

NAME:

Close-Reading Questions

Striking to Save The Planet

1. Why did Alexandria's mother want her to leave Davis once the Camp Fire broke out?

2. How did climate change help the Camp Fire spread?

3. What has Alexandria been doing to bring attention to climate change?

NAME:

Critical-Thinking Questions

Striking to Save The Planet

1. Do you think skipping school is an effective way to bring attention to social issues? Explain your answer.

2. How mindful are you of climate change? Is it something you think about often and learn about in school? If so, how? If not, why do you think that is?

3. Protest movements often get attention through social media. In what ways could you use social media to bring attention to environmental issues? Come up with at least two ideas.

NAME:

My Environmental Goal

Directions: We can all do more to help combat climate change, whether as individuals, at home, or in the community. You're going to identify a goal to work on over the course of a month, track your progress, and reflect on how you did.

Part 1: The Goal

What would you like to change about your habits to become more environmentally aware? Pick a goal that is slightly challenging but that can be accomplished within the span of a month: Cutting back on your use of straws or plastic bottles? Using your own bags? Bringing a reusable water bottle to school every day? Write out your goal below.

Part 2: Tracking your progress.

Using the small calendar below, fill in the dates from when you will start and then put an X in the box for each day that you managed to achieve your goal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Part 3: Reflection

How did you do? Were you successful in your goal? Why or why not? What did you learn in the process and what will you work on next?

NAME:

Quiz: Striking To Save The Planet

Directions: After reading “Striking To Save The Planet” on pages 22-24 in this issue of *Choices*, fill in the bubble next to the best answer for each question below.

1. How is Alexandria bringing attention to climate change?

- Ⓐ She started a letter-writing campaign to Congress
- Ⓑ She has been skipping school on Fridays to sit on a bench outside the United Nations
- Ⓒ She wrote an email to her governor
- Ⓓ She staged a walkout at her school

3. What does Alexandria’s nonprofit, Earth Uprising, do?

- Ⓐ Design billboards
- Ⓑ Work with younger students
- Ⓒ Educate adults about climate change
- Ⓓ Recycle plastic in their neighborhood

2. What percentage does Alexandria want world leaders to reduce carbon emissions by?

- Ⓐ 25%
- Ⓑ 60%
- Ⓒ 50%
- Ⓓ 95%

4. What was the incident that prompted Alexandria to take action against climate change?

- Ⓐ A trip to Alaska where she saw melting glaciers
- Ⓑ Being in California during wildfires that were likely caused by climate change
- Ⓒ Learning about animal species at risk of extinction
- Ⓓ Reading a post shared by someone on Instagram

Directions: Write your answer in the space below the question. Use complete sentences.

5. Who is Greta Thunberg and how was Alexandria inspired by her?

6. What nationwide event did Alexandria organize, and how did she pull it off?

7. What does Alexandria say teens need to do now to help prevent climate change in the future?

NAME:

The Disarming Case

Directions: Swedish activist Greta Thunberg has been inspiring people all over the world with her passion and determination. After watching her TED Talk, you'll answer the questions from this discussion guide to talk about what you've learned.

Who is Greta Thunberg? Why did she want to get involved in the issue of climate change?

What are some difficulties she has encountered in her journey?

What are some of the successes she's had?

What are the key changes she wants made? What does she want the adults in the world to know?

What can you learn from her talk? How can you take inspiration from her activism and begin to make a difference yourself?

NAME: _____

Vocab: Striking to Save The Planet

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

Word Bank

catastrophe
inhalation

climate change

emissions
carbon dioxide

1. During the Camp Fire in California, people were collapsing on the street due to smoke _____.
2. Alexandria is demanding that world leaders reduce carbon _____, one of the leading causes of global warming.
3. The U.N. says it is necessary to cut these in half by 2030, or we risk facing a global _____.
4. One gallon of gasoline releases almost 20 pounds of _____ into the atmosphere.
5. Alexandria got her idea from Greta Thunberg, the teen activist who struck outside of Sweden's Parliament to protest _____.

