

During guided reading, you read about Justin's visit with Mr. Barnett. After the visit, Justin feels worried and stressed. Consequently, he goes home and stuffs himself with ice cream. Here is a quote from page 94:

"As soon as I get to the house I make a beeline for the half gallon of Rocky Road Mom hid behind a box of spinach. I rinse a spoon, then park my butt on the couch. I dig into the ice cream like it's a wall and Duane's on the other side."

Write Justin a letter. Give him some advice about what to do when he feels worried and stressed.

Dear Justin,	
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