

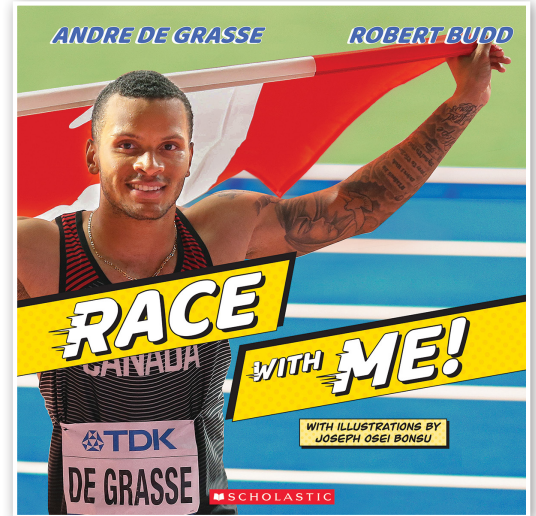
RACE WITH ME!

BY ANDRE DE GRASSE AND ROBERT BUDD

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1. Andre gets butterflies when he is nervous. But by using his imagination, he can train his butterflies to fly in formation and help him straight to the finish line! Whether it's a big race or a big test, you can train your butterflies too. Here's what you can try:

- Before you do your big thing, you need to practise. And then practise some more. While you are practising, picture yourself succeeding at the thing you are doing.
- When you are *not* practising, use your imagination to *SEE* yourself succeeding at whatever you're trying to do.
- It's normal to feel nervous on the big day. But you got this! Take that energy the butterflies are giving you and transform it into your superpower. Now, go for it!



2. Unlike sports such as basketball or baseball where you have many teammates to rely on, running is an individual competition—unless it's relay, of course! But Andre still has a whole support team behind him for every race: his family, his coaches and the other athletes he trains with. Now think about the people around you.

- Who is on your support team?
- How do they help you?
- How could you support someone else?

3. Having a winning attitude is different than actually winning. Andre makes sure he has fun when he is training and competing. He helps his training partners and is grateful for the support of his friends and family. He is proud whenever he does his best, win or lose. Was there a time when you were really proud of something you did, even though you didn't win or come first?



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