NAME:

Close-Reading Questions

Should Napping Be Allowed at School?

1. Why does Karli have a difficult time getting enough sleep?

2. How much sleep do average teens need, and how much do they actually get?

3. How does Sneha manage to get eight hours of sleep each night?

4. Why does Sneha think allowing naps in school might cause teens to sleep even less?

NAME: _____

Critical-Thinking Questions

Should Napping Be Allowed at School?

1. How much sleep do you get on an average school day? Do you feel like it's enough? Explain your answer.

2. Younger teens tend to brag about staying up late but as they get older, that changes. Why do you think that is?

3. The nap pods that the schools in New Mexico use cost \$13,000 apiece. What do you think a low-cost option for schools might be? Get creative!

NAME: _____

Extra Two Hours

Directions: Sneha is able to get enough sleep because she has good time management skills. Use this guide to find time management strategies that work and set a sleep goal for the year ahead.

1. How are your current time-management skills? Do an honest reflection listing both your strengths and your areas for improvement.

2. Do you procrastinate? _____

3. Different strategies work for different people. After everyone in the class shares their areas for improvement and your teacher puts them up on the board, go through the list together and brainstorm some ideas for each of the issues.

4. After hearing all of the ideas for improvement, decide which one will work for you and then write a detailed plan for putting it into action in your own life.

5. What's the desired outcome? It should be more sleep! Write the average amount of sleep you're currently getting on a school night, and the amount you'd like to get instead.

Hours of sleep you're getting now: _____

Hours of sleep you will get after initiating your plan: _____

NAME:

Get Some Sleep

Directions: Young teens often see a lack of sleep as a badge of honor. But in this activity, you're going to use positive peer pressure to make getting a good night's sleep an appealing alternative.

Step 1: The Message

What would you like younger teens to know about the amazing benefits of sleep? List at least three things.

