



Nadia: The Girl Who Couldn't Sit Still

Karlin Gray , Christine Davenier (Illustrator)

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Nadia Comaneci was a feisty and fearless little girl who went from climbing trees in the forests of Romania to swinging into history at the 1976 Olympic Games, where she received an unprecedented *seven* perfect scores in gymnastics. But as readers will see in this first-ever illustrated picture book about Nadia's journey to Olympic gold, the road from small-town girl to world-class athlete was full of many imperfect moments.

Expert illustrations that capture the energy and fluidity of Nadia's exuberant gymnastic routines and referential back matter round out this inspirational story of determination and overcoming adversity. A perfect 10.

Nadia: The Girl Who Couldn't Sit Still Details

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Author : Karlin Gray , Christine Davenier (Illustrator)

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Genre : Childrens, Picture Books, Biography, Sports and Games, Sports, Nonfiction, Psychology, Growth Mindset

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From Reader Review Nadia: The Girl Who Couldn't Sit Still for online ebook

Emyrose8 says

The story behind one of the world's most famous gymnasts. Don't miss the afterward that tells more about her later life!

Maureen Tully says

Good information and great illustrations; helpful timeline at the end includes more details.

Jaelynn Horton says

Biography. I loved how this book depicted Nadia simply as a girl who couldn't sit still. It humanized and normalized her. I also loved how this book depicted Nadia's successes and failures. It inspired me to go and watch the perfect 10 routine. She was good!

Ian McHugh says

Another lovely book for young girls and boys. The story of Romanian gymnast Nadia Comaneci. I love the illustrations here and the simple tale of perseverance and practice. I also love that failure is portrayed as an integral part of the story. A timely reminder to youngsters that 'perfection' doesn't come easily.

Tanya says

Loved the illustrations and the dialog. Great book to introduce young kids to this Olympic athlete.

Renee says

A picture book bio of Nadia Comaneci, a young Romanian gymnast, who was the first ever Olympian to score a perfect 10 in gymnastics.

I think this will appeal to young readers because:

- it shows how she took her weakness (not being able to stay still) and made it her strength
- it shows when she failed miserably but did not give up
- good sportsmanship
- the buzz about gymnastics from this year's Olympics

Further areas for teachers/students to explore:

- the concept of defecting from a country and why
 - Nadia's book Letters to a Young Gymnast (2003)
 - using databases to find articles written about her at the time of her success (and photos)
 - research about her now (she is still living and working in the US)
-

Ellen says

I really liked this picture book biography about the famous gymnast Nadia Comaneci. I enjoyed the history and the fun way the author made the gymnast more relatable to young readers. I would definitely add this to my biography read alouds, especially during the Olympics or during gymnast events that are televised.

Beth says

A lovely picture book biography about Nadia Comaneci, the first woman to get a perfect 10 at the Olympics in gymnastics.

Jordan Roy says

Not a part of my GoodReads entry but had to read! A fantastic book!

Janine says

Great illustrations.

Alicia Brommer says

Narrative:

Just by looking at the title, what do you think this book might be about? (Have the rest of the book covered by paper with just the title showing.) Let's take a look at the whole cover. Now what do you think? Does the picture change your idea? Have you ever gotten in trouble for not being able to sit still? (Students give answers.) Well, the title of the book tells us that Nadia has hard time with that, too. Let's see what happens to her.

Opening Moves:

- *Prompt predictions based on the title
- *Invite personal connections

Rationale:

I selected this book because of the title. I was hoping to find something to reach those students who just can't sit still, no matter how hard they try. I was very pleasantly surprised that this book does hit on that topic, but also has messages of perseverance and hard work. This book could lead nicely into various classroom activities in either PE or social studies. This book highlights an athlete, which is different from the characters in the other books that I selected. I feel that this set of four books is a good start on my goal of introducing more diversity into my library setting.

Source:

Fountas, I. C., & Pinnell, G. S. (2006). Teaching for comprehending and fluency: Thinking, talking, and writing about reading, K-8. Portsmouth, NH: Heinemann Publishing.

Nadia says

This book is about the famous gymnast Nadia Comaneci and her triumph, resulting in her winning 7 gold medals in the Olympics. Nadia is a great role model and her story can inspire young girls to follow their dreams and to work hard at what they love in life. The illustrations are simple yet great at setting the mood for the story- inspirational and motivational.

Jenny says

An interesting biography about the famous gymnast Nadia Comaneci. Fun and lively illustrations accompany the text that shows Nadia's determination to improve and her impressive seven perfect scores in the 1976 Olympic Games. I was left wanting more.

There could be plenty of curriculum tie-ins/collaborative conversations about this book.

- *perseverance/determination

- *overcoming adversity

- *turning a weakness into a strength

- *her defection from Romania/communism and the history of her homeland

December Sirmans says

This book is a great book for children. Even though kids often have a lot of energy the book showed that you can make lots of use of that energy like how Nadia became a really good gymnast out of it.

Kirsten Edwards says

Read this review with photos of the book and its contents here:

<https://readersforlife.blog/2018/05/1...>

Nadia Comaneci stunned the world at the 1976 Montreal Olympic Games when she scored seven perfect tens in gymnastics. Not only was she the first gymnast to ever score a perfect ten, she was also the youngest gold medalist in gymnastics at only 14 years old.

Her incredible feats at the Olympic Games made her world famous. She returned home to Romania (at the time under Soviet Communist rule) to be greeted by the president as a national hero. Nadia continued to compete and win world class competitions until she defected to Hungary in 1989.

Who is Nadia Comaneci and could her story inspire young, keen gymnasts today?

Karlin Gray's book, "Nadia The Girl Who Couldn't Sit Still" has done a superb job of telling Nadia's life to boys and girls 4-8 years old.

The narrative opens with Nadia swinging from a tree branch. She is a fearless girl who loves to move, and has so much energy, so her mother signs her up for gymnastics. Eventually she ends up under the tutelage of Bela and Marta Karolyi who train her all the way to the Olympics. We then get a wonderful glimpse of her amazing performance at the 1976 Olympics and how everyone was confused because the scoreboards displayed her score as '1.00' (the lowest). The scoreboards could only display 9.99 as the highest score! Finally we end with a celebration of Nadia's success and her triumphant return home. The book ends there, but the "afterward" details her defection to Hungary in 1989, and gives a full timeline of her life to 2003.

The story is creative in the way it shares Nadia's success, but also some of her failures. You get a glimpse of a girl who is dedicated, works hard to succeed, and is able to get up and keep trying when she fails. There is also good sportsmanship on display, when the Russian gymnasts personally congratulate her for her medals.

I love the illustrations by Christine Davenier. Nadia couldn't stop moving and neither do the pictures! They are full of movement and bounce. I am particularly impressed that Nadia's actual steps on the bar and beam are illustrated carefully.

The ratio of text to image is excellent. The pictures fill the page, but the narrative has not been scaled back for the sake of imagery. Gary's narrative is well written, builds drama and doesn't speak down to her young audience.

I highly recommend this book for boys and girls ages up to 8 years old. It is hardcover, full colour and 40 pages long. It is slightly wider than an A4 paper.

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