

# **A Year of Living Bravely**

Video Lesson 1 May 4th-May 8th



Bethany Hamilton had a horrifying experience last Halloween. A tiger shark attacked her while she was surfing off the coast of Hawaii. The shark chewed off Bethany's left arm just below the shoulder. By the time she reached the hospital, she' lost half the blood in her body. She was near death. Bethany had two surgeries to close the wound. She spent eight days in the hospital.

Nobody would have blamed Bethany if she'd never surfed again. Instead, she recovered with surprising speed. Less than a month after the attack, she was surfing again. On January 10, she entered a major competition. She took fifth place out of 24.



Her new arm which is made of plastic and metal, has a nickname too. She calls it “Haole Girl.” Haole (HOWLee) means “white.” It’s a word for Hawaiians use for non-natives. The name fits. Originally the arm was much paler than Bethany’s own skin. It was recently dyed darker.

The arm was a gift from the manufacturer. It cost \$45,000 to make! Still, the arm is mostly for looks. Bethany has to move it with her good arm. She confesses that she rarely takes it out of the closet.



What helped Bethany recover so quickly? She loves to surf, and wanted to start again. “Desire is the answer,” she says, “and I had that.”

Bethany isn't self-conscious about her missing arm. She calls what's left of her left arm “Stumpy.” She rarely covers Stumpy with long-sleeved shirts. Instead, she wears what she's always liked to wear—tank tops and bathing suits.





“I’m complete without it,” Bethany says. “I can paddle and balance on a surfboard. I can cut an orange by holding it between my feet. And I like my new look.

### Suddenly Famous

Bethany has adjusted to a one-armed life without much trouble. But other parts of her new life have been challenging. “I’m learning how to balance my life-schooling, surfing, and my career,” Bethany says.



Bethany is in the eighth grade. She's home-schooled-although "on-the-road-schooled" might be more accurate.

During the past year, Bethany has had little time at home. She appeared on the TV news-magazine show 20/20. She was on the cover of People and Teen Vogue. She co-wrote a book called Soul Surfer. She has a movie in the works. The ESPN sports network gave her an Espy Award. She made an appearance on the Teen Choice Awards. She threw out the first pitch at the Oakland A's season opener. She has done hundreds of interviews for magazines.



Of course, being famous isn't all hard work. For Bethany, one of the perks is going to exotic places to surf. Bethany traveled to Nicaragua and Portugal earlier this year, and loved it. "She wakes me up at 5 a.m. and screams, 'Let's go surfing!'" her best friend, Alana Blanchard, told USA Today. "She just always wants to surf."

### The Hard Part

Bethany is always training to become a better surfer. She plans to surf for the rest of her life.

But she admits that sometimes being in the ocean feels weird. She gets a little scared. When that happens, she calls to the friends surfing nearby. Or she sings a song to herself.



“I have nightmares,” Bethany confesses. When the nightmares come, she says it helps to think about other people’s problems. This summer, Bethany hopes to raise \$50,000 for disabled kids through a charity called World Vision.

Bethany notes that there are 120 million disabled kids worldwide. Landmines injured many of them. In poor countries, few disabled kids get to go to school. Some poor families abandon disabled kids. Thinking about such hardships, Bethany knows how lucky she really is.

“Why shouldn’t I be happy?” she asks. “I’m surfing and traveling and really doing all I ever wanted.



Thank you for watching the video! You are doing a great job and I am proud of you all.

Next, please complete A Year of Living Bravely worksheet.

Feel free copy and paste the link below to see Bethany Hamilton surfing.

<https://abcnews.go.com/Nightline/video/surfing-star-shark-attack-survivor-bethany-hamilton-impresses-39519634>