



# Hope at Hand

## “Still I Rise”

### Directions

1. Start: Talk to students about rising above their hardships.
2. Read: “ Still I Rise” by Maya Angelou.  
Speak to the students about how that makes them feel.
3. Discuss: the meaning behind “ The Legend of the Phoenix”. Tell the students what the Phoenix is and why it's important.
4. Write: Have the participants fill in the blanks about positive self-talk. Have the participants share if time permits.
5. Art: Coloring and decorating the Phoenix.

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

### Materials

Colored pencils, crayons, or markers.

# Still I Rise

by Maya Angelou

You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.  
Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like teardrops,  
Weakened by my soulful cries?

Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold mines  
Diggin' in my own backyard.

You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I'll rise.

Out of the huts of history's shame  
I rise

Up from a past that's rooted in pain  
I rise

I'm a black ocean, leaping and wide,  
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear  
I rise

Into a daybreak that's wondrously clear  
I rise

Bringing the gifts that my ancestors gave,  
I am the dream and the hope of the  
slave.

I rise

I rise

I rise.

## Rise

**Verb:** Move from a lower position to a higher one;  
on or go up

**Noun:** An upward movement; an instance of  
becoming higher

“How can you rise if you have not burned?”  
– Hiba Fatima Ahmad

### Legend of The Phoenix:

In Greek mythology, a phoenix is a long-lived bird that cyclically regenerates or is otherwise born again, or burns up and becomes new over and over and over. Associated with the sun, a phoenix obtains new life by arising from the ashes of what it was before. According to legend, the phoenix dies in a show of flames and combustion and is reborn new from the ashes.

## Rise

**Verb:** Move from a lower position to a higher one;  
on or go up

**Noun:** An upward movement; an instance of  
becoming higher

“How can you rise if you have not burned?”  
– Hiba Fatima Ahmad

### Legend of The Phoenix:

In Greek mythology, a phoenix is a long-lived bird that cyclically regenerates or is otherwise born again, or burns up and becomes new over and over and over. Associated with the sun, a phoenix obtains new life by arising from the ashes of what it was before. According to legend, the phoenix dies in a show of flames and combustion and is reborn new from the ashes.

You may say that I am **(Negative)** \_\_\_\_\_

\_\_\_\_\_ But still I rise

I may have been through **(Experiences)** \_\_\_\_\_

\_\_\_\_\_ But still I rise

I may be going through **(Experiences)** \_\_\_\_\_

\_\_\_\_\_ But still I rise

I am **(Positive)** \_\_\_\_\_

\_\_\_\_\_ I rise

I am **(Positive)** \_\_\_\_\_

\_\_\_\_\_ I rise

**(Your Name)** \_\_\_\_\_

\_\_\_\_\_ Will rise

You may say that I am **(Negative)** \_\_\_\_\_

\_\_\_\_\_ But still I rise

I may have been through **(Experiences)** \_\_\_\_\_

\_\_\_\_\_ But still I rise

I may be going through **(Experiences)** \_\_\_\_\_

\_\_\_\_\_ But still I rise

I am **(Positive)** \_\_\_\_\_

\_\_\_\_\_ I rise

I am **(Positive)** \_\_\_\_\_

\_\_\_\_\_ I rise

**(Your Name)** \_\_\_\_\_

\_\_\_\_\_ Will rise







# I Rise

