how special her music was, and they felt the love and peace in her songs.

Snatam's music became very popular, and she received many awards for her beautiful singing. She became a peace activist, using her songs to bring people together and make the world a happier place. She showed everyone that music can be a powerful way to spread love and kindness.

Snatam always says, ***"Music is a gift that can bring peace to the world. Sing from your heart, and you can touch people's souls."***



Maanasa Mendu

Science

In Ohio, there lived a creative and inventive girl named Maanasa.

Maanasa loved science and wanted to help people in need.

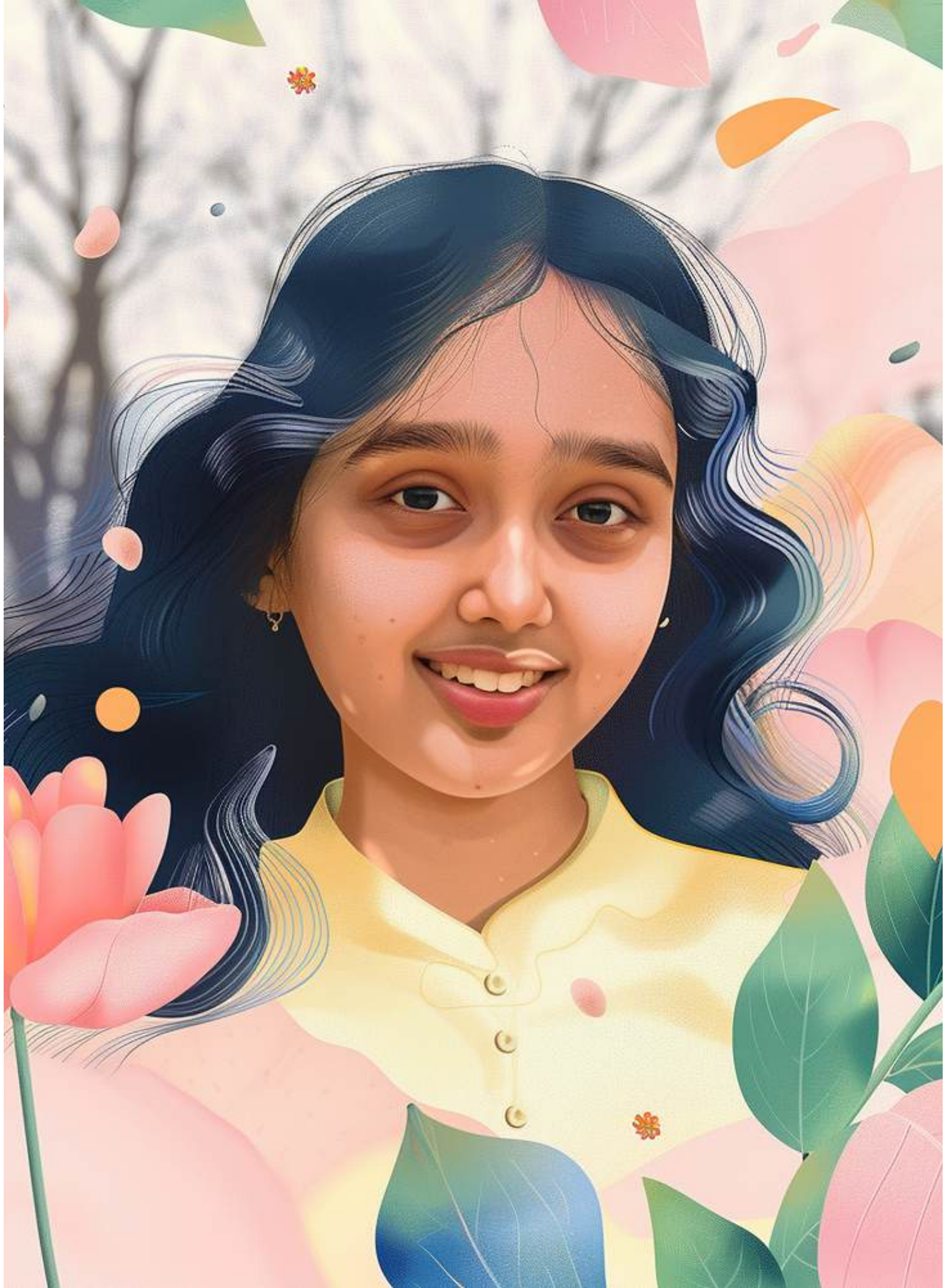
She noticed that many places in the world didn't have enough electricity, which made life very hard for the people living there.

