

SOCIAL-EMOTIONAL LEARNING TOPICS:Hope, Courage

Many picture books can be used to address more than one social-emotional topic or strength.

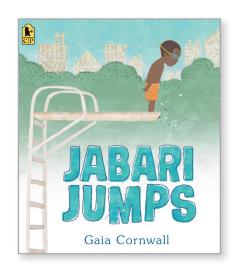
Jabari Jumps

Written and Illustrated by Gaia Cornwall

Read-Aloud Activity by Pat Dragan

Before We Read: Introduce the Book

- → Suggested scripted text for readers is indicated in italics with the lesson. Feel free to adapt as you wish.
- → The **Now We Read** and **After We Read** sections include suggested instructions in brackets for readers.
 - The name of this book is Jabari Jumps. It was written by Gaia Cornwall. She also made the pictures. Gaia Cornwell is a swimmer and a diver, and knows a lot about it. She learned to swim when she was a little girl. She wished she were a mermaid. Her parents used to say she was part seal! (A seal is an animal that swims in the ocean).
 - The most important character in this story is a little boy named Jabari. When the story starts, he is telling his Dad he is going to jump off the diving board today. Let's see how that goes.



Now We Read: Read the Book

- How many think he will find it easy to jump? How many think he won't jump?

 [You may wish to stop after the first few pages of the story, and ask the children how they think Jabari's project is going.]
- Have you ever tried to do something that seemed easy at first, and then seemed more tricky?
 Tell us about it.
 - [Children may have examples of their own experience to share.]
- What does it take to do something that seems hard? Does Jabari's father give him some really special advice? What was it?

After We Read: Talk about the Book

Invite children to discuss the story, and talk about how well Jabari's plan worked for him. Here are a few questions that might stimulate conversation:

- Was jumping off the diving board easy for Jabari?
- What was this really special advice his father gave him?

[You may wish to share this passage from the middle of the book (no page numbers):]

"It's okay to feel a little scared," said his dad. "Sometimes, if I feel a little scared, I take a deep breath and tell myself I am ready. And you know what? Sometimes it stops feeling scary and feels a little like a surprise."

• Jabari loved surprises. How does Jabari do? Does he jump? How does he feel afterward? Does he have a new plan?

[Explain the word "hope" and also the word "courage," and give children a chance to talk about their own acts of hope or courage, if they wish.]

Optional Activities

- Invite children to work with crayons, markers, and construction paper, to share their favorite parts of Jabari's adventure, or their own hopes and courageous dreams. Encourage children to share their work with the group.
- Invite children to design a badge of courage, using materials in the classroom. Display these badges in the room for all to enjoy.