

When the nurse called her name, Sequoia stood up and walked towards the door. She could feel her breathing get faster. Her heart rate got faster. Sequoia held her chest as she tried to answer the nurse's questions. How are you doing today? Can you take off your shoes so we can take your height and weight? Sequoia's ears began to ring. She was going to tell the

570L

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## A Panic Appointment



The smell of the doctor's office made Sequoia's nose burn. It was like of hand sanitizer and cleaning spray. Clean smelling, but not welcoming. Sequoia had not been happy about this appointment for the past month. Right after her birthday, she visits Dr. Chuy for a checkup. Most years, it is an easy visit. They check her height, weight, heart rate, blood pressure, and ask questions. Other years, she has to get a check of her blood or shots.

Sequoia knew she was going to get a shot this time because they wrote it on her reminder card. The card had a smiley face that read: "Working to Keep You Healthy." It looked like she would need two shots! She wondered if playing sick would be a good idea to get out of it. Then she knew she would have to reschedule. No time was a good time to get poked with a needle. She decided to just get it over with.

Sequoia sat in the waiting room. She drummed her fingers on her knees. She could hear babies crying in the background. Moms were holding sick kids. Children her age seemed as afraid as she was. Her grandmother sat next to her. She had her arm around her neck. She always knew what Sequoia was thinking. She knew Sequoia was scared.

off the ground.  
t her into a room  
asked the nurse  
k. The nurse  
causes stress.  
ve her some tips on  
irse told her that  
out will help. Getting

ed her breathing

5. Why does Sequoia collapse to the ground?

- She gets scared when she sees the needle.
- She pretends to be sick, so she will not get a shot.
- She has a panic attack.
- She has the flu.

6. What advice

Name: \_\_\_\_\_

Directions: Answer the following questions. Underline the text in the story that helps you answer each question.

1. Who is Sequoia?

2.  
Part A

What is the setting?

- Sequoia's house
- Classroom
- Doctor's office
- Emergency room

Part B

Why is the setting of the story important to the plot of the story?

3. What is the problem?

- Sequoia does not like her doctor.
- Sequoia is late for her doctor's appointment.
- Sequoia and her grandmother get lost on the way to the doctor's office.
- Sequoia is afraid to get shots.

4. How does Sequoia feel at the beginning of the story?

# COURAGE

## Character Education



# COURAGE

2nd-5th grade

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# ABOUT LEXILE LEVELS



Common Core Kingdom, LLC is a certified Lexile® Partner. These texts are officially measured and approved by Lexile and MetaMetrics® to ensure appropriate rigor and differentiation for students.

The Lexile Framework® for Reading measures are scientific, quantitative text levels. When the Lexile of a text is measured, specific, measurable attributes of the text are considered, including, but not limited to, word frequency, sentence length, and text cohesion. These are difficult attributes for humans to evaluate, so a computer measures them.

Common Core State Standards uses Lexile level bands as one measure of text complexity. Text complexity ranges ensure students are college and career ready by the end of 12<sup>th</sup> grade. Lexile measures help educators scaffold and differentiate instruction as well as monitor reading growth.

| Grade Band | Lexile® Bands Aligned to Common Core Expectations |
|------------|---------------------------------------------------|
| K-1        | 190L-530L                                         |
| 2-3        | 420L-820L                                         |
| 4-5        | 740L-1010L                                        |
| 6-8        | 925L-1185L                                        |

Keep in mind when using any leveled text that many students will need scaffolding and support to reach text at the high end of their grade band. According to Appendix A of the Common Core Standards, "It is important to recognize that scaffolding often is entirely appropriate. The expectation that scaffolding will occur with particularly challenging texts is built into the Standards' grade-by-grade text complexity expectations, for example. The general movement, however, should be toward decreasing scaffolding and increasing independence both within and across the text complexity bands defined in the Standards."



# COURAGE

I will overcome my fear and do what is right.



- Be brave and take chances.
- Do what is right.
- Push myself to be better.
- Ask for help when I need it.



- I can do this!
- I am strong!
- I believe...

