



## JABARI JUMPS

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### Reading and Activity Guide



#### BEFORE READING

- + Do you have a pool you enjoy swimming at? What do you like to do at the pool?
- + Has anyone ever been on a high dive before?? What was it like? Do you remember your very first jump?

#### DURING READING

- + *Help your children participate as Pastor Mark asks questions throughout the reading. Help them feel the suspense as Jabari climbs up, up, up the taaallll diving board ladder!*
- + What would YOU say or do to help encourage Jabari to jump off the diving board?

#### AFTER READING

- + What helped Jabari feel “ready” to jump off the high dive? *His dad encouraged him, he took deep breaths, he told himself he was ready, he thought about it like a giant surprise instead of something scary (reframe the situation!).*
- + Have you felt like Jabari before? What were you trying to do? Who encouraged you to do it? Do you remember what they told you?
- + If you have something you want to do, but feel a little fearful to try it, who can you ask for encouragement and help?

#### SPRINGBOARD ACTIVITIES:

**Activity #1: Start a Prayer Journal** - Make a small journal out of paper sliced down to size with a construction paper cover, or purchase a small notepad. Decorate the cover, and maybe even add a Bible Verse like 1 John 5:14 or 1 Peter 5:7. Inside, write your prayers to God or journal about things you’re feeling fearful or anxious about. God loves to hear your thoughts. Older children can revisit past prayer requests to see how God has answered them - or if they are still waiting to see God work in this situation.

**Activity #2: Take the Plunge** - LRJ Reads is all about building connections, empathy, and understanding, and starting conversations. Does your neighborhood or city have a museum dedicated to the lives or experiences of a minority group? For example, the [Nelson-Atkins Museum of Art](#) in Kansas City has an extensive collection of [Chinese works](#) (with free admission!) and offers (virtual) [cultural and community celebrations](#) as well! Here is [a list of museums in Minnesota](#) sharing about Native American’s lifestyles and experiences. Or, the next time you study Classical composers, include [Black or African-American Classical composers](#)! As you learn about other cultures, seek to build understanding - imagine what life was like. How were things similar to your family’s experiences, and how were they different?