1. _____

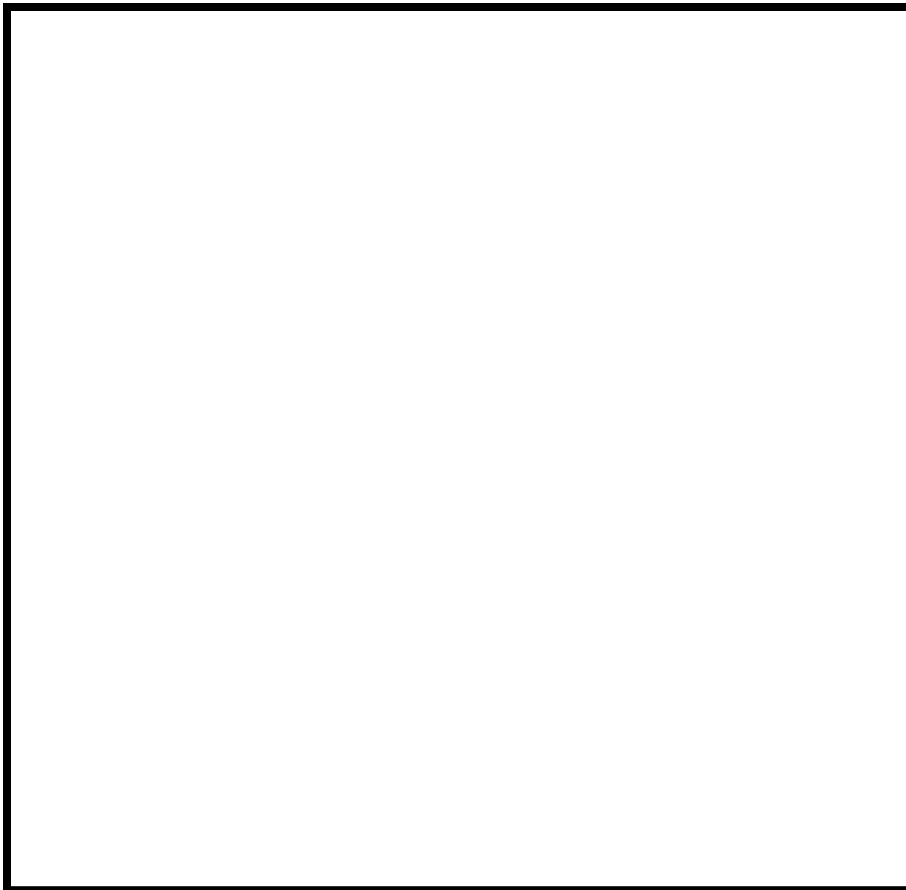
2. _____

3. _____

Now circle one of the benefits to focus on, and brainstorm a catchy or memorable way to relay your message.

Step 2: The Design

Using Canva.com, or another poster-creating program, create a poster for your message. You can also do it by hand if you'd like! Before you get started, sketch out a draft of your poster in the space below.



Quiz: Should Napping Be Allowed at School?

Directions: After reading “Should Napping Be Allowed at School” on pages 2-5 in this issue of *Choices*, fill in the bubble next to the best answer for each question below.

1. According to experts, what is the ideal amount of time for a nap?

- Ⓐ 10-15 minutes
- Ⓑ 20-40 minutes
- Ⓒ 1 hour
- Ⓓ 90-120 minutes

3. What did the company Zappos spend \$250,000 on to create a relaxing environment for workers to nap in?

- Ⓐ Bunk beds
- Ⓑ A special ‘napping wing’
- Ⓒ Overtime pay for relief workers
- Ⓓ A giant aquarium

2. The chemical in your brain that makes you sleepy is called:

- Ⓐ Oxycontin
- Ⓑ Dopamine
- Ⓒ Adenosine
- Ⓓ Serotonin

4. Which country requires a daily 30-minute break in the work day for workers to rest?

- Ⓐ Brazil
- Ⓑ China
- Ⓒ Italy
- Ⓓ Spain

Directions: Write your answer in the space below the question. Use complete sentences.

5. How does sleep help prepare your brain to receive new information?

6. What does Sneha suggest schools do to encourage students to better manage their time?

7. What is “good sleep hygiene,” and what are some ways that you practice it? Give at least two examples.

Vocab: Should Napping Be Allowed at School?

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

Word Bank

incentive
deprivation

emphasize
procrastinating
countering

implement
efficiently

1. Karlie says that if schools want to foster healthy behaviors, naps would help _____ the importance of sleep.
2. Sneha thinks that napping is just a temporary fix for the bigger issue of sleep _____ in teens.
3. Rather than offering a temporary fix, Sneha feels that schools should focus on _____ bad habits—like overscheduling—that are causing teens to lose sleep.
4. Sneha says that she is able to get a full night's sleep because she uses a time management strategy to help her avoid _____.
5. Schools could _____ policies about late work that might encourage students to stay on task.
6. Getting homework done _____ would leave more room in students' schedules for more sleep.

Date _____

Dear _____

I live in your voting district and I'm concerned about the environment. I've been reading about the threat that climate change poses to our planet. My biggest worry about about all the effects of climate change, like rising sea levels and intense natural disasters, is _____

I'm passionate about doing my part to offset the causes of climate change but, to do that, I need your help. I'm writing to ask you to work with your colleagues in Congress to find solutions that will help us reduce emissions, stabilize the climate, and protect the planet for my generation and future generations.

Sincerely,

NAME:

Close-Reading Questions

Meet Chelsea!

1. What is Down syndrome?

2. How is Chelsea involved with her school's swim team?

3. How does having Down syndrome affect Chelsea's diet?

4. Why does Chelsea say it's hard to make new friends?

NAME:

Critical-Thinking Questions

Meet Chelsea!

1. In what ways do you think having a student like Chelsea at school benefits the rest of the school community?

2. Chelsea gets frustrated that people don't take the time to get to know her. What do you think is stopping them?

3. What does Chelsea want to do when she's older, and how do you think her experience growing up has influenced her goals?