Maanasa decided to invent something that could help. She created a device that used wind and solar power to generate electricity.

Her invention was called HARVEST, and it could provide clean energy to places that needed it most. Maanasa faced many challenges, like making sure her device worked in different conditions and finding ways to improve it.

Despite these challenges, Maanasa worked hard and never gave up. Her invention won the Discovery Education 3M Young Scientist Challenge, and she showed that even a young person could help bring light to the world.

Maanasa says, ***"Always believe in your ideas. With hard work and creativity, you can solve problems and help others."***



Muzoon Almellehan

Literature and Arts

In Syria, there was a brave and determined girl named Muzoon. When she was very young, her family had to leave their home because of a war.

They moved to a refugee camp, and life was very hard. But Muzoon loved to learn and believed that education was very important.

Even in the refugee camp, Muzoon worked hard to continue her education. She saw that many girls didn't have the chance to go to school, and this made her sad. Muzoon decided to speak up and tell the world that all children, especially girls, should have the right to go to school.

She faced many challenges, like convincing people to listen to her and finding ways to help more girls get an education. But Muzoon didn't give up. Her hard work and determination made her a UNICEF Goodwill Ambassador, and she inspired many people around the world.

Muzoon says, ***"Education is the key to a better future. Never give up on your dreams, no matter how hard life gets."***



Jaspreet Kaur

Poet & Author

Once upon a time, there was a girl named Jaspreet who loved words. She enjoyed reading books, writing poems, and telling stories. Jaspreet became a spoken word artist, which means she performed her poems out loud for people to hear.

Jaspreet wanted to talk about important things like how boys and girls should be treated the same. Some people thought these topics were too serious to discuss.

But Jaspreet didn't let that stop her. She used her powerful voice and her love for words to write beautiful poems and stories. She performed her poems on stages and in classrooms, helping people understand these important topics in a simple way.

Jaspreet's poems and stories touched many hearts. She became a well-known poet, writer, and history teacher. She inspired many people to think about important issues and to talk about things that were once considered too hard to discuss.

Jaspreet always says, ***"Words have the power to make us think, feel, and understand. Use your voice to talk about what matters."***



Anvita Gupta

Education and Innovation

In the sunny state of Arizona, there lived a smart and curious girl named Anvita. Anvita loved science and wanted to help find cures for diseases.

