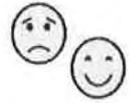


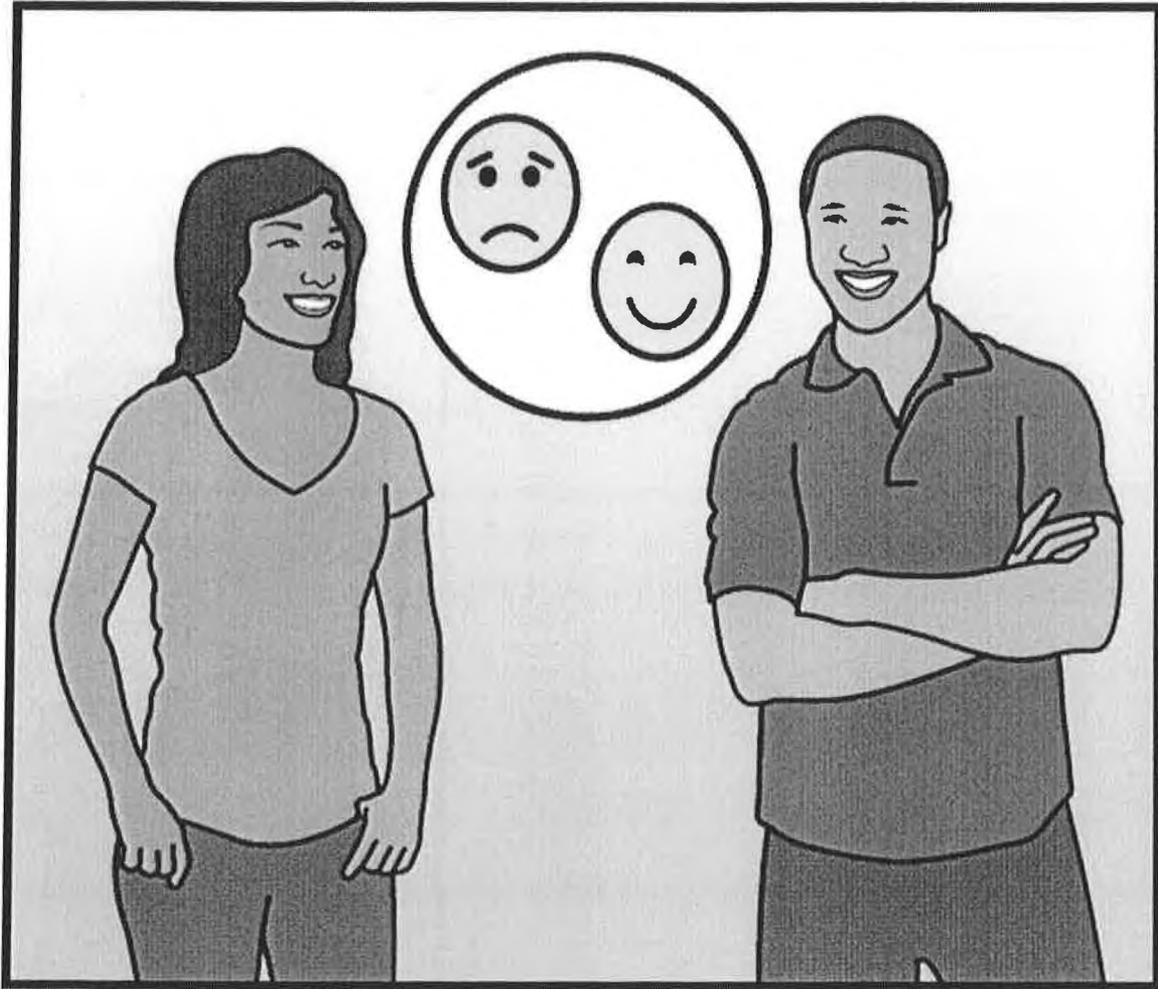
2020-2021

Packet

44



Dealing With Feelings



by Molly Moser

Illustrated by Alex Wisehart



Instructional Targets

Lifelong Learning

- **Reading:** Build word recognition within daily living and vocational materials. Appreciate the value of print materials, such as newspapers and magazines for informational and pleasure reading.



Instructional Routine



Introduce

- Tell the team members they will choose a book to read. Ask a focus question such as, "Would you like to read a book about feelings or cooking?"
- Explain that when choosing a book, it is important to think about the topic, or what the book is about, as well as how hard or easy the book will be to read. Say, "Today, your job is to choose a book to read."
- Review the learning goal with team members: I will choose a book to read.

