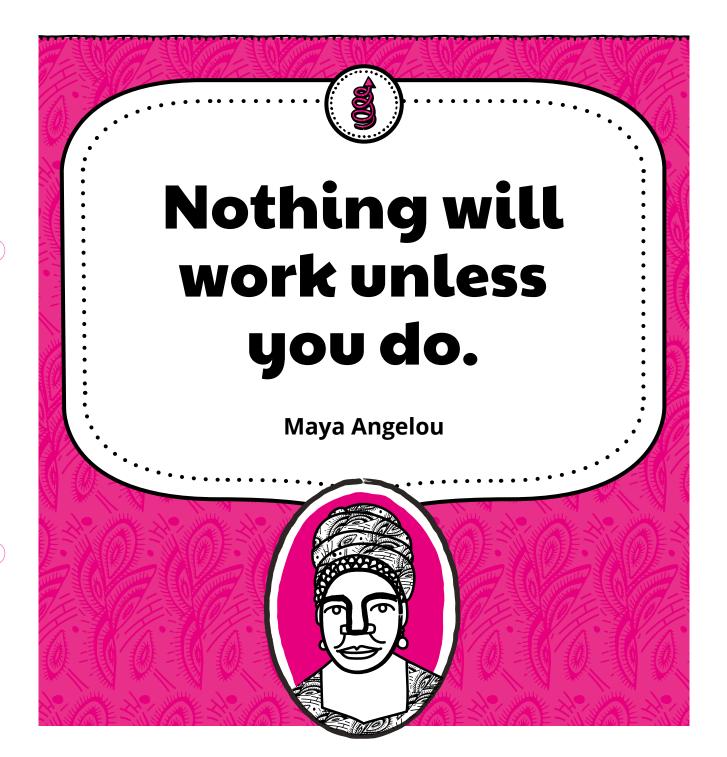
**Prompt Card** 



**Maya Angelou** suffered abuse at a young age, the trauma caused her to stop speaking for nearly five years. She went on to become a famous poet, actor, writer and a prominent member of the civil rights movement. President Bill Clinton asked her to read her poem On the Pulse of Morning at his inauguration ceremony. She was one of the first African American women to direct a major film.

P.S. There's more help on staying motivated in the Start Bouncing section of the Bounce Back website: www.bouncebacknewham.co.uk