Name: \_\_\_\_\_

## Courage Overcoming fear to

I am a courageous person. I take chances and p  
I am brave enough to ask for help when I need i

I can be courageous...

AT HOME



AT SCHOOL



I am worried I won't get it right.  
I like to try new things.  
I am not good at this.

I am too shy.  
I believe in myself.  
I will never figure this out.

a try.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Courageous Vs. Cowardly

Cut, sort, and paste the courageous and cowardly language into the appropriate category.



Courageous

Cowardly

I can do this!

I need someone to do this for me.

Let me take a deep breath.

I am too scared.



1.

**Situation:**

Mary has a dentist appointment today. She has to get her cavity filled. She is extremely nervous and did not sleep last night. How can Mary show bravery?



2.

**Situation:**

Mr. Jacobs class is preparing to take their end of the year tests. Several of his students have said they are worried about taking the tests. How can Mr. Jacobs teach his students to have courage during testing?



5.

**Situation:**

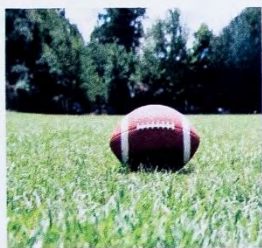
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3.

**Situation:**

Chance's coach is letting him play quarterback this week against their biggest rivals. Chance does not want to disappoint his team. How can Chance be brave for his team?



4.

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7.

**Situation:**

Kevin was eating at a restaurant with his friend's family. They ordered sushi. Kevin has never tried sushi and looks very different to him. He is very unsure if he wants to eat the sushi. How can Kevin show bravery?

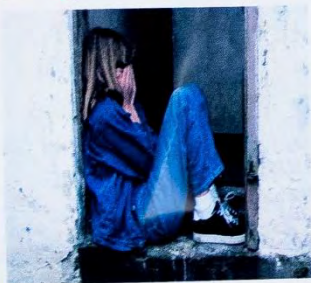
**Situation:**

Raymond is at the top of the climbing wall. He had no problem going up, but looking down is scary. How can Raymond show courage when going to fall. How can Raymond show courage when looking down the wall?

6.

**Situation:**

Katie sees her classmate being bullied by an older student after school. Katie knows that bullying is wrong. How can Katie show courage in this moment?



Kevin can try the sushi.

When the nurse called her name, Sequoia stood up and walked towards the door. She could feel her breathing get faster. Her heart rate got faster. Sequoia held her chest as she tried to answer the nurse's questions. How are you doing today? Can you take off your shoes so we can take your height and weight? Sequoia's ears began to ring. She was going to tell the

570L

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## A Panic Appointment



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asked the nurse  
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©Julie Bachur

5. Why does Sequoia

- a. She gets scared
- b. She pretends to
- c. She has a panic
- d. She has the flu.

6. What advice

\_\_\_\_\_

\_\_\_\_\_

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7. How does th

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- d. She learn

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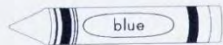
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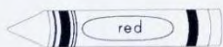
\_\_\_\_\_

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Date: \_\_\_\_\_

Questions. Underline the text evidence in the color indicated by the



Otto Frank made a book from Anne's diary in 1947. The title was *The Secret Annex*. The diary was written into several different languages. In English it was known as *The Diary of a Young Girl*. It became one of the most read books in the world. The story also led to plays and movies. The house that Anne Frank and her family hid in is now a museum. It is called The Anne Frank House.

520L

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## The Diary of a Young Girl

The Holocaust was a terrible time. In 1933, the Nazi Party took control of Germany. They were led by Adolf Hitler. They had extreme views. They wanted to get rid of anyone they thought was less of a human than they were. They did not like the Jewish community. However, Jews were not the only ones they hated. Anyone that went against their beliefs was harmed.

During the Holocaust, over 6 million Jews died. Anne Frank is the most well-known victim. She wrote a diary during the time period. The diary tells about her experiences. The diary was later turned into a book for all to read.

Anne was born on June 12, 1929. She was born in Frankfurt, Germany. When Hitler took power, her Jewish family suffered. Her father was worried about their future. He moved his family and part of his company to the Netherlands. The family was much happier there.

