Touch the Sky
Alice Coachman, Olympic High Jumper

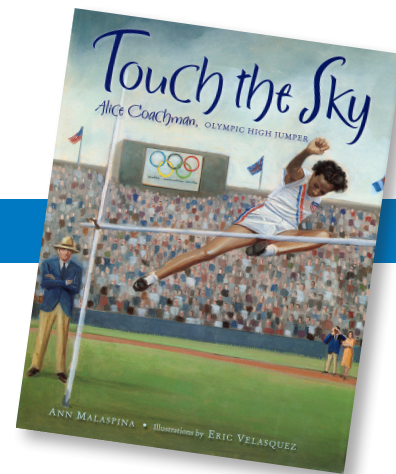## A RIF GUIDE FOR COMMUNITY COORDINATORS

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: Ask if children have ever seen the Olympic Games on television. Which sport is their favorite? Tell them this story is about the first Black woman to ever win an Olympic gold medal. She won by jumping higher than anyone else!

RELATED ACTIVITIES
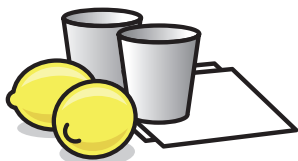
LUCIOUS LEMON CLOUDS (AGES 5-12)

Ingredients: cupcake liners, graham crackers, small sugar-free lemon pudding mix, skim milk, whipped topping, lemon slices

Give each child a cupcake liner and a graham cracker square. Have them crumble the graham cracker into the liner. Mix 1 cup skim milk with pudding mix; let set for 1 minute. Add 1 tub of whipped topping to pudding and milk, folding in until blended. Let children spoon a little bit of "fluff" into the liners and top with a lemon slice. Eat and enjoy!

MYSTERIOUS MESSAGES (AGES 5-12)

Materials: small cups, lemons, Q-tips, white paper

Have children squeeze fresh lemon juice into the small cup. Let children write a message on the paper using a Q-tip dipped in the lemon juice. When finished, place the papers outside in the sun for 15 minutes. What's changed? What happened to make the messages appear?

KEEPING TRACK (AGES 5-12)

Alice was always running or jumping, which kept her healthy. Help children start an exercise log where they record their physical activity each day. Be sure to explain that there are *lots* of different ways to exercise and be healthy, and that being healthy doesn't just mean being skinny or having big muscles. Visit **www.letsmove.gov** for more information.

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)