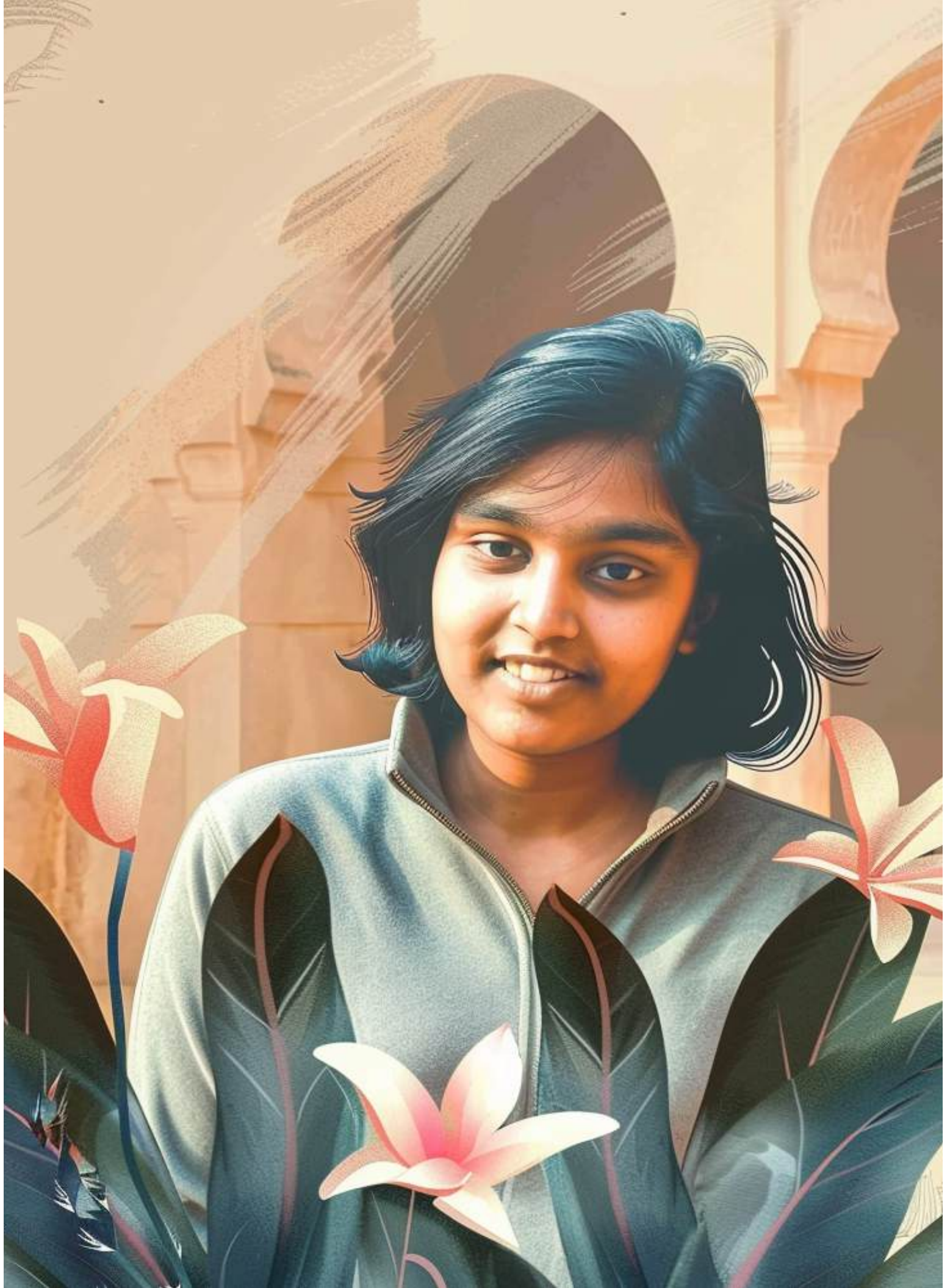
She noticed that many people were suffering from illnesses like cancer, tuberculosis, and Ebola, and she wanted to do something to help them.

Anvita decided to use her computer skills to develop new ways to find drugs that could treat these diseases. She faced many challenges, like learning complex science and making sure her computer programs worked correctly.

Anvita spent countless hours researching and testing her ideas. Despite the difficulties, Anvita's hard work paid off. She developed computer algorithms that helped scientists find new drugs more quickly and effectively.

Her work won her many awards and showed that even young people could make a big difference in the world of medicine.

Anvita says, ***"Don't be afraid to tackle big problems. With dedication and hard work, you can achieve amazing things."***





