

Name:

Day One

You've Got the Power

Part 1: Silent read

➔ How can you get power in your life? Read silently.

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 with this kind of power thinks about important choices. If you have power over your life, you don't let other people tell you what to do. You are your own person. You think for yourself.

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

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

Naming your real feelings is part of taking control of your life.



Day One

// one minute

You've Got the Power

Part 2: First timed 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

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Part 3: Comprehension and discussion

How do people act if they have power over their own life?

What are some words for strong emotions?

Day One

You've Got the Power

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.

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 with this kind of power thinks about important choices. // If you have power over your life, / you don't let other people tell you what to do. // You are your own person. // You think for yourself. //

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

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

Naming your real feelings / is part of taking control of your life. //

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