

## Soliloquy: From My Standpoint

*An activity of two sports stories*

For this activity, our focus is on two exciting sports stories — one about cycling, and the other about sailing. Do you wonder what it might be like to be one of the people in these stories? Most likely, their realities are somewhat different from ours.

Imagine that you are one of them. Present a soliloquy from the standpoint of that person. A soliloquy (say “soh-le-lo-kwee”) is a monologue that you say out loud, as if speaking to yourself. In this case, as you prepare your speech, try to see the world through your focus person’s perspective and talk as though you are that person.

1. Read the two stories:

- “Sisters with wheelpower to be free” (page 17) *about two cycling racers*
- “In this race, old is bold” (page 18–19) *about the Golden Globe Race (GGR)*

2. Select one of the six persons listed here:

- Fariba Hashimi, 19-year-old cyclist from Afghanistan
- Yulduz Hashimi, 22-year-old cyclist from Afghanistan
- Alessandra Cappellotto, enabler from Road to Equality
- Sir Robin Knox-Johnston, champion sailor & GGR’s current patron
- Elliott Smith, youngest sailor in this year’s GGR
- Michael Guggenberger, in the running to win GGR 2023.

3. Develop your soliloquy. Include what you know of the person’s past, what is going on in the present, and what that person might be thinking and feeling about the future. You may add imaginary but probable details to fill any gaps.

4. Present your soliloquy to your class. Conclude by sharing what it felt like to step into your selected person’s shoes for a little while.

Each of us experiences the world differently and, hence, there are multiple realities of the same world. Your reality is greatly influenced by the standpoint from which you look at life.

Trying to imagine what someone else’s reality is might help us to better understand their hopes and fears. And, along the way, we develop **empathy** for our fellow human beings.