

4-H Women's History Month 30 Days Challenge

Women's History Month is an annual observance to highlight the contributions of women to events in history and contemporary society.

Are you ready to take the challenge and complete a Women's History Month activity each day in February in this state-level Experience awards-eligible activity?

30 days challenge

1. Interview or watch an interview of a female doctor.
2. Listen to 3 songs by a female artist you have never heard of.
3. Visit a local store owned by a woman in your county.
4. Interview or watch an interview of a female police officer.
5. Watch a tv show about empowering women ask at your library for recommendations.
6. Research Jane Addams and the Hull House she started for women and children of Chicago.
7. Watch a movie about empowering women like Little Women. Ask at your library for recommendations.
8. Choose a book written by a woman for your to be read list.
9. Interview or watch an interview of a female Government Official.
10. Read a poem written by Gwendolyn Brooks, the first African American woman to win the Pulitzer Prize.
11. Learn the history of Ida Wells who was an early leader in Civil Rights.
12. View three paintings that were painted by a woman. Ask your library for art resources.
13. Interview or watch an interview of a Female Fire Fighter.
14. Eat at a local restaurant owned by a woman.
15. Research Marie Curie and see what great things she did in science.
16. Listen to a podcast that is produced by a woman.
17. Learn about Rosa Parks and the Civil Rights she fought for.
18. Interview or watch an interview of a female attorney.
19. Watch a movie about empowering women like Hidden Figures. Ask at your library for recommendations.
20. Watch a notable dance sequence choreographed by a woman. Ask at your local library for resources.
21. Look up Sally Ride and find out what great things she did at NASA.

22. Read about a play/musical that was written about empowering women.
23. Learn about or watch the movie Temple Grandin. Ask at your local library to get a copy!
24. Research Emmeline Pankhurst and her movement with the suffragettes.
25. Find 3 famous fashion designers that are women. You can use a computer or look in books at your local library!
26. Give a presentation to a friend or family member about a famous woman in history.
27. Learn about Amelia Earhart and her journey as a pilot.
28. Interview or watch an interview of a female EMT.
29. Watch the movie or learn something about the story that inspired the movie A League of Their Own. Ask at your local library to get a copy!
30. Learn about Harriet Tubman and her work with the underground railroad.
31. Write a note to a woman who inspires you.

Take a picture of you with your completed calendar and an activity you did and submit it to: go.illinois.edu/HeritageMonthActivity.

Remember to include this in your Experience Award application as a state level experience.