NAME: _____

Get Involved

Directions: The Special Olympics takes place in cities all over the world, and they are always looking for volunteers. In this activity, you and your classmates will conduct research and find out how to get involved with the organization in your community. Then you'll come up with a plan to make sure it happens.

Go online to <https://www.specialolympics.org/get-involved/volunteer>

Find out the following information:

Where is the Special Olympics Organization office closest to you? _____

What are some of the things the organization does? List at least three.

1. _____

2. _____

3. _____

What are some of the benefits of volunteering? List at least three.

1. _____

2. _____

3. _____

What are some different ways to get involved in your local office? Go to their site and identify upcoming opportunities.

What do you think you could bring to the organization? Could you help coach or use your planning skills to help with the events?

Contact the Special Olympics nearest you and send a request for more information! Write down the response you receive and the ways you'll be getting involved below.

NAME: _____

Quiz: Meet Chelsea!

Directions: After reading “Meet Chelsea!” on pages 6-11 in this issue of *Choices*, fill in the bubble next to the best answer for each question below.

- 1. People are typically born with 46 chromosomes in each of their cells. How many do people with Down Syndrome have?**
- Ⓐ 43
 - Ⓑ 47
 - Ⓒ 62
 - Ⓓ 35

- 3. What is the one class that Chelsea is in just with other students who have special needs?**
- Ⓐ Homeroom
 - Ⓑ Math
 - Ⓒ Health
 - Ⓓ Chorus

- 2. What does Chelsea want to do for a job when she's older?**
- Ⓐ Waitress
 - Ⓑ Singer
 - Ⓒ Counselor
 - Ⓓ Security guard

- 4. What big family issue did Chelsea's sister, Courtney, help her cope with four years ago?**
- Ⓐ Their parents getting divorced
 - Ⓑ Their father passing away
 - Ⓒ Moving to a new state
 - Ⓓ Losing their house to foreclosure

Directions: Write your answer in the space below the question. Use complete sentences.

- 5. What prompted the editors of *Choices* to do a feature on Chelsea?**

- 6. Why is it frustrating for Chelsea to shop for clothes?**

- 7. How does Chelsea feel about having to work in a separate group during her history class?**



NAME: _____

Reaching Out

Directions: Chelsea struggles to make friends because people often don't realize how much they have in common with her. Using the template below, you'll find a way—either through a letter or a video—to let her know that you enjoyed her story and that she has friends across the country.

Method of communication: Video or Letter (Circle one)

Introduction

How will you introduce yourself to Chelsea? Be sure to include the following:

Your name: _____

Where you live: _____

What you thought of her story: _____

Making Connections

In what ways can you connect with Chelsea? Skim back through her story and find some things you have in common with her. Include at least two to discuss.

1. _____

2. _____

Conclusion

What would you like Chelsea to know? Be sure you include a positive and inspirational way to end your message.

NAME: _____

Vocab: Meet Chelsea!

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

Word Bank

misconception
coverage

chromosome

discrimination
interpret

1. Last spring, *Choices* received an email from Chelsea Bailey about the lack of _____ of teens with Down Syndrome in recent years.
2. Down Syndrome is a genetic disorder, meaning that people who have it are born with an extra _____ in their cells that can lead to physical and intellectual differences.
3. Chelsea's sister Courtney, says that some people can get frustrated with Chelsea because she doesn't _____ social cues the way everyone else does.
4. Courtney says that it's a big _____ that Chelsea constantly needs help, and she wishes more people understood how independent Chelsea really is.
5. People with Down Syndrome often face _____, like getting paid lower wages for the same jobs as others, so there are groups working to ensure they get equal rights.

NAME:

Close-Reading Questions

The Last Bonfire

1. According to the CDC, how many teens die in car accidents each day? How many of those accidents involve alcohol?

2. What is B.A.C., and what is the legal limit for adults to have in their system before driving?

3. What happened to the driver of the car in the crash that killed Malek?

NAME: _____

Critical-Thinking Questions

The Last Bonfire

1. Kids who start drinking at a young age are seven times more likely to be in an alcohol-related crash than those who wait until they're 21 to drink. Why do you think that is?

