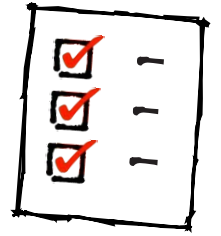


Name:

Day Two

You've Got the Power

Part 1: Tricky phrases and words



→ Read these phrases and words **out loud** to your partner.

- Their power comes from being physically strong
- but “overjoyed” is a much stronger word
- An even stronger word is “ecstatic”
- Your friends suggest doing something dangerous
- Could you be fearful

- Adrian **AY** | dree | uhn
- Gonzalez guhn | **ZAH** | lehz
- physically **FIH** | zih | kuh | lee
- important im | **POR** | tuhnt
- emotion ih | **MOH** | shun



Decoding practice:

Circle the base words in the longer words below. Remember, a base word is a smaller word within a longer word, with no endings or other word parts added.

 (hitter) feelings overjoyed

uneasy dangerous fearful jumpy

 edgy panicky stronger



Day Two

// one minute

You've Got the Power

Part 2: Last read

WPM _____

People with power in the world can make things happen. Amazing athletes, like baseball hitter Adrian Gonzalez, have this kind of power. Their power comes from being physically strong. Presidents, mayors, and other leaders in politics can also make things happen.

Power over your life is different. You have to work at it. You have to want it. A person	60
with this kind of power thinks about important choices. If you have power over your	75
life, you don't let other people tell you what to do. You are your own person. You think	93
for yourself.	95

To think and act for yourself, you need to speak up about feelings. Part of this is	112
learning new words for how you feel. The book <i>Stick Up for Yourself</i> talks	126
about different emotion words. Think about "happy" and "overjoyed." They both	137
describe the same good feelings, but "overjoyed" is a much stronger word. An even	151
stronger word is "ecstatic." Saying you are "ecstatic" means more than saying you are	165
just "happy."	167

Justin says, "Sometimes I go along with things because I don't know how to say no."	183
Saying no includes using the right words for your feelings. Your friends suggest	196
doing something dangerous. Are you just a little worried? Do you feel uneasy? Or are	211
your scared feelings stronger? Could you be fearful, jumpy, edgy, or panicky?	223

Naming your real feelings is part of taking control of your life.	235
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Part 3: Comprehension and discussion

Think of some words that describe being really, really angry.

Share your words with your partner. Can your partner add some words for anger?