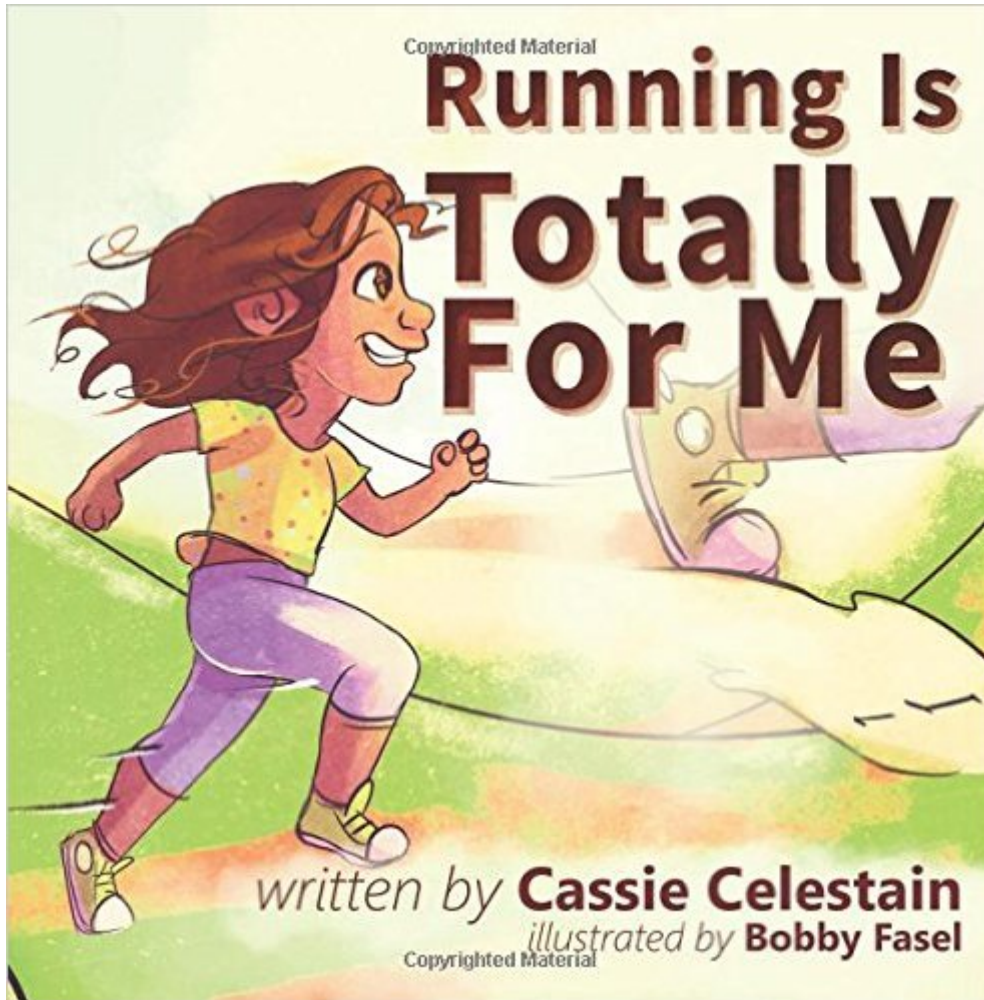


The book was found

# Running Is Totally For Me



## Synopsis

SUPPORT YOUR CHILD IN DISCOVERING WHAT MAKES THEM UNIQUE THROUGH FITNESS AND PLAY!"I love that this is an empowering book for children to learn that they are unique. They can find the physical activity they enjoy the most and it be completely for them. I also enjoy that the children are like our culture, a mixture of race! Bravo for creating a book that breaks down social barriers!" - Megan W, Elementary Librarian and Mother

A "KID TESTED" & "PARENT APPROVED" BOOK

Running Is Totally For Me uses sports to inspire children to find and own what makes them unique through fitness and play, specifically sports and outdoor activities. Brightly colored illustrations include children of mixed culture along with showcasing kids breaking gender roles and stereotypes. A sports book precisely designed for elementary students, Running Is Totally For Me, features a determined girl, Madi, that tries several sports in search for what truly inspires her. She calls on her friends to help her through the process, but ultimately stands firm in choosing what brings her joy. At the back of the book you will find three activities that you can do with your child right away. The games each have easy to follow instructions, printables for hands on learning and tips to expand the lesson. The goal is to promote learning through fitness and play that goes beyond the book. Renowned elementary teacher, Cassie Celestain (featured in National Education Association and Competitor Magazine), has pulled together Running Is Totally For Me as a must have resource for parent, teachers and caregivers. Encouraging, sweet and delightful, Cassie offers children subtle guidance on how to find what makes them unique.

## Book Information

Paperback: 30 pages

Publisher: Cassie Celestain; 1 edition (August 14, 2015)

Language: English

ISBN-10: 0692505520

ISBN-13: 978-0692505526

Product Dimensions: 8.2 x 0.1 x 8.2 inches

Shipping Weight: 3.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (41 customer reviews)

Best Sellers Rank: #1,151,854 in Books (See Top 100 in Books) #40 in Books > Children's Books > Sports & Outdoors > Track & Field #140 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness

## Customer Reviews

This is such a cute and sweet children's book. The illustrations are fun and playful and the lessons behind the story are well thought out. But best of all are the activities that come in the back of the book as well as the linked website. They allow the fun and learning to continue after the story is finished.

Hooray for encouraging kids to find their activity! An easy read for early elementary students. Parents will love the encouragement of activity and individualism. Thanks for adding activities, what a bonus! I can't wait to read more from this author.

Thoughtfully written and beautifully illustrated, *Running Is Totally For Me's* theme of curiosity and motivation is sure to capture the imagination of many young readers. Great job by Cassie Celestain to wrap the topic of exercise and fitness in such a delightful package.

We've had the book for almost a year now & every time we finish reading it my 3yr old decides we need to "go for a run," which is humorous bc no one in our family runs. If you want to encourage your kids to be active this book certainly gets my child moving!

I purchased this book for an energetic four year old. She was so excited to read the book and enjoyed the illustrations and story line. I was surprised that the next time I seen her she told me that she wants to run all the time and keeps the book with her. I would recommend this book to anyone with young children.

This book not only has a great message but it is fun to read and has awesome illustrations! It teaches kids to keep trying different activities until they find the one they like the best. That's a message for adults too!

My preschoolers LOVED this book! All of the activities it promoted kept them paying attention the entire time. I enjoyed how it encouraged the kids to find what was for them. Well thought, well written, well illustrated!

Just happened to meet Cassie at the Route 66 Expo booth. Cassie is so nice and an accomplished runner to boot. My grandson and granddaughter love the book and use the music while doing fun activities with their mom and dad. I am most happy about sharing the healthy lifestyle that this book

teaches with my grandchildren. Thank You Cassie.

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