It was not long before the Nazi Party took over other countries in Europe. The Netherlands was no longer a safe place. Anne's father, Otto, had to turn his business over. Anne and her sister were not allowed to go to school. Many Jews were told to go into hiding camps. Otto Frank began to create a safe hiding place for his family. It was close to where his office was. Several people helped to keep his family and others hidden.

For Anne's 13th birthday, her parents gave her a diary. She named her diary "Kitty." She was excited to write in it. The diary was a way for Anne to tell about how her family was treated. She was able to tell how she was feeling. This diary became an important part of history.



March 1940: The only one that survived was Anne's father.



## Response to Literature

Summarize the story or passage you read. What did you learn from this passage? How can you apply this lesson to your life?

I learned that everyone gets afraid  
sometimes. We should try to be brave. When  
others are afraid, we should help them.



## Courageous Vs. Cowardly

Sort and place the courageous and cowardly language into the appropriate category.



Courageous

Cowardly

I can do this!

I am too scared.

Let me give it a try.

I am not afraid.

I am worried I won't get it right.

I like to try new things.

I am not good at this.

I need someone to do this for me.

Let me take a deep breath.

I am not brave enough.

I will give it my best shot.

I am too shy.

I believe in myself.

I will never figure this out.

570L

## A Panic Appointment



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Directions: Answer the following questions. Underline the text evidence in the color indicated by the crayon.

1. Who is Sequoia?



2.



*Part A*

What is the setting?

- a. Sequoia's house
- b. Classroom
- c. Doctor's office
- d. Emergency room

*Part B*

Why is the setting of the story important to the plot of the story?

3. What is the problem?



- a. Sequoia does not like her doctor.
- b. Sequoia is late for her doctor's appointment.
- c. Sequoia and her grandmother get lost on the way to the doctor's office.
- d. Sequoia is afraid to get shots.

4. How does Sequoia feel at the beginning of the story?



©John Bichler

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Courageous Vs. Cowardly

Cut, sort, and paste the courageous and cowardly language into the appropriate category.

Courageous

Cowardly

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I can do this!

I need someone to do this for me.

I am too scared.

Let me take a deep breath.

Let me give it a try.

I am not brave enough.

I am not afraid.

I will give it my best shot.

I am worried I won't get it right.

I am too shy.

I like to try new things.

I believe in myself.

I am not good at this.

I will never figure this out.

1.

### Situation:

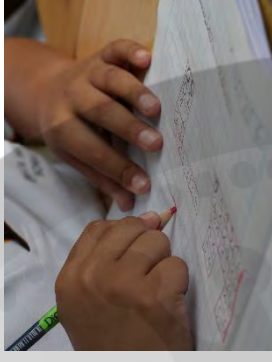
Mary has a dentist appointment today. She has to get her cavity filled. She is extremely nervous and did not sleep last night. How can Mary show bravery?



2.

### Situation:

Mr. Jacobs class is preparing to take their end of the year tests. Several of his students have said they are worried about taking the tests. How can Mr. Jacobs teach his students to have courage during testing?



3.

### Situation:

Chance's coach is letting him play quarterback this week against their biggest rivals. Chance does not want to disappoint his team. How can Chance be brave for his team?



4.

### Situation:

Alice has a dance recital this weekend. Her whole family will be in the audience cheering her on. Alice loves to dance, but she is afraid of performing for everyone. How can Alice show courage?



# The Earhart Mystery

Whatever happened to Amelia Earhart? We still do not know today. She disappeared in 1937 while on a flight around the world. The plane she flew has never been found either. Known to many for her famous solo flight across the Atlantic Ocean in 1932, Earhart paved the way for women to embrace aviation as a career. Unfortunately, her life came to a mysterious halt somewhere in the Pacific Ocean.

Amelia Earhart was born in 1897. From a very young age, she was very adventurous. This trait stayed with her throughout her life. Earhart had an independent and fearless attitude as well. She left college early in 1918 to become a nurse's aide in Canada. This sudden move was brought on by her desire to help the soldiers wounded in World War I.

