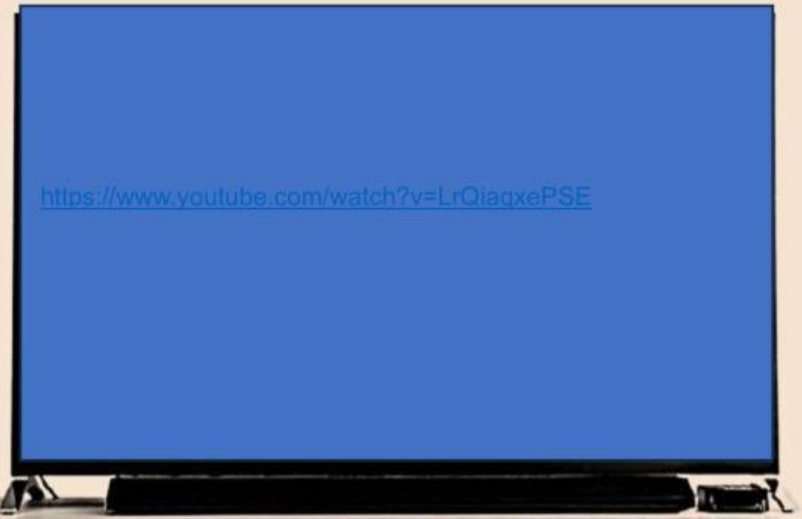




WATCH
THE VIDEO

<https://www.youtube.com/watch?v=LrQiaqxePSE>



1-Listen to the audio and fill the gaps with the words that you've heard:



MISSING VOCABULARY

- | | | | |
|------------|-----------|-------------|--------------|
| 1 At times | 2 Become | 3 Being | 4 Body |
| 5 Changed | 6 Country | 7 Criticize | 8 Diversity |
| 9 First | 10 Hair | 11 Look | 12 Look Like |
| 13 Made | 14 People | 15 Place | 16 Woman |



(...) Ballet is very extreme [] where a lot of people [] you because of your [] image, the way you [], the [] you have. I didn't have no idea that I could [] a professional dancer because even Brazil being a [] of diversity there is not many black ballerinas. When I came to the Dance Theatre of Harlem, everything []. Dance Theatre of Harlem was [] by Arthur Mitchell, [] African-American principal ballet dancer in New York

City Ballet. I saw many [] and many dancers that [] me. This was my [] and the message that they have in [] is huge. The pressures of being a professional dancer runs very deep. Ballet never gets perfect. It takes perseverance, it takes time, it takes patience. That's how I found myself growing as a [] as a human [] and how dance has shaped me. (...)

INGRID Silva for Real Life Strong, Health magazine interview. Produção: Health Magazine. 25 abr. 2018. Vídeo (3min15s). (0min53s-1min55s). Publicado pelo canal Ingrid Silva. Disponível em: <https://youtu.be/PHGxZCP1Obl>. Acesso em: 13 jun. 2022.



From: <www.thefemalelead.com/transform-your-feed>. Accessed on: Jan. 20, 2020.

2-MATCH THE WORDS :

1 Aprender	() never
2 Duro, muito	() and
3 E	() Learning
4 Gentil	() kind
5 Grata	() humble
6 Humilde	() always
7 Leal	() travel
8 Nunca	() work
9 Parar	() smile
10 Permanecer	() be
11 Sempre	() Loyal
12 Ser	() hard
13 Sorrir	() thankful
14 Trabalhar	() stay
15 Viajar	() stop

3) Answer in English :

a) Do you know Ingrid Silva's story ?

b) Do black people always take part in ballet classes?

c) Do her ballet shoes look like the other girls' ones?

d) Does the post motivate people?

e) Does her shoes color have a special meaning?

f) Does Ingrid suggest to work hard?



From slums of Rio to world stage, how ballerina Ingrid Silva made history with her dancing shoes



Ingrid Silva is a talented ballet dancer from Brazil. She dances with the Dance Theatre of Harlem in New York City. She was born in 1988 .

Early Life and Training

Ingrid grew up in [Rio de Janeiro](#), Brazil. Her dad was in the air force, and her mom worked as a maid. When she was 8 years old, Ingrid started ballet lessons. She joined a special program that helped kids learn to dance. She later trained at famous dance schools like Dançando Para Não Dançar and Theatro Municipal's school. She

also learned from great teachers like Deborah Colker.

Becoming a Professional Dancer

When Ingrid was 17, she became an apprentice with a dance group called Grupo Corpo. This was a big step in her dance career.

In 2008, when she was 18, Ingrid moved to [New York City](#). She moved because there were not many chances for Black dancers in Brazil. Soon after she arrived, [Arthur Mitchell](#), who started the Dance Theatre of Harlem, invited her to join. She first joined DTH Ensemble, which was a junior dance group. In 2012, the main Dance Theatre of Harlem company started performing again. Ingrid then became a permanent dancer with the main company.

Making a Difference in Ballet

Ingrid Silva believes that ballet should include more dancers from different backgrounds. She has spoken out about this important topic.

On a TV show called [The Today Show](#), Ingrid explained a problem she faced. She had to color her [pointe shoes](#) to match her skin tone. This process is called "pancaking." Most shoe brands only made light-colored shoes.

In 2020, Ingrid was featured in an advertisement for [Nike](#). This ad celebrated [Black History Month](#) and was narrated by famous tennis player [Serena Williams](#).

Later in 2020, Ingrid danced *The Swan* for a special event. This event was called Swans for Relief. It was organized by dancer [Misty Copeland](#) to help dancers during the COVID-19 pandemic. The money raised helped dance companies and other relief funds.

Outside of her ballet work, Ingrid also helped start EmpowHerNY. This is a platform where different women share their stories on Instagram.



https://kids.kiddle.co/Ingrid_Silva



Read the text about Ingrid Silva and answer the questions below based on your opinions and experiences.

A) The text says Ingrid moved to New York because there were "not many chances for Black dancers in Brazil" in 2008. In your opinion, why is it important for a country to create opportunities for all people, regardless of their skin color?

B) For a long time, Ingrid had to "pancake" (color) her shoes because companies only made light-colored ballet shoes. How do you feel when you don't see products (like toys, clothes, or makeup) that match your skin color or your identity in stores?

C) Ingrid felt inspired when she saw "dancers that look like me". Look at the books you read or the movies you watch: do you see many people who look like you and your family? Why is representation important for our dreams?

D) Ingrid started "EmpowHerNY" to help women share their stories. If you could create a project to help people in your school or neighborhood feel more included, what would your project do?

E) Ingrid believes ballet should include people from different backgrounds. Think about your favorite sport or hobby: is it diverse? What can we do to make all spaces (like schools, clubs, or gyms) more welcoming for everyone?

