

Name:

Day One

A Whole New Life

Part 1: Silent read

➔ Valeria had to make many changes to adjust to life in the US. Read silently.

“I’ve only seen one of those in the movies,” Valeria said. She was pointing to a dishwasher. She was speaking Spanish.

Valeria is a young trans woman from Mexico. In her hometown, she experienced violence because of her identity. She came to the United States to live a safer life. A family in Richmond, California welcomed her into their home.

At first, there were many things that made Valeria uneasy. The house was too big and quiet. She was used to having more people around. She was scared to try to speak English. She didn’t want to make mistakes and have people laugh at her. No matter how much hot sauce she put on her food, it didn’t taste like the food back home.

Valeria didn’t understand American money. She had to learn how to take the bus and subway. Some days she felt so sad that she didn’t want to leave her bedroom.

But with time, some things started to feel easier. Valeria found a radio station that played music that she knew. She learned to travel around the city. She joined a support group of other trans people who spoke Spanish. Though she still didn’t like to speak English, she began to recall more words.

One day, she decided to make a special meal from her childhood for her new American family. She stuffed fish with shrimp and fried it. When the meal was over, she rinsed the dishes and confidently put them in the dishwasher.



Day One

// one minute

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Part 2: First timed read

WPM _____

“I’ve only seen one of those in the movies,” Valeria said. She was pointing to a dishwasher. She was speaking Spanish.

Valeria is a young trans woman from Mexico. In her hometown, she experienced violence because of her identity. She came to the United States to live a safer life.	50
A family in Richmond, California welcomed her into their home.	60

At first, there were many things that made Valeria uneasy. The house was too big and quiet. She was used to having more people around. She was scared to try to speak English. She didn’t want to make mistakes and have people laugh at her. No matter how much hot sauce she put on her food, it didn’t taste like the food back home.	76
	92
	108
	124

Valeria didn’t understand American money. She had to learn how to take the bus and subway. Some days she felt so sad that she didn’t want to leave her bedroom.	139
	154

But with time, some things started to feel easier. Valeria found a radio station that played music that she knew. She learned to travel around the city. She joined a support group of other trans people who spoke Spanish. Though she still didn’t like to speak English, she began to recall more words.	170
	186
	201
	207

One day, she decided to make a special meal from her childhood for her new American family. She stuffed fish with shrimp and fried it. When the meal was over, she rinsed the dishes and confidently put them in the dishwasher.	223
	239
	248

Part 3: Comprehension and discussion

What were some things that felt strange to Valeria when she first came to the US?

What were some things that helped Valeria start to adjust?

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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.

“I’ve only seen one of those / in the movies,” / Valeria said. // She was pointing to a dishwasher. // She was speaking Spanish. //

Valeria is a young trans woman from Mexico. // In her hometown, / she experienced violence / because of her identity. // She came to the United States / to live a safer life. // A family in Richmond, / California / welcomed her into their home. //

At first, / there were many things / that made Valeria uneasy. // The house was too big and quiet. // She was used to having more people around. // She was scared to try to speak English. // She didn’t want to make mistakes / and have people laugh at her. // No matter how much hot sauce she put on her food, / it didn’t taste like the food back home. //

Valeria didn’t understand American money. // She had to learn how to take the bus and subway. // Some days she felt so sad / that she didn’t want to leave her bedroom. //

But with time, / some things started to feel easier. // Valeria found a radio station / that played music that she knew. // She learned to travel around the city. // She joined a support group / of other trans people / who spoke Spanish. // Though she still didn’t like to speak English, / she began to recall more words. //

One day, / she decided to make a special meal from her childhood / for her new American family. // She stuffed fish with shrimp and fried it. // When the meal was over, / she rinsed the dishes / and confidently put them in the dishwasher. //

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