

Touch the Sky

Alice Coachman, Olympic High Jumper

A RIF GUIDE FOR PARENTS AND FAMILIES

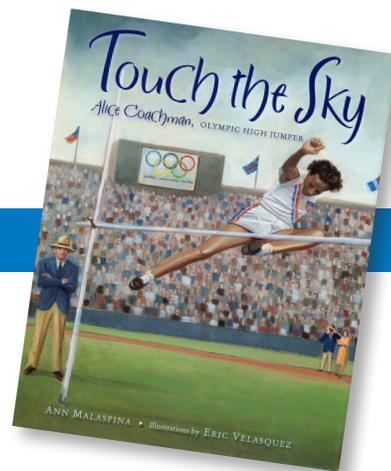
Themes: Women Athletes, Black History, Civil Rights, Perseverance

Book Brief: Meet Alice Coachman, whose parents think she needs to act more like a lady. Alice doesn't give up running and jumping, though, and eventually becomes the first African-American

woman to win a gold medal at the Olympics.

Author:
Ann Malaspina

Illustrator: Eric Velasquez



TIME TO READ!



Before reading, build background knowledge:

What does your child know about the Olympics? What makes the Olympics special? How are people chosen to compete in the Olympics?

While reading, make connections: What kinds of things has your child wanted and worked really hard to get? Grades? A skill? A toy? How did it feel when

their hard work paid off and they got what they wanted?

After reading, ask questions:

- ◆ What did Alice's mother mean when she told her to "stay humble"?
- ◆ How do you think Alice felt when she went away to Tuskegee?
- ◆ Why do you think Alice was the first African-American woman to win an Olympic gold medal?
- ◆ Why was the lemon in the story important?

RELATED ACTIVITIES

BACKYARD OLYMPICS

Set up some fun games and invite friends and family over for a Backyard Olympics Bash. Need ideas? Log on to www.hoosierhomemade.com/backyard-olympic-games for tips and pictures.

OLYMPIC DESIGN

Materials: paper, markers or crayons

Visit www.mapsofworld.com/olympics/trivia/olympic-poster.html to see posters from past Olympics. Which poster do you like the most? Design a poster for the next Olympic games. Try to show what the Olympics are supposed to represent.

LEMON WATER

Materials: 1 or 2 lemons, water

Lemons have lots of vitamin C, but they're also full of other nutrients like vitamin B, calcium, potassium, phosphorus, and magnesium. To make a healthful, lemony treat, simply add six half-inch lemon slices to a quart of water and stir. Chill in the fridge for about four hours. Remove lemons from water. Pour yourself a refreshing drink and enjoy!

TECHNOLOGY LINK

Watch a short interview with Alice at www.youtube.com/watch?v=ovwmULL2-f0.

ADDITIONAL RESOURCES

OTHER BOOKS BY THIS AUTHOR

Heart on Fire: Susan B. Anthony Votes for President (2012)

Phillis Sings Out Freedom (2010)

Yasmin's Hammer (2010)



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