

Maya Angelou

Poet & memoirist • 1928 - 2014



“ I can be changed by what happens to me. But I refuse to be reduced by it.

— Maya Angelou

WHO WAS SHE?

Maya Angelou was an American poet and writer who barely spoke for years as a girl after something terrible happened to her. Books and poems slowly gave her voice back, and she grew up to write seven memoirs and read a poem at a presidential inauguration. Maya believed hard things can change you without making you smaller.

THINK ABOUT IT

When something goes wrong for you, what helps you feel like yourself again? Write down one thing you could say to yourself on a hard day.
