

Running with Wings

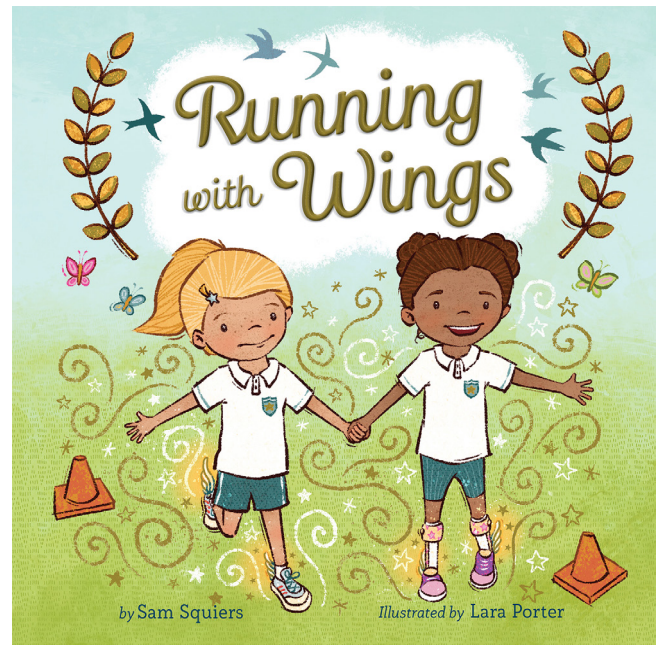
Written by Sam Squiers

Illustrated by Lara Porter

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SYNOPSIS

Mimmi loves running. Frankie does too. They both dream of one day running in the biggest, most impressive, spectacular race there is – The Big One. First of all, there's the sprint in the school carnival. While Mimmi gets nervous and distracted, Frankie has her own challenges to overcome. But what happens when Frankie offers Mimmi some important advice? A story about friendship, a journey and being the best you can be.

ABOUT THE AUTHOR

Sam Squiers is an award-winning sports journalist, presenter, author and the founder of Sportette. As a sports presenter for Fox Sports News Australia and over the course of her career, Sam has earned a reputation as a powerful advocate and voice for women in sport. In 2023, Sam featured on the Disney+ docuseries *Matildas: The World at Our Feet* and was a *FIFA Women's World Cup Beyond Greatness* Champion. Following the successful release of Sam's debut children's book *Princesses Wear Sneakers* in Australia in 2020, it was published in the UK as *Princesses Wear Trainers* in 2022. Sam is also a Women's Professional Golfers Association (WPGA) board director and a mum to her own little girls Imogen (Immi) and Elle.

ABOUT THE ILLUSTRATOR

Lara is a South African born children's book illustrator based in Sydney, Australia. She started out her creative career as a designer/art director in the advertising industry, working around the world in Cape Town, Bristol and Sydney. After a decade of corporate life, she completed a BA Honours Degree in Illustration in the UK and began freelancing. She pivoted from editorial illustration in the pandemic to follow her dream ... illustrating children's picture books. Her artwork is digital but she uses linework, brushes and textures to create a hand-made illustration style. Lara loves writing as well ... her next dream is to see her name as author/illustrator on a picture book in the near future.

EDUCATIONAL APPLICABILITY

Running with Wings is a celebration of inclusivity and diversity by award-winning sports journalist, presenter and author, Sam Squiers. The emphasis of the story is on the journey as opposed to the outcome. It's a wonderful starting point for discussions about finding your place, never giving up and making dreams happen.



Discussion Topics

Read the book together, asking questions throughout.

1. Look at the cover of the book together. What do you think the story might be about?
2. How would you describe Mimmi and Frankie? What adjectives would you use?
3. Mimmi and Frankie are passionate about running and racing. Is there anything that you're passionate about?
4. Why does Mimmi find it difficult to race?
5. How does Frankie help her? Has anyone helped you in this way? Have you helped anyone else to overcome their fears?
6. What do you think about the end of the story? What sort of message is being given?
7. What did the children think of the book? If they liked it, why did they like it? What was their favourite part?



Frankie loved to race.

Every morning Frankie set her timer to race how quickly she could get dressed.

Uniform, socks, AFOs, shoes.
Done!
New personal best!



One day, when Mimmi was out on the track, she looked over and saw Frankie racing. She looked so strong, so fierce, so powerful.

WOW!

Later when she was collecting her things, Mimmi noticed she walked with a limp.
'Hey ... I'm Mimmi.'
'Hi, I'm Frankie.'
'How do you run like that?' Mimmi asked.



Fun Wordsearch Activity

Can you find all the words in the *Running with Wings* wordsearch?

