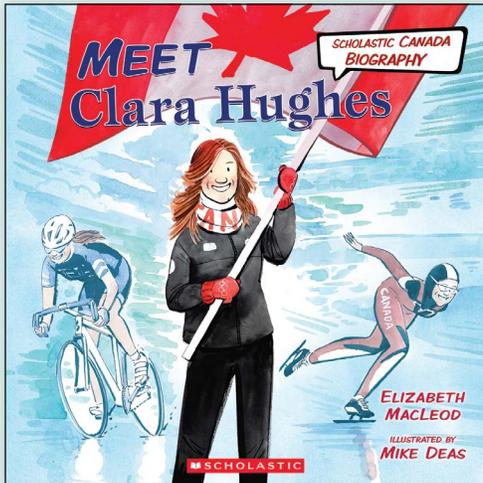


MEET AMAZING ADVOCATES, INNOVATORS AND ATHLETES!

Canada is home to many incredible people who have made the world a better place. Reading about them helps kids learn about our history, and instills a sense of pride. And the stories of these trailblazers are fascinating!



Scholastic Canada Biography:

Meet Clara Hughes

ISBN : 9781443197724

32 pages • For ages 6–10

Full-colour illustrations

Also available in French–

Biographie en images :

Voici Clara Hughes

ISBN : 9781443198042



A note from the author:

Clara is the only person in the entire world to have won more than one medal at both the Summer and Winter Olympic games. What an achievement! I'm surprised how many people don't know about this incredible performance. It made me sad that Clara had trouble enjoying her accomplishments because of her battles with depression. It's really wonderful that Clara has used those struggles to help others. I really enjoyed writing about such a kind, giving person.



Meet Clara Hughes

1. Imagine that you're competing for a gold medal like Clara. What would you compete in? If you don't play sports, it could be a hobby or any other activity that you excel in. Share your answer with a classmate.
2. What are three things that you do to feel better when you're feeling down? What are three things you could do if a friend tells you that they're having a hard time?
3. Draw a postage stamp of Clara crossing the finish line as a speed skater or cyclist. Be sure to include the value of the stamp and the name of the country that it's from.
4. Imagine that you're a reporter interviewing Clara after she just won her gold medal in speed skating. Come up with five questions that you would like to ask her.
5. What can your class do to help raise awareness about the importance of mental health? Make a list of three things and present them to your class.

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