

# ISABEL ALLENDE

## Finding Your Voice



**Dream Team, welcome to the Barbie Podcast Activity Guide!** This guide is part of the Barbie Dream Gap project. The Dream Gap is anything that comes between us and our limitless potential. Everybody, even award winning authors like Isabel Allende, have a journey to realize their dreams. These Activity Guides remind us that “You can be anything” by practicing our dreaming skills together. Practicing these skills helps us build confidence. Confidence and connection are the fuel that make dreams possible.

By doing this activity together girls and their adults will:

- Deepen their learning of Isabel Allende’s powerful story and example;
- Get to know each other better, and what might be making it hard to follow their own dreams;
- Practice being creative together; and
- Learn what each other needs to keep the creative juices flowing.

### CHECK IN QUESTION

Isabel Allende said that when she was growing up she wanted to feel powerful. Feeling powerful can mean lots of different things, like powerful in your body, or powerful to influence a group of people, or powerful to decide something for yourself.

**What makes you feel powerful? This can be any type of power.**

Both adults and young people should share what makes them feel powerful.

### FEELINGS CHECK IN

One type of power is the power of knowing how you feel. When we don’t know how we feel it is hard to stay connected to our most powerful selves.

Isabel Allende said that when she felt angry and frustrated growing up that anger and frustration was good because it motivated her to move forward into something positive.

**When has your anger or frustration helped you move forward?**

Adults should share feelings too, and validate that any feelings, especially anger and frustration, are okay, even important, to feel. For example, you might share that you feel powerful when playing a favorite sport, or when you art in school, when making an announcement in class, or when speaking up for someone who needs help.

### ACTIVITY

Creativity is an important practice for everybody to cultivate. Being creative helps us when challenges come our way, or to create new ways of doing things, or to express ourselves in our own unique way.

**Let’s make a story together!** First, decide on a mode for creativity. Blank Page Kid liked to write, but creativity happens in lots of different ways.

Do you want to use:

- A writer’s notebook
- A phone to record our story
- Other ideas?
- A drawing page
- Toys or Barbie to act out

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### ACTIVITY continued

**Just like Barbie “Brooklyn” and Barbie “Malibu” looked around the beach, start with observation.** What are two things you can spot in your environment that make you curious? Pick the one that gets you most excited.

**Next, brainstorm.** Barbie “Brooklyn” and Barbie “Malibu” got ideas from a newspaper story. Do you have books, magazines, catalogs, or toys that can spark your brainstorm? Let's find some wild ideas for locations and characters. If you have too many ideas, you can put them in a hat and pick them out.

**Last step, and maybe the most fun part, collaborate.** One of you can start the story, and then pass it to the other person, and can pass it back and forth until you get to an ending. See if you can find an ending in less than three turns each.

Celebrate your story by taking a photo, recording the sound, or putting it on the refrigerator. It helps build creative confidence to celebrate the process, even if the finished product doesn't feel perfect.

### CLOSING QUESTION

**What is one thing that you appreciate about your creative partner today? Take a moment to thank them for that quality.**

Both adults and young people should thank each other for the quality they admire. From a very young age, girls are often celebrated for how they look on the outside, so it is especially important to also recognize girls for their invisible, internal strengths.

Congratulations on practicing dreaming together. You are both so lucky to have a buddy to flex your imagination muscle with. Tune into the next Barbie podcast episode to learn about other inspirational changemakers, and to have fun learning together.

### BONUS CONVERSATIONS

Isabel Allende said that Blank Page Kid didn't have writer's block, her reservoir was just empty. Do you know what a reservoir is? A reservoir is a source. It usually refers to a water source, like a lake, but here we are talking about the source of ideas being empty. **What activities fill up your idea reservoir? How would you want to capture these ideas? In a notebook like Isabel Allende, or a sketch pad, or a voice memo on the phone?**

Isabel Allende has Barbie “Malibu” and Barbie “Brooklyn” create a story collaboratively, by doing it together. Sometimes creating something with another person can be hard. **What might make it hard to hand over control of an idea? What might make it fun? Would this be helpful if you were stuck trying to come with ideas? Are there times this wouldn't work for you?**

Isabel Allende refers to an idea as a seed. **Is there anything I can do to help your seeds grow? What helps you be creative?** For some folks it is music, for others it is silence, for some it is collaboration, for others it is alone time, for some a computer helps get a story out, and for others it helps to have a space where you can get messy with paints. Let's share what we both need.