Model

- Display 4 to 5 books on various topics written at various levels from the class, school or n2y Library.
- Model previewing a book to determine if the topic interests you. For example, read a few pages of one of the books and say, "This book is about _____. I'm not really interested in _____, so I don't think I want to read this book." Then read a few pages of a different book and say, "This book is about _____. I really like _____, I would like to read this book."
- Next, model previewing a book to determine whether it is too hard, too easy or just right. For example, read a page aloud, count the number of mistakes you make. Continue modeling until you find a book that you can read with only 2 or 3 mistakes.

Provide Practice

- Level 3:** Have the team member choose a book to read from the class, school or n2y Library. Remind the team member to ask, "What is this book about? Is this book too hard, too easy or just right?"
- Level 2:** Have the team member choose a book to read from the class, school or n2y Library. Provide visual supports as necessary.
- Level 1:** Using the student's interests and independent reading level as a guide, provide the student with a field of 2 to 3 appropriate books from which to choose. Have the student use his or her active participation mode to select a book to read.

Review

- Revisit the learning goal. Guide team members to recall two things to think about when choosing a book to read.

Throughout the Unit

- Engage team members in self-selected reading using the reading routine for each team member. Reading routines may include partner reading (with a supervisor or peer), shared reading or supported reading.
- Meet with individual team members to discuss the books they are reading. Ask questions, such as "Do you like this book? Why or why not? Is this book too easy, too hard or just right? Do you have any questions about this book?"



Check Understanding

- * Level 3: Can the team member choose appropriate books for independent reading? How?
- * Level 2: Can the team member choose appropriate books to read with supports? How?
- * Level 1: Can the team member choose a book from a field of 2 to 3 using an active participation mode? How?



Dealing With Feelings



And it The
WORDS
Up

Words to Learn



bored: a feeling of not having interesting things to do



upset: a feeling of sadness, anger, worry or fear



relieved: no longer worried or afraid

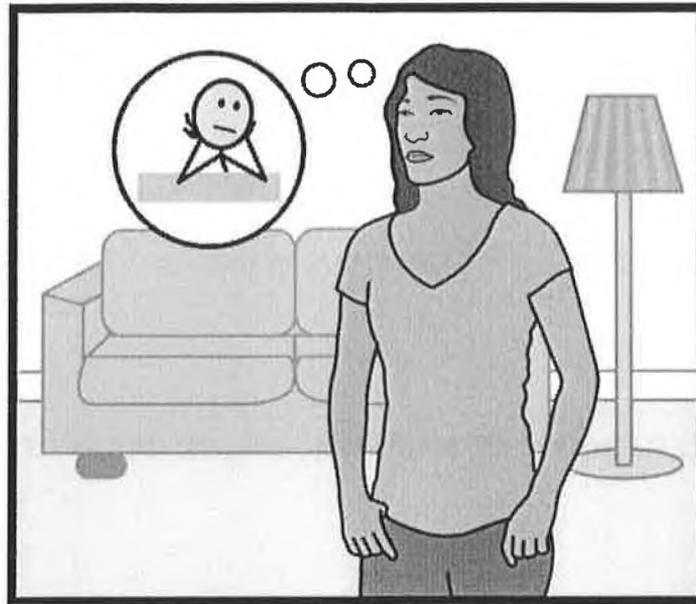


Things to Learn From This Story

- It's OK to feel bored, sad or upset.
- Talking to someone can help you feel better if you are upset.
- You can control how you deal with your feelings.



Dealing With Feelings

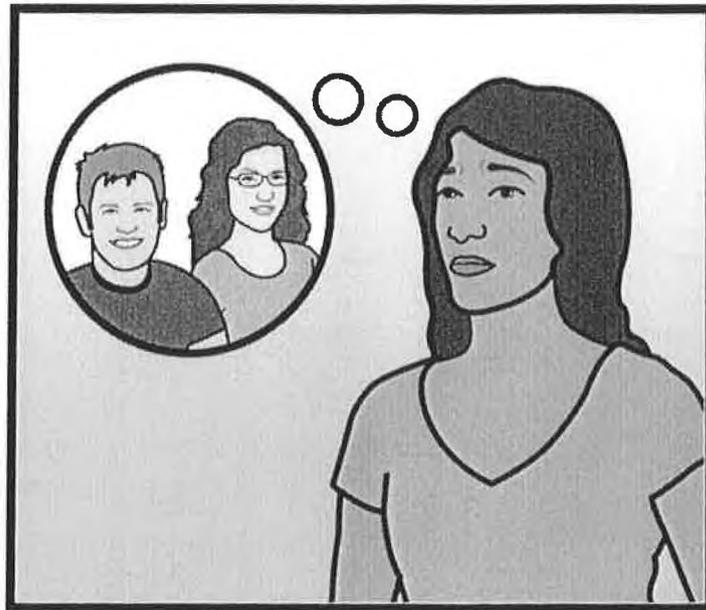
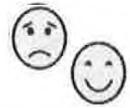


