

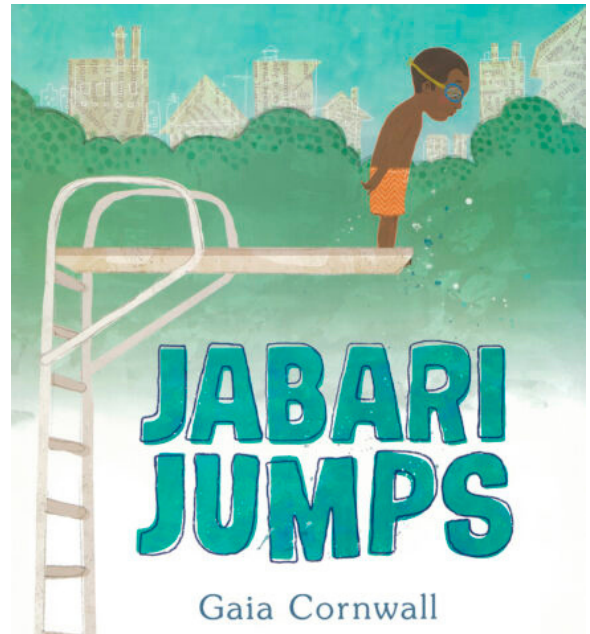


# JABARI JUMPS

GAIA CORNWALL

## SUMMARY

Jabari passed all his swimming lessons and loves to be in the pool. But he's still a little nervous about jumping off the high diving board. He watches the other kids and knows that he can do, but he's still afraid. Will Jabari find the courage to overcome his fear and make the jump?



## Questions:

1. Have you ever felt extremely excited about something you've worked hard for?
2. Do you know how to swim? How would a swimming pool feel if you didn't know how to swim?
3. Have you ever thought you wouldn't be afraid of something and then been afraid when the time came? Just because other people aren't afraid, does that mean it's silly for you to feel afraid?
4. Do you think Jabari's dad really believes he needs to rest, or is he showing empathy and understanding by giving Jabari more time to get ready for his jump?
5. If you're scared to do something is it okay to take your time and wait until you're ready? What can you do to help yourself get ready and feel less afraid?
6. Has anyone ever helped you feel less afraid, like Jabari's dad did for him? Have you ever helped someone else to feel less afraid?
7. Is it brave to overcome your fears, or does being brave mean you don't feel afraid at all?
8. Have you ever faced your fears only to find that something isn't scary, but actually fun? Have you ever faced your fears and done something, only to want to immediately do it again? Can you help others face their fears the same way?