

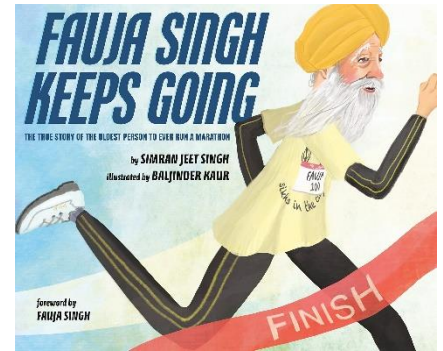


Kids Book Club Kit | Darien Library

Fauja Singh Keeps Going by Simran Jeet Singh

Recommended for grades K to 1

Summary: The true story of Fauja Singh, a Sikh man who became the first one hundred-year-old to run a marathon.



Discussion Questions:

1. What can you tell about Fauja from the pictures in the story? What can you tell about him from the things he does in the story?
2. What differences do you notice in the illustrations of Punjab and England (dress, climate, food, etc.)? In what ways does Fauja's childhood look different from yours? The same?
3. Have you ever moved to a new place? How did you feel? How did you deal with your feelings?
4. What challenges did Fauja have to face throughout his life? How did he feel? How did he deal with those challenges?
5. Has anyone ever told you you weren't capable of doing something? How did that make you feel? What did you do as a result?

Further Resources:

Penguin Educator's Guide: <https://dar.to/3fjmvh0>

Activities

1. Think of someone you admire in your life. What are their values (ex: optimism, humility, compassion, perseverance, service, dedication, determination, positivity, etc.)? Which of these values would you like to bring into your life? Why? How would you do that?
2. Think of something you'd like to accomplish this year. What are some goals you can set to help get you there? Ask your grown up for ideas if you're unsure.