Aaliyah is at home tonight...again! The recreation center is closed for cleaning. The library is closed for construction. Her favorite coffee shop is closed for training. Aaliyah sighs and says, "There is nothing to do." Aaliyah feels bored.

What does it mean to feel bored? Can you think of a time you have felt bored?



Dealing With Feelings

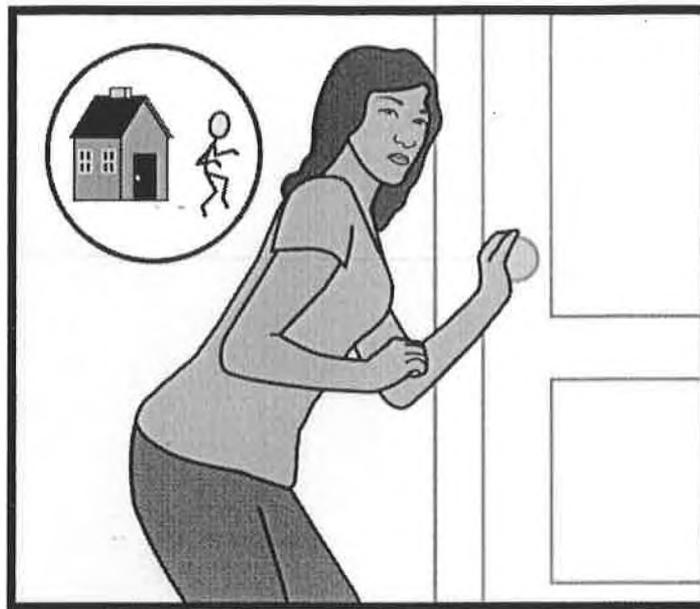


Aaliyah has not seen her friends in a long time either. Aaliyah misses spending time with her friends. She feels lonely. Aaliyah does not like feeling bored and lonely.

What does it mean to feel lonely? Can you think of a time you have felt lonely?



Dealing With Feelings



Aaliyah decides to sneak out and visit her friends. Her mom and dad are busy. Aaliyah thinks her mom and dad will not notice.

Is sneaking out a good idea? Why or why not?



Dealing With Feelings

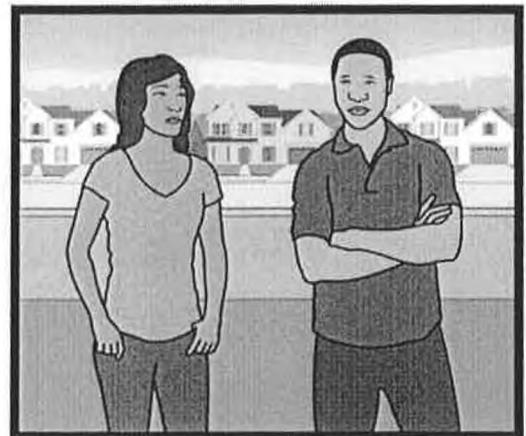


Aaliyah sneaks out the back door quietly.

She sees her brother, Tom. He stops

Aaliyah and says, "Hey sis, where are you going?" Aaliyah is nervous. She does not