Name:

Class:

Date:

word search

RUNNING WITH WINGS

B I M A G I N E U W I
S U C O F N F Y E I R
C T T T R A I N I N G
N E R T I E I N K G Y
T C N E E T Q E N S E
L A V I N R A C A U N
O R B I D G F S R U R
E R R V S T T L F D U
E P H I H T N H I N O
S R E N I A R T S E J
R E W O P I M M I M S



BUTTERFLIES
CARNIVAL
FOCUS
FRANKIE
FRIENDSHIP
IMAGINE

JOURNEY
MIMMI
POWER
RACE
RUNNING
SPRINT

STRENGTH
TRAINERS
TRAINING
WINGS

word search

www.edu-games.org





Answer Sheet

word search

RUNNING WITH WINGS

B I M A G I N E U W I
 S U C O F N F Y E I R
 C T T T R A I N I N G
 N E R T I E I N K G Y
 T C N E E T Q E N S E
 L A V I N R A C A U N
 O R B I D G F S R U R
 E R R V S T T L F D U
 E P H I H T N H I N O
 S R E N I A R T S E J
 R E W O P I M M I M S

BUTTERFLIES
 CARNIVAL
 FOCUS
 FRANKIE
 FRIENDSHIP
 IMAGINE

JOURNEY
 MIMMI
 POWER
 RACE
 RUNNING
 SPRINT

STRENGTH
 TRAINERS
 TRAINING
 WINGS

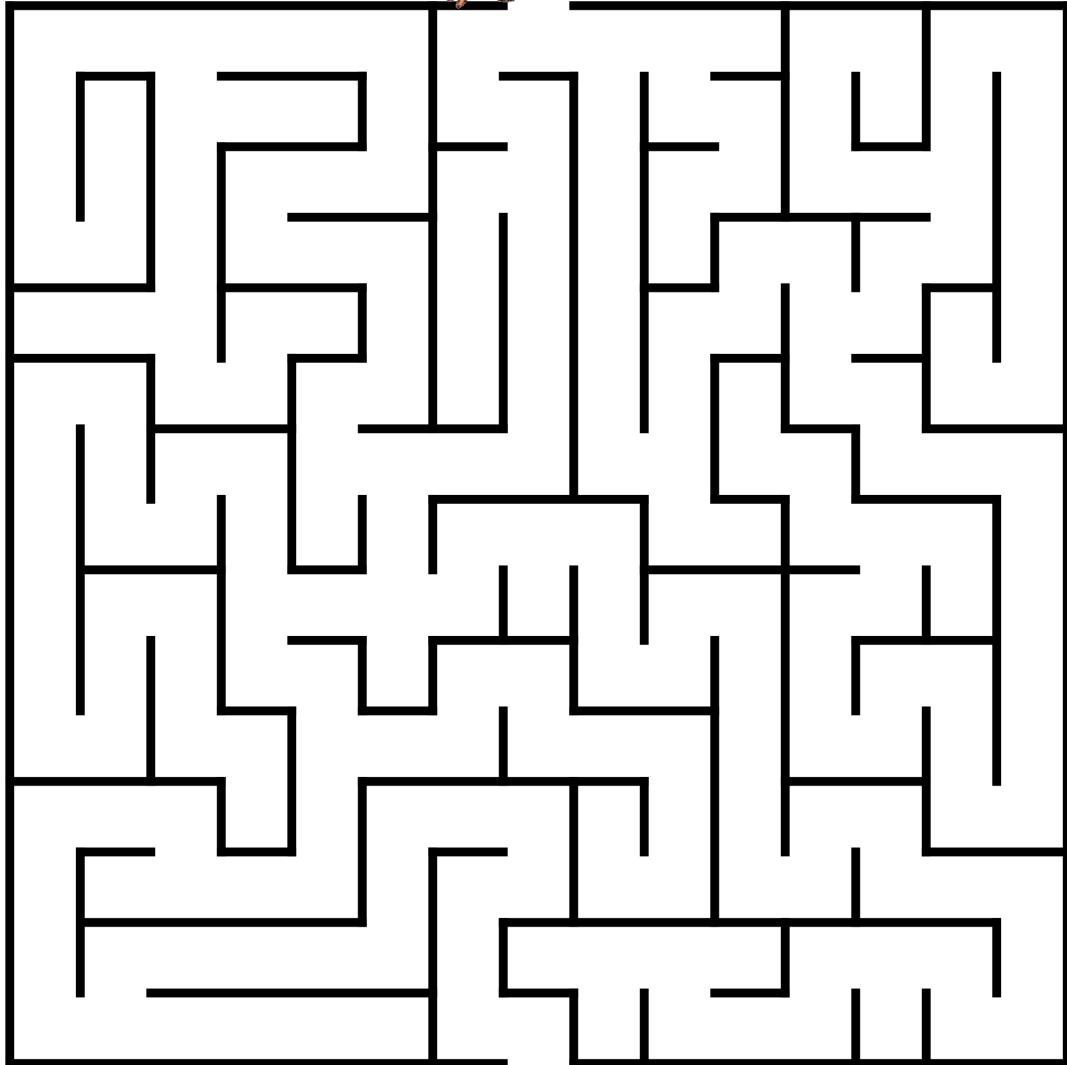
word search

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A-maze-ing Friends

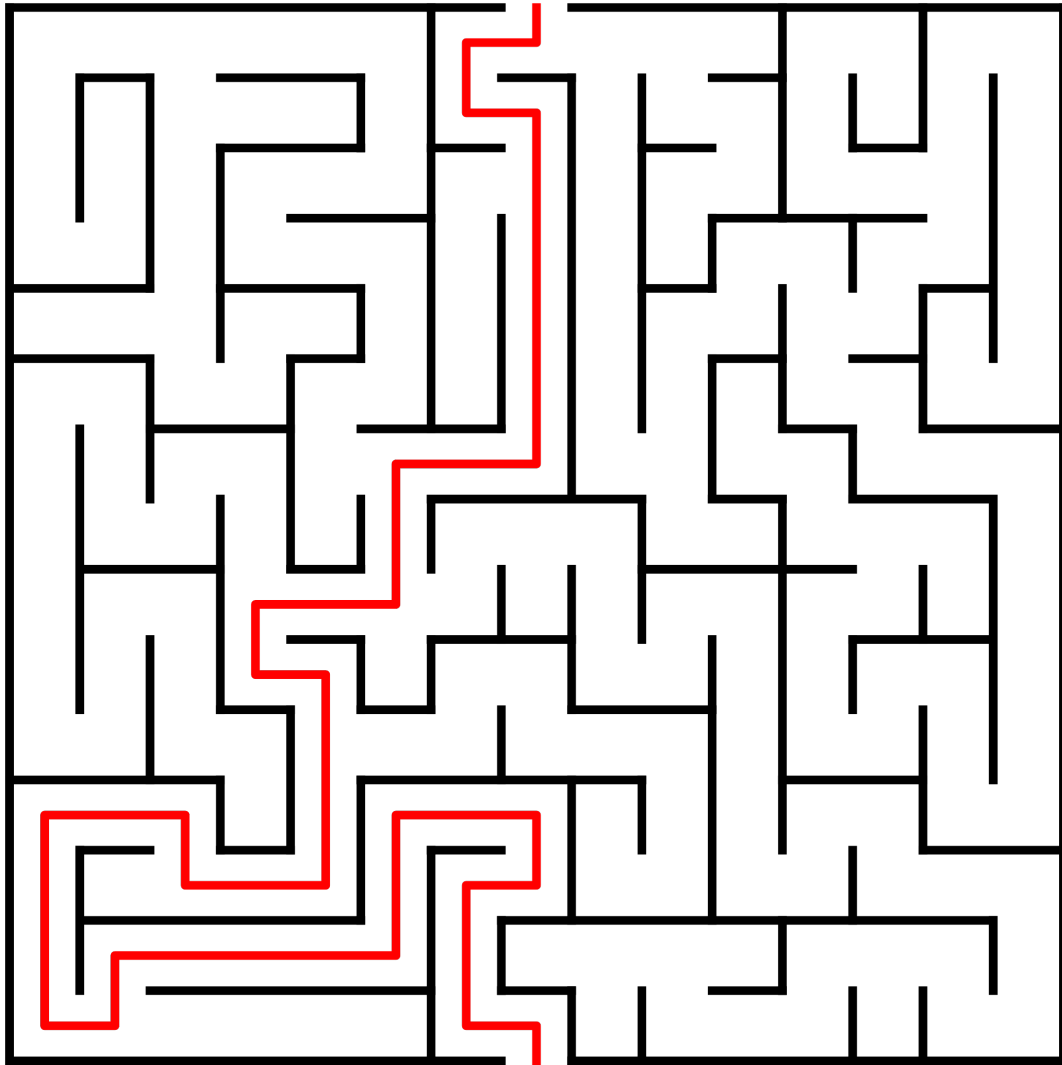
Can you help Mimmi get to Frankie?



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Solution to the maze



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Running with Wings Poem

Make up an acrostic poem about your passions or sport using the words, RUNNING WITH WINGS.

R
U
N
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S

