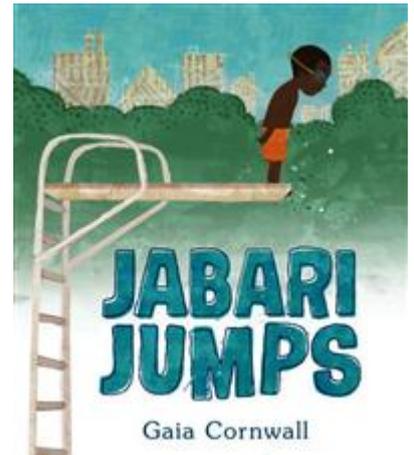


Parent Sheet for our Book Of The Month

***Jabari Jumps* written and illustrated by Gaia Cornwall**

Link to the online reading of the story:

<https://www.youtube.com/watch?v=vSqs6Z3JPYM>



What is the overarching theme/message of the book? Can we encapsulate this into one word or phrase that is easy for everyone to understand?

- Feeling empowered
- It is ok to be scared/afraid sometimes
- How to overcome your fears
- It is okay to take your time
- Setting goals and achieving them

Why is the message or theme entrenched in the book important to disseminate with everyone in our community?

- To know that we all feel scared sometimes and that is a perfectly normal human emotion.
- We should encourage each other to express our feelings and emotions
- It is ok to change your mind of how you feel
- To help us find courage to do things that scare us which in turn help us to grow.

Thinking about the theme/message, what quotes from the book jump out at you that relate to the theme or message?

- "It is ok to feel a little scared."
- "Sometimes if I feel scared, I take a deep breath and tell myself I am ready."
- "He felt like he was ready."

Here are some activities that you can do with your child in regards to exploring the book's themes

Activity:	Target Audience:
Watch the video reading of the book (for copyright reasons the video link to our website will be sent to you via text message for your viewing only) Share the video with them and tell them about a time that you were brave. Ask your child about a time they thought that they were brave. Can they draw a picture of that time? Can they tell you about the picture they drew?	Children 3-4 years old
Talk about feeling scared. Was there a time that you felt scared? How does it make you feel to be scared? Can you show a scared face?	Children 3-4 years old

<p>How do we know that Jabari is scared? Talk to your child about the things that Jabari did to avoid facing his fear.</p>	
<p>EAD Stretches to music. Why is it important to stretch? Moving various parts of their bodies to music and do some stretches together. Can you pretend to climb up the ladder like Jabari? Can you pretend to dive off the diving board like Jabari?</p>	<p>2,3 and 4 year olds</p>
<p>Breathing exercises Watch this reference video with a good 5 finger technique to help you and your child breathe to find calm: https://www.youtube.com/watch?v=HQVZgpyVQ78</p>	<p>2,3 and 4 year olds</p>
<p>Try a new activity that is going to challenge your child. Give them lots of encouragement and lots of praise if they succeed. Also offer support if they don't quite get there, reminding them that it's okay to feel scared.</p>	<p>Children 2-4</p>
<p>Jabari has to change his clothes to get to the pool. Can your child practice getting themselves dressed independently. You can practice this with role play costumes or in the morning and evening when they are changing clothes for bed/start of the day.</p>	<p>Children 2- 4</p>