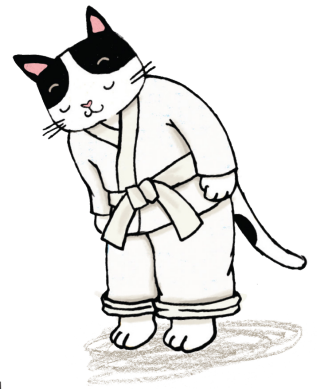


HELLO!

It's me, Aram Kim! I hope you enjoyed the author visit with me. Do you want to continue our journey with Yoomi, the main character of Let's Go to Taekwondo!? Let's do the following activities together!



1. Let's MEDITATE.

When you feel anxious or angry or stressed, meditating helps you calm down and feel more peaceful. It's very easy!

A) Sit tall. Maybe close your eyes.

B) Breathe in deeply while counting to three in your head.

C) Hold your breath for three seconds.

D) Breathe out while counting to three in your head.



Easy, right? Let's try this three more times. Try not to talk or think about anything during this time.

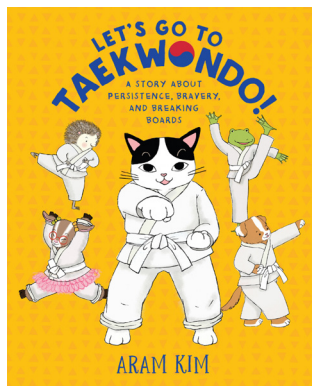
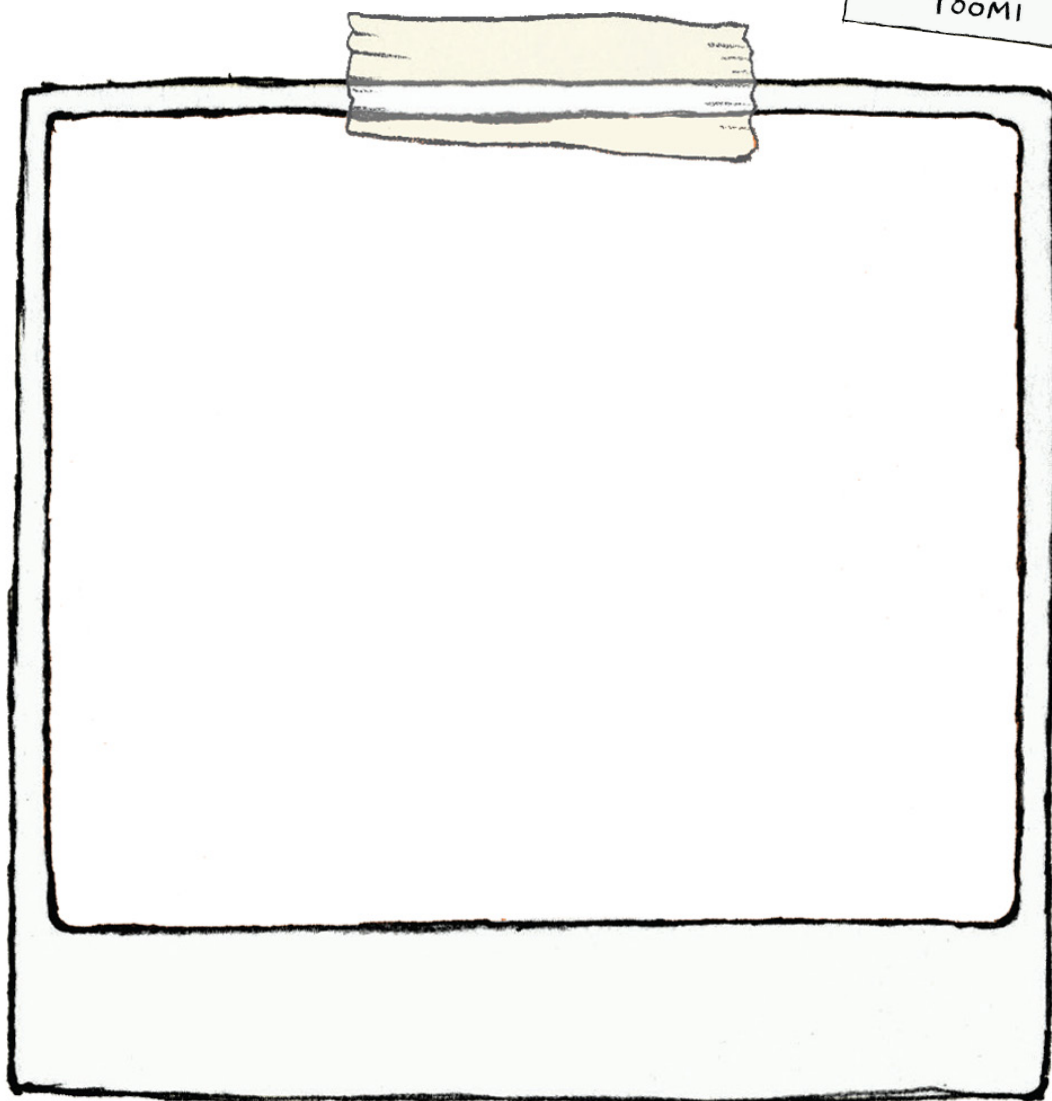
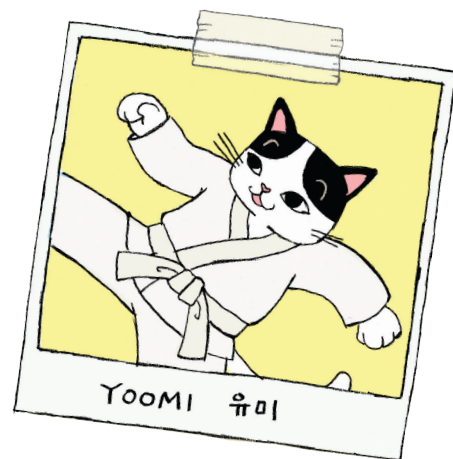
2. Let's WRITE.

In the book, Yoomi is afraid of breaking the board, and almost gives up taekwondo. Yoomi's grandma almost quits learning to use the computer, too, but she keeps trying. Think about the time you wanted to quit something, but kept trying. What did you keep trying to achieve? How did you feel?

3. Let's DRAW.

As we are staying home a lot, we miss our friends, teachers, and family who don't live with us. Draw a portrait of someone you miss in the photo frame below.

Write a message to them below the photo.



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Yoomi and her friends are ready to take on the test for their yellow belts in taekwondo. But Yoomi is afraid to break a board. Meanwhile, Grandma is struggling to learn something new, too. But Yoomi and Grandma encourage and inspire each other. Yoomi discovers how, with persistence, focus, deep breathing, and above all, a loving Grandma, even the toughest challenges can be overcome. The story emphasizes self-confidence, determination, and the value of family. Backmatter about taekwondo, with some Korean vocabulary, is included.

★ A Junior Library Guild Selection

Visit AramKim.com for more activities.

HOLIDAY HOUSE



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