

KATYA ECHAZARRETA

Reaching for the Stars



Welcome to the very first 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 astronauts like Katya Echazarreta, have to work hard to make their dreams come true. These Activity Guides remind us that “You can be anything” by practicing 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 from Katya’s powerful story of following her dream;
- Get to know each other better, and what might be making it hard to follow their own dreams;
- Practice dreaming (yes, dreaming takes practice!); and
- Learn what each other needs to keep flexing that dreaming muscle!

CHECK IN QUESTION

Just like every episode begins with a question from a reader, you’re invited to begin engaging with this podcast episode by asking each other a question of your own. Adults should be ready to answer the question too.

Kat and “Lost In Space” have the same dream, of traveling to space. Everyone has very different dreams and there is no such thing as a dream that is bad.

What dreams do you have? What makes you want those dreams or that dream?

Both adults and young people should share their dreams.

FEELINGS CHECK IN

[Here is the emotional video](https://www.youtube.com/shorts/5UsF_LOGJ5Y) of Katya sharing with her mom that she has been selected to go to space: https://www.youtube.com/shorts/5UsF_LOGJ5Y

How do you think Katya felt sharing this news with her mom? Does anything make you feel that way? How do you think her mom felt? Is there anything that makes you feel that way?

Adults should share feelings too, and validate that any feelings shared are okay to feel. Katya’s mom might be feeling proud and scared at the same time. This video is a great example of feeling more than one thing at the same time.

ACTIVITY

Imagination is a powerful tool that can influence our thoughts, actions, and creations. Imagination helps us transcend limitations, like people who tell us that our dreams aren’t possible. Imagination kept Katya motivated to do the hard work of becoming an astronaut through years of struggles.

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ACTIVITY, CONTINUED

Let's flex our imagination muscles together. Adults usually need more practice with this than kids. Katya shared her vision for her dream with us using words, but there are lots of ways to imagine your dream. You can:

- Draw a picture, and add your favorite details
- Write out your dream
- Cut out pictures from a catalog and create a collage about your dream
- Take out your Barbie doll or other toys and act your dream
- Or other ways that you like to express yourself

To help each other imagine your dream, try sharing the 5 senses, what does your dream **LOOK** like, **SOUND** like, **FEEL** like, and even **SMELL** or **TASTE** like?

Share your imagination with each other. You don't have to express it in the same way. Everyone has different ways of exploring their imagination. There is no bad approach.

CLOSING QUESTION

What is one thing you shared about yourself that you like about yourself?

Both adults and young people should share. It is important for girls to normalize self-love, flexing that confidence muscle, and to see adults doing the same.

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

When Barbie "Malibu" and Barbie "Brooklyn" mess up the introduction, they say, "We should practice that." This is an example of a growth mindset. Growth mindset, like imagination, is helpful, because it helps you keep going. **Is there anything you're working on where it would be helpful to tell yourself, "We should practice that?"**

Katya says she is glad that "Lost in Space" wrote the note because she doesn't want her to be alone in feeling sad and confused. Often the hardest part of hard feelings is thinking we are the only one feeling that way. This is why it is so helpful to express feelings and not keep them bottled up inside. **Are there any feelings that you can share to stop being alone in those feelings?** *Adults need to role-model being vulnerable here, for example, "I felt embarrassed when I made a mistake at work today," or "I felt guilty for not including someone."*

Katya talked about the self-care practiced in college, like getting enough sleep and eating right. **Are there any self-care practices that you are really great at? Are there any that you could use my help to practice?**