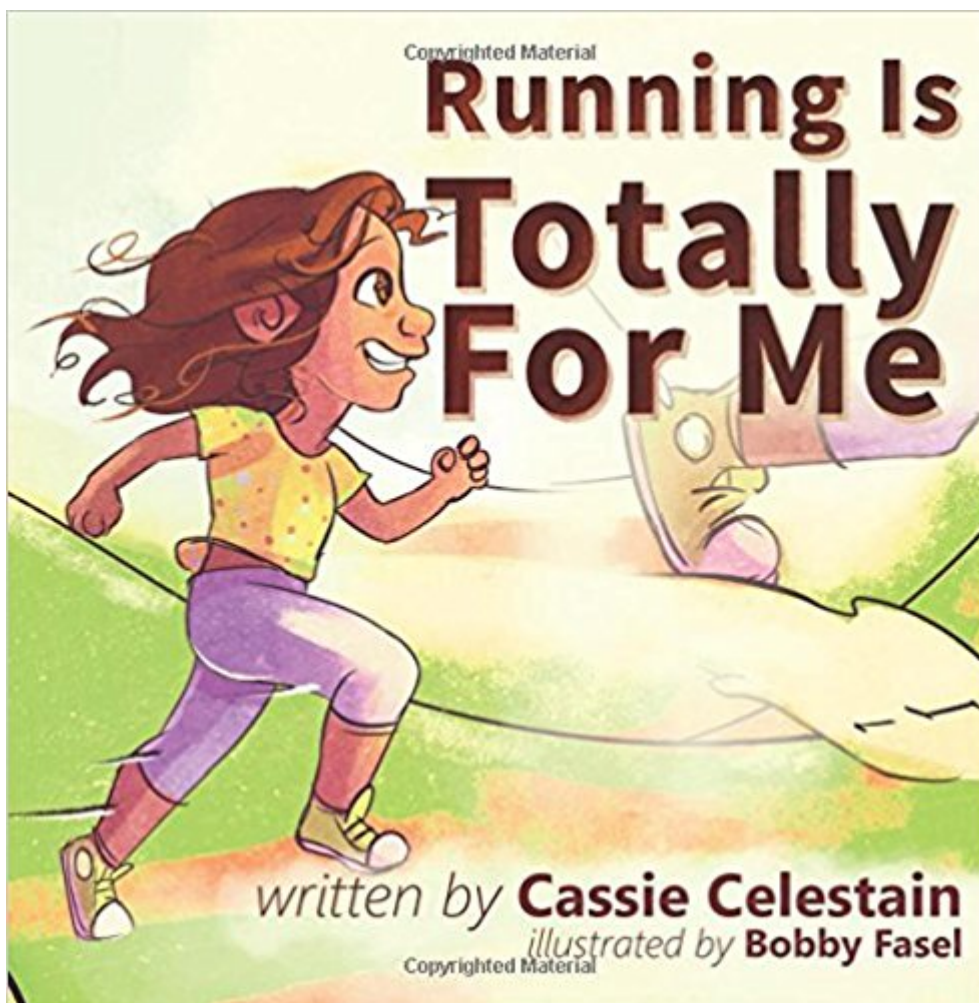


The book was found

# 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: 4.9 out of 5 stars 48 customer reviews

Best Sellers Rank: #1,038,381 in Books (See Top 100 in Books) #52 in Books > Children's Books > Sports & Outdoors > Track & Field #134 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness

## Customer Reviews

"My favorite part of the story was the imagery created by the words and phrases used. I love the mental picture it helped me create." -Kendall, Mom of Three and Teacher  
"I loved the lesson of perseverance and keep trying to find your passion." -Audrey, Mom of Two  
"The thing I like most is the rhyming. I think rhyming helps to keep the children's interest and gives them clues to participate in the reading." -Vicki, PreK Teacher  
"I love the way the story flows and I like that the main phrase is repeated. It encourages the enjoyment even from things that may not be "our thing" and also repetition is a method I've found useful when trying to influence a child." -Angelica, Mom of One

Cassie Celestain has a background in Early Childhood Education along with writing for blogs. She lives in Oklahoma with her husband and daughter where running shoes and bike gear can be found in every room of their house. In her spare time she enjoys creating activities for her daughter, reading, crafting and trying new recipes. You can find out more about Running Is Totally For Me and the accompanying movement songs at [TotallyForMe.com](http://TotallyForMe.com).

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.

The message of this book is encouraging and the illustrations are vivid. My daughter was clearly engaged, narrating and asking questions as I read each page: "Who is that? ... What's he wearing? ... There's Madi again! ... She's running!" and finally, as we closed the back cover, "Can we read it again?!" I *totally* recommend this book!

Great book! I can't wait to give it to my Grandson

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.

My son and I have read this book over and over again! He loves the balls and sports in the story. 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. As a librarian and parent, I am so excited to see this book had reinforcement activities at the back. This is it such a vital part of reading comprehension to have great activities to help review the story and it's right at your fingertips.

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.

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Running Warsaw (Running the EU Book 27) Washington D.C. Running Guide (City Running Guide Series) HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss  
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