

Name:

Day One

Losing It!

Part 1: Silent read

➔ Why is it so important to keep your cool? Read silently.

Anybody can lose it from time to time. But why is it so important to stay cool?

Keeping calm, steady, and in control can be tricky. People do things all the time that get us really angry. We come up against name-callers, instigators, and backstabbers. We may want to lash out at the people who really bother us. It's fine to feel anger. But it's a mistake to react in an out-of-control way. Dissing and threatening payback are always bad choices. The result is usually harsh and may even put your life at risk.

A group of people who study youth violence asked high school students in Boston a question. How many students carry guns? They found that just over 5 percent of students reported ever carrying a gun. Most of the students who had carried guns were boys, but a smaller number of girls had carried a gun, too. Students with gun histories believed that a lot of other students also carried guns. They thought that they were in the mainstream. They may have also felt a real need to protect themselves. But these students did not have all the facts.

If there is a possibility that students are carrying guns, there is significant concern that fights could blow up into serious violence. Students may worry that if someone loses their cool, they will pull out a gun. Students need help to not use violence when they lose their cool. Learning to stay cool can be a lifeline!



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// one minute

Part 2: First timed read

WPM _____

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If there is a possibility that students are carrying guns, there is significant concern that fights could blow up into serious violence. Students may worry that if someone loses their cool, they will pull out a gun. Students need help to not use violence when they lose their cool. Learning to stay cool can be a lifeline!

Part 3: Comprehension and discussion

Why is it a bad idea to threaten someone who is bothering you?

According to the study, what percentage of Boston high school students have carried a gun?

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Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

Anybody can lose it from time to time. // But why is it so important to stay cool? //

Keeping calm, / steady, / and in control / can be tricky. // People do things all the time / that get us really angry. // We come up against name-callers, / instigators, / and backstabbers. // We may want to lash out at the people who really bother us. // It's fine to feel anger. // But it's a mistake to react in an out-of-control way. // Dissing / and threatening payback / are always bad choices. // The result is usually harsh / and may even put your life at risk. //

A group of people who study youth violence / asked high school students in Boston a question. // How many students carry guns? // They found that just over 5 percent of students / reported ever carrying a gun. // Most of the students who had carried guns were boys, / but a smaller number of girls had carried a gun. // Students with gun histories / believed that a lot of other students also carried guns. // They thought that they were in the mainstream. // They may have also felt a real need to protect themselves. // But these students did not have all the facts. //

If there is a possibility that students are carrying guns, / there is a significant concern that fights could blow up into serious violence. // Students may worry that if someone loses their cool, / they will pull out a gun. // Students need help to not use violence / when they lose their cool. // Learning to stay cool can be a lifeline! //

I read the passage in phrases out loud to my partner.