Pritpal Kaur

STEM and Innovation

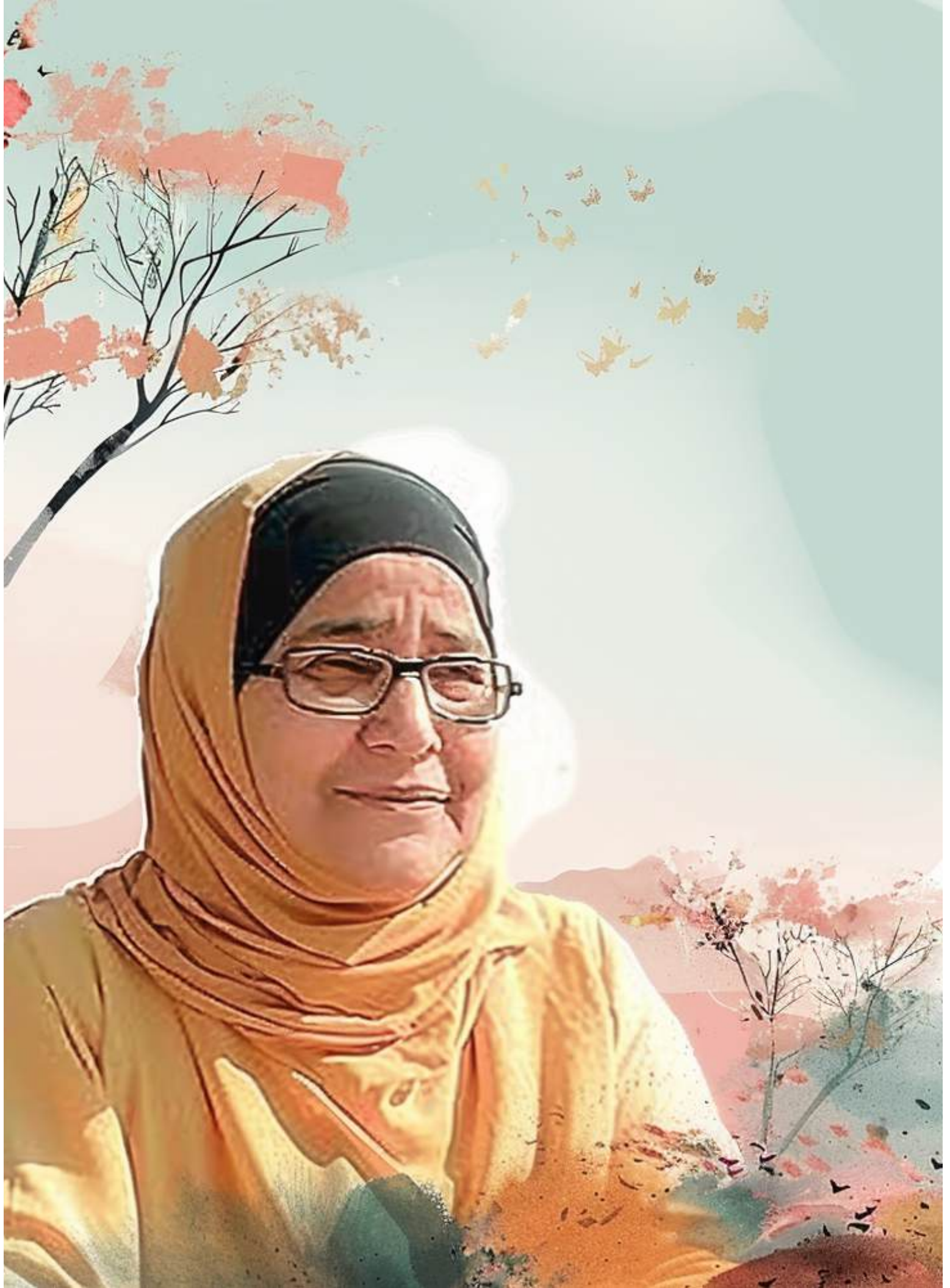
Once upon a time, there was a girl named Pritpal who loved learning about the world. She dreamed of becoming a scientist. Pritpal grew up to be a devout Sikh and a brilliant scientist in STEM (Science, Technology, Engineering, and Mathematics).

Not many women, especially from diverse backgrounds, were in STEM fields. Some people thought science wasn't for everyone, making it hard for Pritpal.

Pritpal didn't let that stop her. She studied hard, worked in universities and the pharmaceutical industry, and showed how important diversity is in science. She encouraged other women and people from diverse backgrounds to join STEM.

Pritpal had a thriving career in STEM for over three decades, making important discoveries and helping many people. She became a role model, showing that diversity in science leads to better ideas and solutions.

Pritpal always says, "***Science needs all kinds of minds. Don't let anyone tell you that you don't belong. We need your ideas to make the world better.***"





Silvia