2. What could Tristan, Malek, and Bryson have done differently to avoid what happened?

3. Out of all the creative answers the article suggests for refusing a drink, which one do you think you'd be most likely to use? Why is that?

NAME: _____

Quiz: The Last Bonfire

Directions: After reading “The Last Bonfire” on pages 16-21 in this issue of *Choices*, fill in the bubble next to the best answer for each question below.

1. Kids who start drinking at a young age are _____ times more likely to be in an alcohol-related crash than those who wait until they are 21.

- Ⓐ Four
- Ⓑ Seven
- Ⓒ Two
- Ⓓ Fifteen

2. What did Bryson think would help him drive safely and avoid getting in trouble?

- Ⓐ Driving far below the speed limit.
- Ⓑ Playing his music loudly to stay alert.
- Ⓒ Following a truck down the highway to help him stick to the speed limit.
- Ⓓ Using an app that would notify him of oncoming traffic.

3. What were Malek’s parents doing when they learned he was dead?

- Ⓐ They were waiting up at home for him.
- Ⓑ They were out of town at his sister’s soccer tournament.
- Ⓒ They were at work.
- Ⓓ They were at church with his two younger sisters.

4. How were Tristan and the other survivors able to get to the hospital in time?

- Ⓐ They were near a hospital and a passerby took them in.
- Ⓑ Another group driving back from the bonfire saw them and called for help.
- Ⓒ Tristan called her parents to come pick them up.
- Ⓓ Bryson used his phone to call 911.

Directions: Write your answer in the space below the question. Use complete sentences.

5. How does alcohol start affecting your brain after the first sip?

6. What can you do to avoid getting in the car with someone who has been drinking? Give at least two alternative options.

7. What are some of the legal consequences of drinking and driving when you’re under the age of 21?

NAME:

Spread the Word

Directions: Tristan says, "I wish everyone would choose 'better safe than sorry.' Use the guide below to outline an advocacy campaign to create awareness about the dangers of getting in a car with someone who's been drinking.

Teens who have been drinking are _____ times more likely to get into accidents than those who are sober.

Why are teens more likely to drive drunk than adults?

What would you like your classmates to know about drunk driving and teens? Pick one or two key stats or facts from the article to focus on.

1. _____
2. _____

What will you do to make your message stand out? Circle the one you think will best reach your audience.

Poster

Bumper sticker

PSA

Outline your plan below, then check your plan with your teacher, gather the materials you need, and get to work! Use the back of this page if you need more space.

NAME: _____

Too Close To Home

Directions: The story of Malek and Tristan is just one of far too many tragedies involving teens and drunk driving. Research and find information about an accident that took place in your community, city, or state, and then share your findings with the class.

Part 1: Are there any drunk driving accidents involving teens that you already know about? Go online to research more about it. If you don't know of any, do a Google search for "teen drunk driving accident in _____" (enter the name of your city). List the name of the website where you found the article.

Part 2: Who was involved in the accident?

Where did the accident occur? _____

What time did it occur? _____

What were the circumstances involved? _____

What were some of the things said about the victims or drivers?

What were the legal consequences for the driver of the vehicle that caused the accident?

What are the main things you'd like other teens to know about drunk driving? Write a brief paragraph describing the accident you researched and three key things your classmates should keep in mind.

Vocab: The Last Bonfire

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

Word Bank

mitigate
hazy

distinctive
impaired
caravanned

lacerated
overcorrected

1. The night of the accident, Tristan and her friends met in the parking lot of a supermarket, then _____ up a remote mountain road to build a fire in a vacant lot.
2. Even though Tristan wasn't by Malek's side during the party, she could hear his _____ laugh and would look over to see him smiling with his friends.
3. _____ judgement from alcohol use led Tristan, Malek and their friends to get into the car with someone who had been drinking.
4. While driving the car, Bryson started swerving to the right, and then _____, crossing sharply to the left and heading straight for the trees on the other side of the road.
5. Despite having a broken rib, _____ liver, and collapsed lung, Bryson was able to get out the car after the accident.
6. After the accident, Tristan spent two weeks in the hospital and was heavily medicated, so the memory of it is _____ in her mind.
7. Experts say the best advice for teens is not to drink, but if they are going to drink or be around people who do, they need to _____ the risks.

