

THE WEEKLY CHALLENGE

with Tina Ramos Ekongo

for International Women's Day

Celebrate your feminist icon.

Create your own painting or artwork inspired by them, their words and how they have impacted the world around them.

Take inspiration from Tina portraits of her icons and their quotes, below, or choose your own. Use any materials you have around you - paint, pastels, pencils or collage on paper or cardboard - anything goes!



Coretta Scott King (April 27, 1927 – January 30, 2006) was an American author, activist, civil rights leader, and the wife of Martin Luther King Jr. An advocate for African-American equality, she took on the leadership of the struggle for racial equality herself and became active in the Women's Movement. King founded the King Centre, and sought to make his birthday a national holiday. She later broadened her scope to include both advocacy for LGBTQ rights and opposition to apartheid.

"Women, if the soul of the nation is to be saved, I believe that you must become its soul."

Maya Angelou (April 4, 1928 – May 28, 2014) was an American poet, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees.

"How important it is for us to recognize and celebrate our heroes and she-roses!"





Amanda Gorman (born March 7, 1998) is an American poet and activist. Her work focuses on issues of oppression, feminism, race, and marginalization, as well as the African diaspora. Gorman was the first person to be named National Youth Poet Laureate. She published the poetry book *The One for Whom Food Is Not Enough* in 2015. In 2021, she delivered her poem "The Hill We Climb" at the inauguration of U.S. President Joe Biden.

"There is always light. If only we're brave enough to see it. If only we're brave enough to be it."

Malala Yousafzai often referred to as Malala is a Pakistani activist for female education and a Nobel Peace Prize laureate. She is the world's youngest Nobel Prize laureate, and second Pakistani to ever receive a Nobel Prize. She is known for human rights advocacy - the education of women and children in her native Swat Valley in Khyber Pakhtunkhwa, northwest Pakistan, where the Tehrik-i-Taliban Pakistan had at times banned girls from attending school.

"I speak not for myself, but for all girls and boys. I raise up my voice – not so that I can shout, but so that those without a voice can be heard. Those who have fought for their rights: Their right to live in peace"

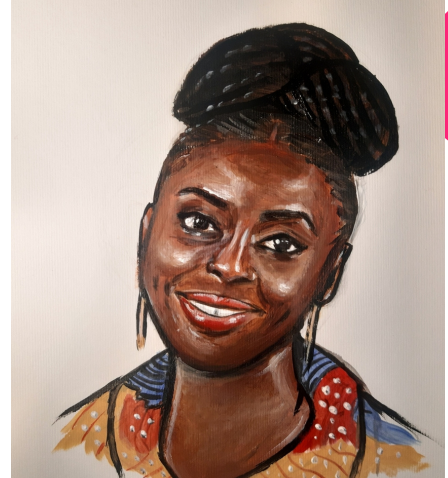


Laverne Cox (born May 29, 1972) is an American actress and LGBTQ+ advocate. She rose to prominence with on the Netflix series *Orange Is the New Black*, becoming the first transgender person to be nominated for a Primetime Emmy Award in an acting category.

"A lot of what feminism is about is moving outside of roles and moving outside of expectations of who and what you're supposed to be to live a more authentic life".

Chimamanda Ngozi Adichie (born 15 September 1977) is a Nigerian writer whose works include novels, short stories and nonfiction. She was described in The Times Literary Supplement as "the most prominent" of a "procession of critically acclaimed young Anglophone authors which is succeeding in attracting a new generation of readers to African literature"

"Feminist as "a person who believes in the social, economic and political equality of the sexes".



Frida Kahlo (6 July 1907 – 13 July 1954) was a Mexican painter known for her many portraits, self-portraits, and works inspired by the nature and artefacts of Mexico. Inspired by the country's popular culture, she employed a naïve folk-art style to explore questions of identity, post colonialism, gender, class, and race in Mexican society. Her paintings often had strong autobiographical elements and mixed realism with fantasy. She is known for painting about her experience of chronic pain.

"I don't paint dreams or nightmares; I paint my own reality."

All pictured artworks by
Tina Ramos Ekongo.