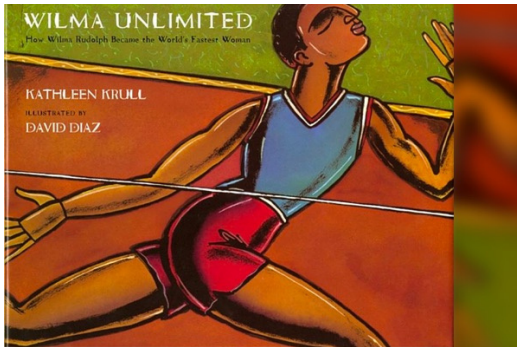


Books At Your Finger Tips

Target Audience: Early Care and Elementary Levels

Stories offer a rich opportunity to talk with children about feelings and about race!



Wilma Unlimited: How Wilma Rudolph became the World's Fastest Runner

Written by: Kathleen Krull

Illustrated by: David Diaz

LEARNING TARGETS

Adapt to developmentally-appropriate level.

- I can retell how Wilma Rudolph “persevered” to become an Olympic Gold Medalist.
- I can describe a time when I demonstrated “perseverance” and achieved a goal I had by working harder and overcoming an “obstacle” or difficulty.
- I can identify how Wilma or others might be feeling at different times in the story.

Prompts for Younger Children

Using a list of feelings, think about how the following people felt. There may be many feelings that they had. Using details from the story, explain why you chose certain feelings. (Don't just pick happy, sad or mad; people have lots of feelings!)

- Wilma's older brothers and sisters-- when she came down with polio
- Wilma's mother-- when she had to ride the bus all the way to Nashville with Wilma
- The other children on the playground-- when Wilma could only watch them play
- The people in the church-- when Wilma walked in without her brace
- Wilma-- when she was playing basketball in high school
- The Tennessee State University track coach-- when he saw Wilma play basketball
- Wilma-- when she got to the Olympics and twisted her ankle
- Wilma's family-- when she won three gold medals
- The people who wouldn't let Wilma go to school before she got her brace—when, years later, they realized that she won three gold medals
- What were some of the feelings you had when you learned Wilma's story?

Writing/Journaling or Think-Pair-Share Opportunities

Wilma's mom took her twice a week to a hospital in Nashville that was more than an hour bus ride each way. They went there because that hospital would take care of African Americans. On all those trips, Wilma and her mom had to sit in the back of the bus.

- Pretend that you were writing a letter to the newspaper and wanted to let them know that you thought it was unfair to make African Americans travel so far to see the doctor, and also, ride in the back of the bus! What points would you make?
- At the time Wilma had polio, her family had 22 children! Mom left the other kids a lot to take Wilma to the doctors. Pretend that you were one of the kids in the family. How might you feel? What could you do to help the other kids, or yourself?

When Wilma's leg didn't work, she hopped around to the "outhouse," even to church. But the school wouldn't let her attend. Finally, Wilma got a brace and could go to school.

- Be a problem solver and think of ways that Wilma could have gone to school even before she got her brace. Why should she be able to go? How could she have gotten around? Who could have helped her?

At school, the children teased Wilma about her brace. They "made fun of her." Wilma watched the children play sports as she sat and studied the rules.

- Why do you think we use language like "making fun of someone," or "just joking with someone" when it really isn't fun or funny for the other person?
- When was a time when you just listened and watched and learned a lot about something the way Wilma did when she and the other kids were playing sports?

At 12, Wilma could take her brace off and play the game of basketball. She knew all the moves and rules. In high school, her team went to the Tennessee state championships. A college coach from Tennessee State University saw Wilma play and offered her a full athletic scholarship to run track. She was the first person in her family to go to college. In 1960 she went to Rome, Italy, and ran track for the United States. There she won three GOLD medals!





How are you **feeling?**



Frustrated
Frustrado



Embarrassed
Avergonzado



Sad
Triste



Mad
Enojado

**This
is
how
I
feel
today!**



Nervous
Nervioso



Happy
Alegre



Proud
Orgullosa



Scared
Asustado



Loved
Amado / querido



Lonely
Solitario