NAME:

Close-Reading Questions

Make Your Own Luck

1. How does visualization work?

2. How does the article suggest using your phone to help you achieve goals?

3. How can taking risks get you closer to your goal?

4. Why is it important to expose yourself to new people and experiences when you have a goal?

NAME:

Critical-Thinking Questions

Make Your Own Luck

1. When is the last time you took a risk that paid off? Describe the situation and what you learned in the process.

2. Think of someone you admire. How did they use luck-enhancing skills to reach their goals?

3. What's your dream job? How can you help yourself get closer to it today? Think of at least three things you can do.

NAME:

I Got This

Directions: The top secret of lucky people is that they set goals. In this activity, you'll use the goal-setting guide below to identify something you'd like to achieve and break it down into actionable steps.

What is something you'd like to accomplish over the next few years? Think of a goal that will require some work.

Now how will you get there? Think of the smaller steps you can take along the way to help you get closer to your goal. List at least five.

1. _____
2. _____
3. _____
4. _____
5. _____

What's your timeline? Fill out the checklist below with specific checkpoints and deadlines you'd like to achieve them by.

I will.....

By this date:

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

NAME: _____

Quiz: Make Your Own Luck

Directions: After reading “Make Your Own Luck” on pages 12-15 in this issue of *Choices*, fill in the bubble next to the best answer for each question below.

1. What is the #1 secret of lucky people?

- Ⓐ They have a lot of money.
- Ⓑ They have successful parents.
- Ⓒ They are physically attractive.
- Ⓓ They set goals.

2. How did Xavier get to explore his passion for aviation first-hand?

- Ⓐ He wrote a letter to a major airline.
- Ⓑ He asked his principal if he knew any airline execs.
- Ⓒ He went to work with his father, who is a pilot.
- Ⓓ He won a contest to spend the day shadowing a pilot.

3. How did actor Jim Carrey use visualization to him reach his goals?

- Ⓐ He kept a vision board on the closet door in his bedroom.
- Ⓑ He practiced award show speeches in the mirror.
- Ⓒ He scheduled appointments to meet with different agents.
- Ⓓ He wrote himself a \$10 million check for three years in the future.

4. The daily repetition of looking at a picture of what you want to achieve activates something in your brain called:

- Ⓐ “Unconscious monitoring”
- Ⓑ “Cognitive dissonance”
- Ⓒ “Total recall”
- Ⓓ “Serotonin syndrome”

Directions: Write your answer in the space below the question. Use complete sentences.

5. How does the article suggest you meet new people who might help you reach your dreams?

6. How did the comedian Ali Wong launch her career?

7. How should you set goals if you want to achieve something big?

NAME: _____

See It, Believe It, Achieve It

Directions: Your visualization is a huge part of the goal-setting process, so you're going to use the template below to help create your own vision boards. It's a great way to recycle old magazines, so check around at home for ones you can bring in to share!

First you need to figure out what you want to include. Identify four goals that you would like to achieve in the future and list them below.

1. _____
2. _____
3. _____
4. _____

Decide how you will create your poster. You can do one by hand using magazine clippings or use an online vision board template. Sketch out a design for your poster below.



NAME:

Vocab: Make Your Own Luck

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

Word Bank

visualization

envisioning

repetition

informational

1. Thinking about your goal sets your brain up for success, so you should start _____ exactly what it is you want.
2. _____ is your brain's dress rehearsal for something you're about to accomplish in the real world, which creates motivation and skill.
3. The _____ of looking at an image of your goal every day helps you make adjustments that get you closer to that goal.
4. You can also get closer to your dream job by requesting an _____ interview with your ideal company to learn more and start making connections.