After the war, Earhart returned to the United States. In 1920, she went on her first airplane ride. The experience was so thrilling that she started taking flying lessons and bought her first plane a year later. She moved to Boston, Massachusetts, and got a job as a social worker. However, Earhart continued her passion for aviation.



## The Earhart Mystery

What happened to Amelia Earhart? We still do not know. She went missing in 1937. She was on a flight around the world. The plane has never been found either. She is known for her flight across the Atlantic Ocean in 1932. Earhart introduced women to flying. Unfortunately, her life became a mystery somewhere in the Pacific Ocean.

Amelia Earhart was born in 1897. From a young age, she was always full of adventure. This stayed with her throughout her life. Earhart had a fearless attitude as well. She left college in 1918 to become a nurse's aide. She wanted to help the soldiers injured in World War I.

After the war, Earhart returned to the United States. In 1920, she went on her first airplane ride. The experience was so exciting that she started taking flying lessons. She bought her first plane a year later. She moved to Boston, Massachusetts, and got a job as a social worker. However, Earhart continued flying.



The world followed Charles Lindbergh in 1927. He flew on a nonstop solo trip across the Atlantic Ocean. The following year, the search was on for a woman to do the same. In April 1928, Earhart was chosen to take the flight. She flew as a passenger. That flight from Canada to Wales made her famous. She wrote the book *20Hrs. 40 Min.* and began giving presentations.

Earhart decided to cross the Atlantic Ocean alone in May 1932. She completed the journey in 14 hours and 56 minutes. She showed she was a great pilot to the world. Afterward, she continued to fly various trips within the United States. In 1935, she became the first person to fly from Hawaii to California. The trip was 2,408 miles long. It took her over 17 hours.

Amelia Earhart was not only brave in the sky. She also spoke out to help women. She helped them find the courage to take chances. She encouraged women to follow their dreams. She wanted more women to get into flying. In 1929, Earhart organized a group called the Ninety-Nines. The Ninety-Nines were a group of female pilots. Earhart was the president.

Never afraid of a challenge, Earhart decided in 1937 to take a trip around the whole world with Fred Noonan. They left in June on the 29,000-mile journey. They made several stops to get more gas. By the end of the month, they had traveled close to 22,000 miles. In July, they started on the last miles home. The plane is thought to have gone down just short of Howland Island.

Earhart's disappearance worried many. There have been rumors about what might have happened. Some think the plane ran out of gas. Others think they landed on the wrong island. However, no one knows the truth. We have the letters that Earhart mailed home to her husband during that journey. The letters have been put in the book *Last Flight*.

## The Earhart Mystery

Where is Amelia Earhart? We do not know. She went missing in 1937. She was on a flight around the world. The plane has never been found. She is known for her flights. She went across the Atlantic Ocean in 1932. Earhart showed women they could fly. Her life became a mystery. She got lost in the Pacific Ocean.

Amelia Earhart was born in 1897. She liked adventure. Earhart was not scared. She left college to help nurses. She wanted to help the soldiers. They got hurt in war.

Earhart went back to America. She went on her first airplane ride. She was so excited. She took flying lessons. She bought her first plane. She moved to Boston. She worked as a social worker. Earhart kept flying.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Directions: Answer the following questions. Underline the text evidence in the color indicated by the crayon.

1. Who is this passage about?



\_\_\_\_\_

\_\_\_\_\_

2.

*Part A*

What was this person interested in?



\_\_\_\_\_

\_\_\_\_\_

*Part B*

Why are their interests important to who the person was?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

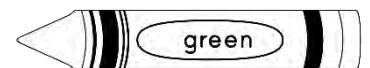
3. What was she the first woman to do?

- a. Fly a plane.
- b. Fly over the Pacific Ocean.
- c. Build a plane.
- d. Fly over the Atlantic Ocean.



4. What kind of person was she? (Choose all that apply.)

- a. adventurous
- b. shy
- c. fearless
- d. artistic



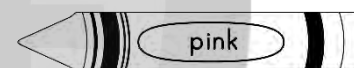
5. What else did Earhart do to help other women?



6. What happened to Amelia Earhart?



7. *Part A*



Which character trait best describes Amelia Earhart?

