



GAME CHANGERS

TEACHER GUIDE



Meet 13 hijabi athletes changing the rules of sport. Many of these women were the first in their sport to compete wearing the hijab. Some were up against cultural traditions that didn't allow girls to play sports, and some fought to have institutional anti-hijab rules changed so they could participate.



ABOUT THE AUTHOR

Charlene Smith is a hijabi who tries to keep up with her six children in various sports. She lives in Edmonton, Alberta. She enjoys downhill skiing in the Rocky Mountains of Alberta and summers downhill mountain biking in the Coast and Columbia Mountains of British Columbia. *Game Changers* is her first book.

DISCUSSION QUESTIONS

1. Which story from *Game Changers* is your favorite? Why?
2. If you could speak to any one of these athletes, what are three questions you would ask her?
3. Can you relate to any of the athletes featured? How so?
4. Do you think playing sports or being active is important for everyone? What do you think are some of the benefits of playing sports and being active?
5. Are there any sports in the book that you had never heard of before? Would you like to try them? Why or why not?
6. What would you do if you saw someone being excluded from a sport or activity because of the way they looked?
7. Should we form opinions about people, and what they can or cannot do, based on how they look? If not, then what should our opinions about people be based on?





ACTIVITIES

1. On a world map, locate where each athlete was born, where they currently live and which country they represent, if any.
2. Choose two athletes from the book. Compare and contrast their stories. How are they the same and how are they different?
3. Research one of the additional hijabi athletes listed in the back of the book and write a short story or report about her.
4. Each of the stories includes a quote from the athlete. If someone was writing the story of your life and asked you what message you wanted to give to the world, what would you say? Write down your quote and decorate it, so it can be hung up in the classroom.
5. Make a poster about one of the athletes featured in *Game Changers*. Include any information you think is important or interesting. Also include a drawing or photo.
6. Review the page about modest sportswear (page 64). Then design and draw an appropriate outfit for a hijabi athlete to wear. It can be for a particular sport, or for sports in general.
7. Do you know a hijabi athlete in real life? If so, write her story. Include a photograph or drawing.
8. Write your own story about a sport you play or an activity you do. Design a trading card, like the ones in the table of contents, to go with the story.

