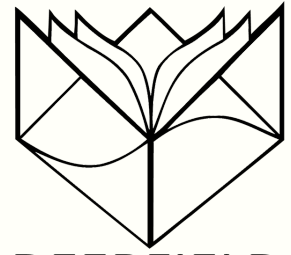




Preschool Pages: Olympics Edition



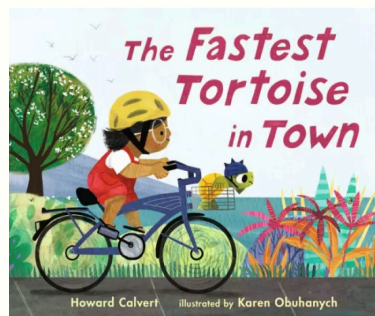
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*Book Recommendations, Early Literacy Tips, and More
from the Deerfield Public Library Youth Services Department*

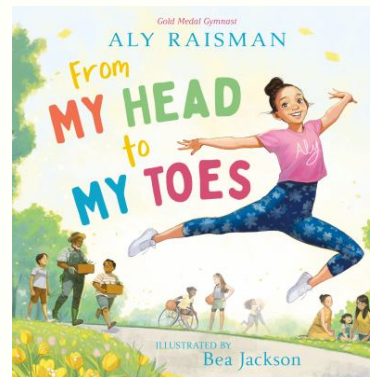
Book Recommendations



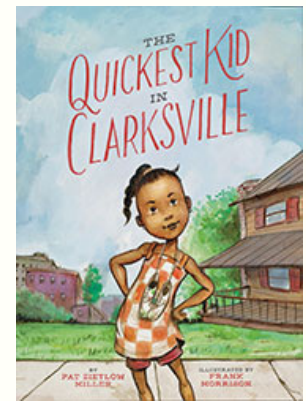
This nonfiction board book is a great way to introduce kids to different Olympic athletes from around the world! Some names will be familiar, like Simone Biles, but you may learn about someone new, too. The book features a variety of sports and also includes each athlete's country's flag.



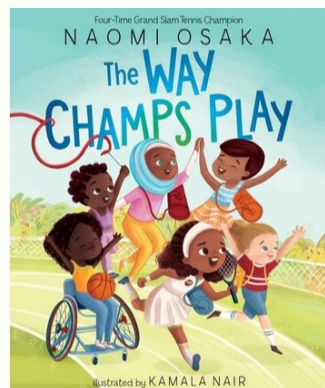
Barbara Hendricks is a leopard tortoise who... just entered a race?! Her owner and best friend, Lorraine, encourages Barbara to try her best and to run her own race. This book reminds readers that sometimes you just need to try and do your best!



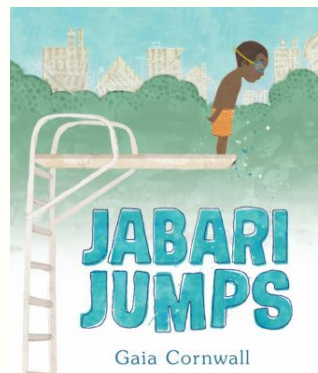
Aly Raisman is not only a gold medal Olympic gymnast but an advocate whose messages of consent, autonomy, safety, and self-love shine through this picture book. There are suggestions to adults on how to talk to kids about their bodies and boundaries.



Although this book culminates in the real life parade honoring Wilma Rudolph (the first integrated event in her hometown of Clarksville, TN), it focuses on the rivalry between Alta and Charmaine. A story of friendship & conflict resolution told and illustrated beautifully.



Sometimes you win, sometimes you lose. But a champion is a player that is kind, honest, tries their best, and more, in this book by tennis player Naomi Osaka. While Osaka may not have won her Olympic games, she demonstrates true champion spirit and good sportsmanship.

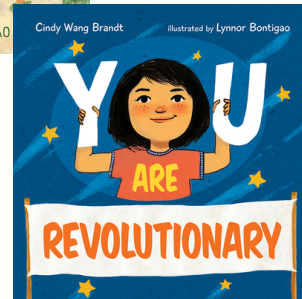
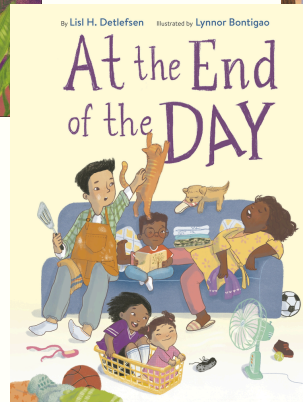
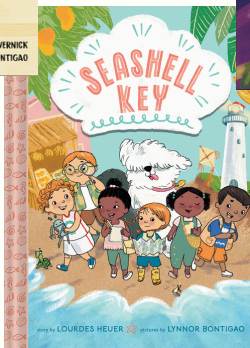
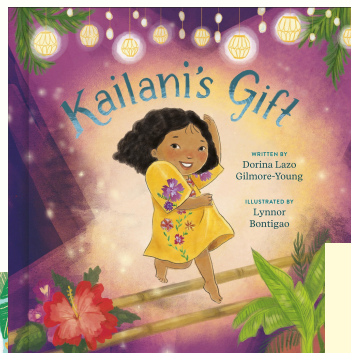
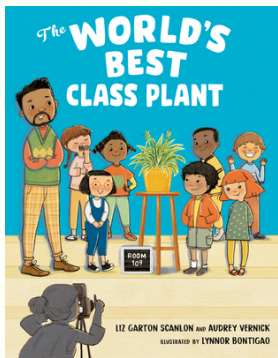


Many kids might relate to Jabari's initial confidence and then his hesitancy as he climbs the ladder to the high dive. Jabari's father offers the gentle advice to take a deep breath and think of it as a surprise, which Jabari loves. When Jabari does take that leap of faith, he's happily emboldened to do more next time!

Author/Illustrator Spotlight

LYNNOR BONTIGAO

Sometimes an author or illustrator has so many great titles, we wish we could name them all! This month, we want to highlight the work of Lynnor Bontigao. She illustrates picture books and book covers. Her work intertwines family, community, and often features her Filipina culture. Also, if you enjoy her books, she offers free activity pages on her website!



Beyond the Book!

- Create your own Olympic games! While you may not be able to play a full basketball or soccer game, see how many baskets or goals you can make! You can create your own games too, like with some hula-hoops and a ball. You could even make your own opening and closing ceremony. Turn off the lights, grab some flashlights or glow sticks, and have a dance party. This is a great time to practice social emotional skills such as cheering for friends and being proud of others' accomplishments, even if it means you yourself lost.
- Jabari Jumps is all about Jabari mastering his fear of making a leap off the high dive. Talk with your child about a time when they've felt anxious or afraid. What was happening? How did they deal with it? What was the end result? Jabari jumps...and enjoys it, but sometimes we try something and find out we don't want to do it again. Both of those outcomes are possible and valid! Brainstorm ways to calm down when feeling anxious, such as taking a deep breath or stating positive affirmations. Come up with a few affirmations together and then use them the next time anxiety arises.