want to lie but she does not want to get in trouble either. "I was going to

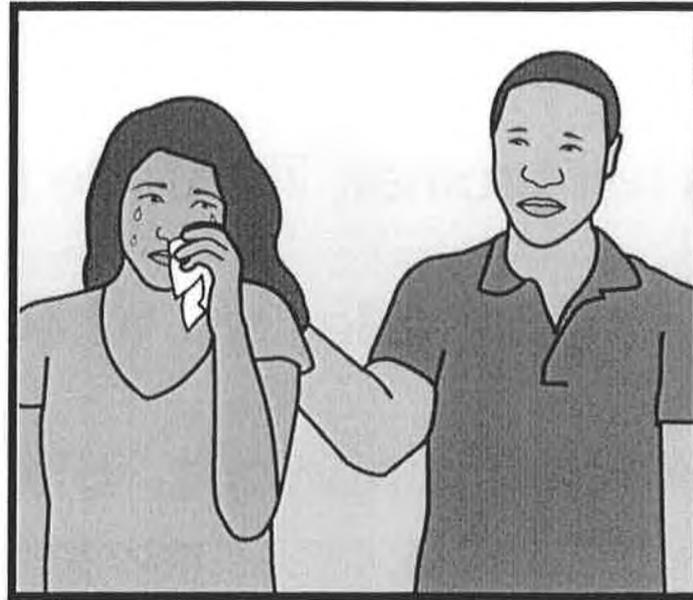


umm....umm..." she says. "Do mom and dad know you are going somewhere?" Tom says. "We are not allowed to go places right now."

What does it mean to be allowed to do something?



Dealing With Feelings

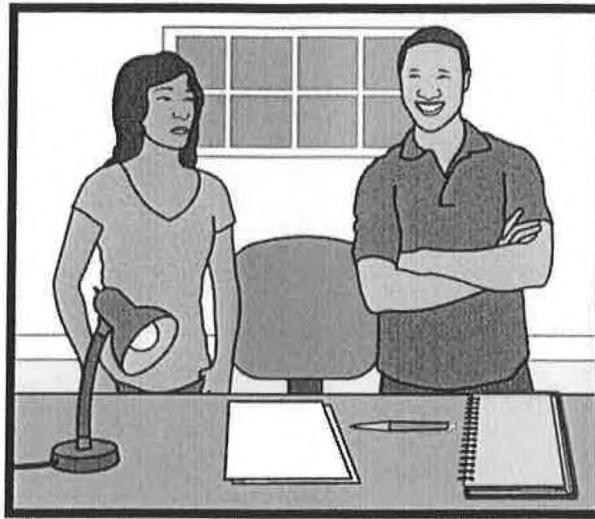


“I know but I miss my friends!” Aaliyah cries. “I have not seen them in a long time. I am so bored at home all the time.” Tom gives her a tissue. Aaliyah wipes her eyes and her nose.

What would you do if you were Tom?



Dealing With Feelings

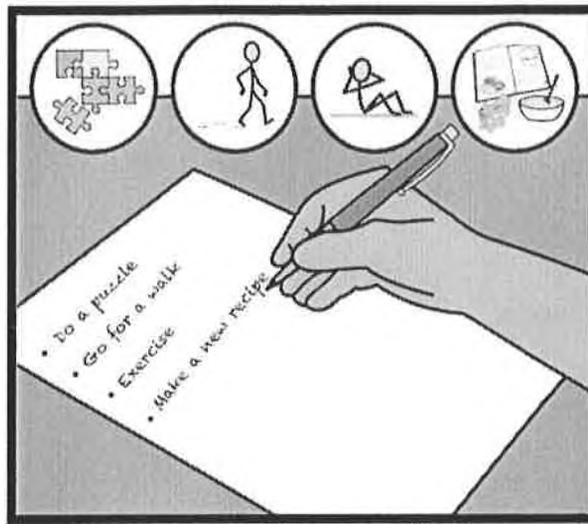


Tom nods his head. It is hard to not see friends. Staying at home can feel boring. But sneaking out is not a good idea. He says, "Let's think about what you can control. How can you make it better?" Tom and Aaliyah go back into the apartment. Tom gets a pen and some paper.

What does Tom mean when he says "what you can control?"



Dealing With Feelings



“What can make you feel less bored?”

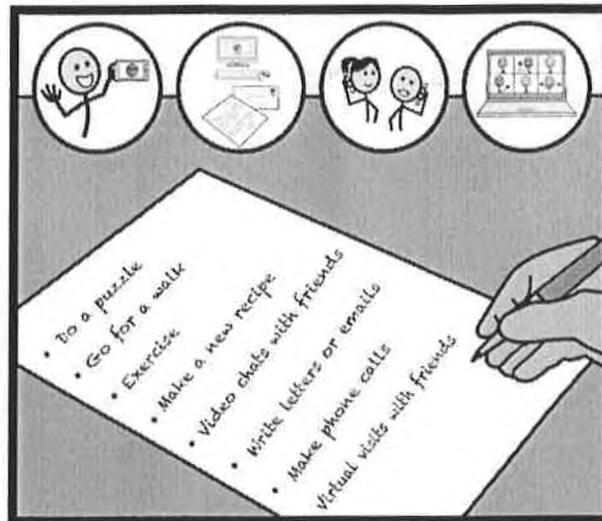
Tom asks. Aaliyah and Tom write down some ideas:

- Do a puzzle.
- Go for a walk.
- Exercise.
- Make a new recipe.

