

FEELING STRONG



Who is Jill Shames?

Jill Shames is a teacher. She teaches martial arts¹ to children with cancer². Jill

- 5 wants the children to be strong. She doesn't want them to be afraid of doctors and hospitals.

Where does Jill work?

- Jill works for Kids Kicking Cancer³. It's a big organization⁴ that helps children with cancer all over the world. Jill teaches in classrooms and in hospitals. She
- 10 thinks that martial arts lessons can help sick children feel better. She teaches them how to fight and how to breathe⁵ when they are afraid.

Who began Kids Kicking Cancer?

- Rabbi Goldberg began Kids Kicking Cancer in 1999 at the Children's Hospital of Michigan, USA. He wanted to help children with cancer. Rabbi
- 15 Goldberg has a black belt⁶ in Choi Kwang Do. He believes that martial arts can help sick children feel better.

Why do the children help others?

- The teachers at Kids Kicking Cancer show how the sick children help other people. They believe that when you help other people, you feel better. For
- 20 example, some children teach other sick people how to breathe when they feel bad. The children say that they feel better when they help others. It helps them forget about their own problems.

Answer the Questions:

1. What does Jill teach?
2. Why does she teach this?
3. Where does she work?
4. How can the kids feel better?
5. Who is Rabbi Goldberg?
6. What makes the children feel better?