

New Kid Rule Book - Teaching Guide

Written by Sydney Jeffrey

About the Book

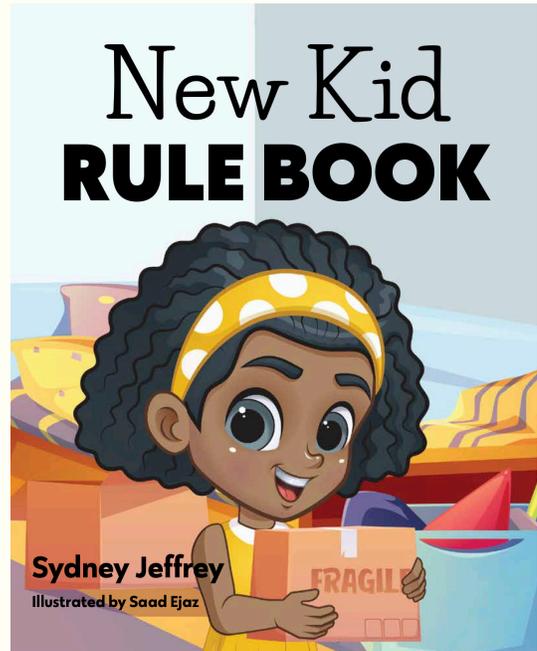
A young girl navigates moving schools frequently and teaches others how to be the “new kid.”

About the Author

Sydney Jeffrey is 14 years old. She likes to draw, listen to music, and play lacrosse. She has been playing sports since she was in kindergarten, and she enjoys being an athlete. She hopes to play lacrosse throughout high school and college. One day, she wants to be a pediatrician, because she would love to work with kids and their health.

Key Concepts:

1. Making New Friends
2. Adapting to new environments and people
3. Building friendships through commonalities and differences
4. Understanding why self care is important
5. Understanding self care comes in many forms



Key Vocabulary

- New York
- Lacrosse
- Lacrosse Stick
- Neighborhood
- Country
- Gentrification
- Afford
- Prepare
- Fragile
- Unison
- Timid
- Lecture
- Self Care
- Maintain
- Inquire
- Locker Room
- Tryouts
- Cues
- Compliments
- Meditate

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Activity 1: Write It Out

Materials

Journal activity page with prompt questions.

Instructions

Students will be given 2 sheets of paper. On the first sheet of paper, the teacher will prompt students to list all the things that are weighing on their hearts and their minds. List the things that make you feel sad, worried, angry, hurt, or scared.

Then they will be asked to trace one of their palms with a dark marker.

Next, the teacher will instruct students to look at their list and pick out the things that they can control or change and write it inside of their palm.

Everything that is left on the list goes on the outside of their palm. Teachers can give students time to share out. They can play soothing music while they are working.

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Learning Objectives

- Analyze how visual and multimedia elements contribute to the meaning, tone, or beauty of a text (e.g., graphic novel, multimedia presentation of fiction, folktale, myth, poem).
- Describe how a narrator's or speaker's point of view influences how events are described.
- Explain the relationships or interactions between two or more individuals, events, ideas, or concepts in a historical, scientific, or technical text based on specific information in the text.
- Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly.

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Activity 2: Self-Care Bingo

Materials

Customized printable bingo sheet with self-care items

Instructions

Teacher's should have an open discussion about the story. Once done with the discussion teacher should transition to talking about the importance of self care and the activity.

Students will get to ask others about what self care tasks they do at home or to feel good.

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Learning Objectives

- Follow agreed-upon rules for discussions and carry out assigned roles.

Self-Care Bingo.

Read a
book

Listen to
music

Go for a
walk

Have a
play date

Take a
nap

Ride a
bike

Draw or
color

Play with
a pet

Watch a
movie

Take a
bubble
bath

Write a
story

Stretch

Do a
puzzle

Look for
cloud
shapes

Eat a
healthy
snack

Clean my
room