What else could Aaliyah do to feel less bored?



Dealing With Feelings



“What can make you feel less lonely?”

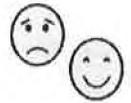
Tom asks. Aaliyah and Tom write down some ideas:

- Video chats with friends.
- Write letters or emails.
- Make phone calls.
- Virtual visits with friends.

What else could Aaliyah do to feel less lonely?



Dealing With Feelings

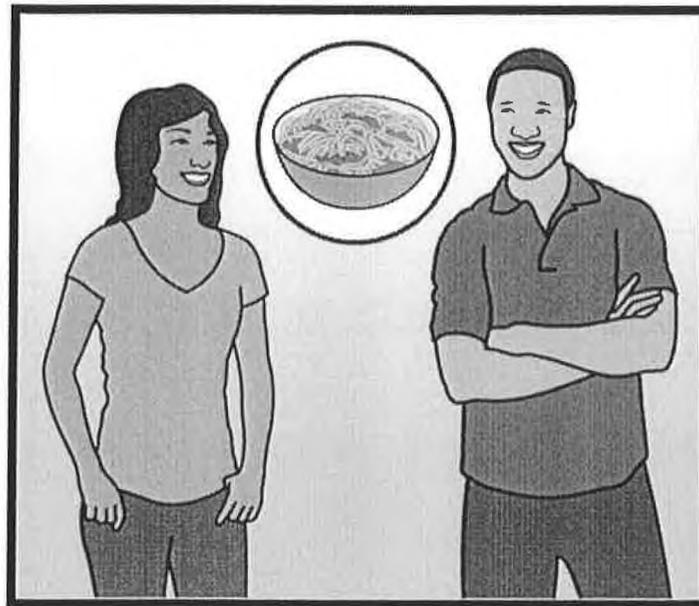
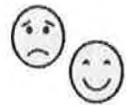


Aaliyah feels calm now. “Wow! I can do a lot of things to help me feel better. I am going to call Wes and Stacy tomorrow,” she says. Tom feels relieved that Aaliyah is not upset. “Let’s choose something from your list to help you feel better right now,” he says.

What does relieved mean?



Dealing With Feelings

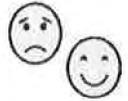


“Good thinking, bro!” Aaliyah says. She looks at her list of ideas. She asks Tom to teach her how to make spaghetti. “Of course!” he says. “It’s my specialty!” Aaliyah smiles at Tom.

How can cooking with Tom make Aaliyah feel better?



Dealing With Feelings



Aaliyah feels happy now. Talking with Tom helped her feel calmer. Aaliyah is happy that she made a new recipe. Cooking helped her feel less bored.

Aaliyah is happy that she spent time with Tom. Spending time with family helped her

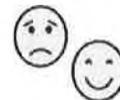


feel less lonely. Aaliyah is happy she dealt with her feelings and did something to feel better.

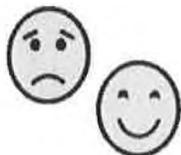
Why does Aaliyah feel happy now?



Dealing With Feelings



Tips:



- If you feel sad or upset, try to figure out what is making you feel that way.



- Once you know what is wrong, make a list of things that can help you feel better.



- Choose to do something to make you feel better.

Name: _____

Use the Topic Story to help you fill in the blank.

1. Aaliyah sighs and says, "There is _____ to do."

2. Aaliyah does not like feeling bored and _____ .

3. She decides to _____ and visit her friends.

4. We are not _____ to go places right now.

5. Let's think about what you can _____ .

Use the Topic Story to help you choose the correct answer.

6. What is one idea Tom and Aaliyah have to help her feel less bored?

- a. go to a museum
- b. go for a walk
- c. go shopping

7. What is one idea Tom and Aaliyah have to help her feel less lonely?

- a. make phone calls
- b. make copies
- c. make a mess

8. How does Tom feel when Aaliyah is not upset anymore?

- a. confused
- b. curious
- c. relieved

9. Why does Aaliyah want to cook with Tom?

- a. So she will not be hungry anymore.
- b. So she will not be bored anymore.
- c. So she will not be happy anymore.

10. What is one thing we learned from this story?

- a. It is OK to make mistakes.
- b. If you are late, call the person you are meeting.
- c. If you are upset, make a list of things you can do to feel better.