Jane Eyre

“I care for myself. The more solitary, the more friendless, the more unsustained I am, the more I will respect myself.”

Resilience, self-reliance, independence, wit, intellect

How I can emulate her: Advanced Good Habits badge





Adriene Mishler

“Find what feels good”.

Self-care, compassion, empathy

How I can emulate her: Advanced Self Care badge

Evelyn Carnahan/O’Connell

“No harm ever came from… reading a book”.

Intelligence, intellect, courage, adventure, wit



How I can emulate her: Archaeologist badge

Rosa Parks



“You must never be fearful about what you are doing when it is right.”

Courage, resilience, determination, protest

How I can emulate her: Ongoing commitment to antiracism and social justice

Marina Diamandis



“Why be a wallflower when you can be a Venus flytrap?”

Creativity, introversion, connection, independence

How I can emulate her: Continue to follow my own path

Greta Thunberg



“Hope is telling the truth. Hope is taking action. And hope always comes from the people.”

Integrity, bravery, moral courage, protest

How I can emulate her: Increased climate consciousness, sticking to my moral principles

Robert Falcon Scott

“”We took risks, we knew we took them; things have come out against us, and therefore we have no cause for complaint.”



- Led two expeditions to the Antarctic
- Prioritised scientific exploration & discovery
- Led first British team to reach the South Pole
- Wrote final letters & diary entries while trapped in a blizzard, knowing he would die

How I can emulate him: Marine Biologist badge

Felicity Aston



"Fear is not a weakness. It is how we deal with fear that defines us."

- Organised and led the Kaspersky Commonwealth Antarctic Expedition, in which seven women from six Commonwealth member countries skied to the South Pole in 2009
- First person to ski alone & unsupported across the Antarctic landmass, first woman to complete a solo crossing in 2012
- Led an all-women EuroArabian expedition to the North Pole

How I can emulate her: push myself, display fortitude, uplift others

Tom Crean

"He always sang when he was steering, and nobody ever discovered what the song was ... but somehow it was cheerful" — Shackleton



- Took part in several polar explorations with Scott & Shackleton
- Having already marched for 1,500 miles over three months, he embarked on a solo trek of 35 miles in subzero temperatures, armed only with two sticks of chocolate and three biscuits, to save the life of a fellow explorer suffering from scurvy
- Part of Shackleton’s 6-man crew who crossed the Southern Ocean and South Georgia to save members of the *Endurance* expedition

How I can emulate him: demonstrate cheerfulness in the face of hardship