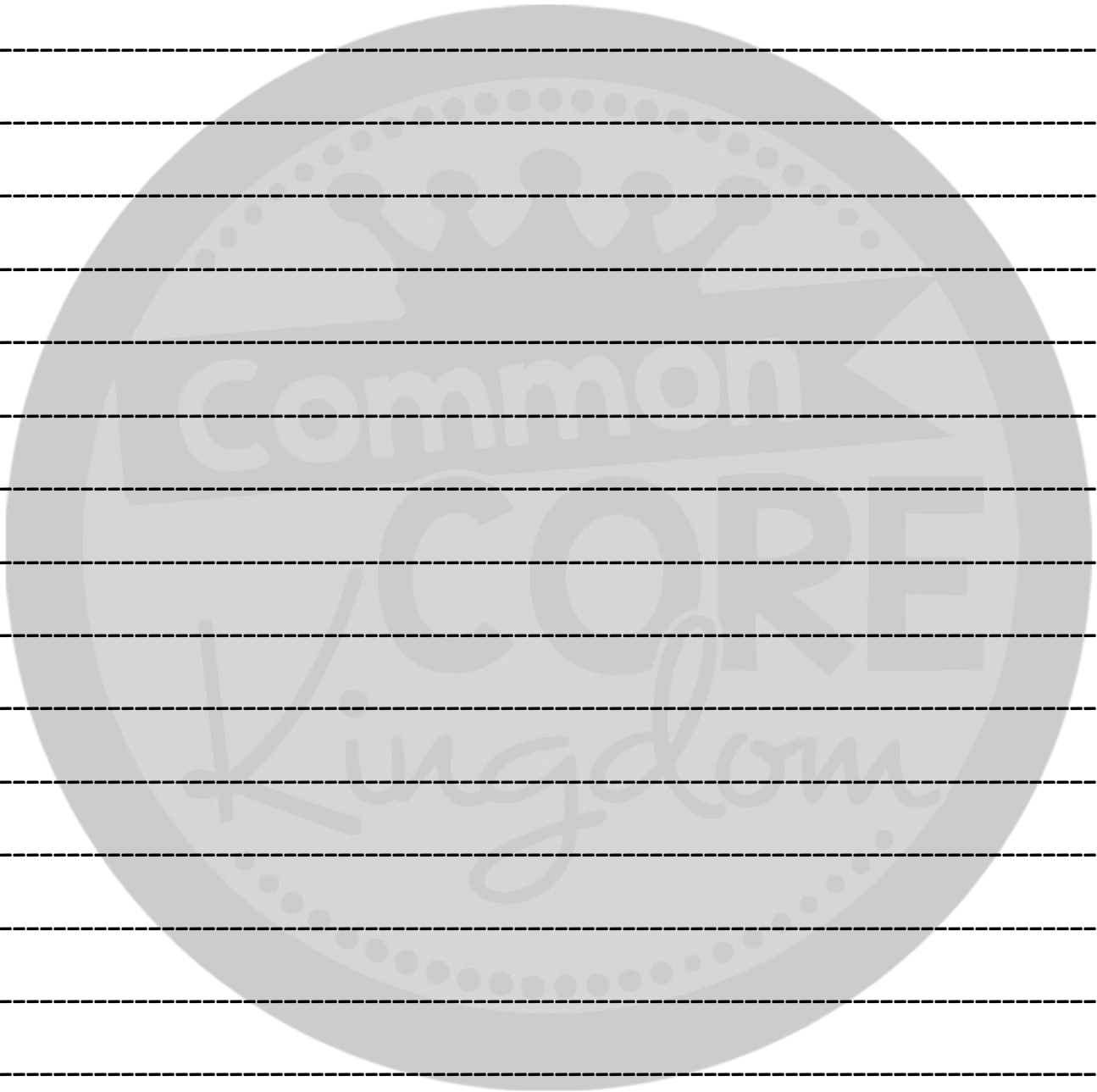
- a. Courageous
- b. Compassionate
- c. Honest
- d. Empathetic

*Part B*

What examples from the text prove this?

# Response to Literature

Summarize the story or passage you read. What did you learn from this passage? How can you apply this lesson to your life?



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