

# FILL 'ER UP

BY LINDAMICHELLEBARON

*Fill my ego,  
Here's the cup.  
I said, fill my ego.  
I drink that up.*

*I'll smile,  
and pose, and dimple up,  
but just fill my ego.  
Here's the cup.*

*I'll talk  
and let my laugh erupt,  
but just fill my ego.  
That's what's up.*

*Say sweet words  
that won't corrupt  
but just fill my ego.  
Fill it up.*

*I said, fill my ego.  
Fill it up.  
That's right, fill my ego,  
that's what's up.  
Hey now, fill my ego,  
here's the cup.  
Come on, fill my ego.  
I drink that up.*

From *Rhythm & Dues* by Lindamichellebaron. Reprinted with permission of the author.

# JUMPING DOUBLE DUTCH

BY LINDAMICHELEBARON

*We can double dutch turn,  
turning jumps into dance.  
Our steps are serious.  
We don't make them up by chance.*

*Some think jumping is a game.  
Jumping rope is more than that.  
Watch us tumble fast and agile,  
jumping sidewalk acrobats.*

*We can double dutch dance.  
We can double dutch sing.  
We can double dutch do about anything.*

*Double ten, twenty, thirty...  
keeping count to the beat.  
If you want to see us miss, if I were you,  
I'd take a seat.*

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# BINGO

Is good at math	Always works hard	Likes to join in activities	Can organize anything	Can write computer code
Speaks more than one language	Tells great stories and jokes	Is a good speller	Plays a team sport	Likes to read
Knows how to swim	Can play a musical instrument		Has a good memory	Is good at building or making things
Likes to make charts and graphs	Likes to figure out how things work	Likes to write	Likes to be in plays	Likes to help others
Is a good cook	Keeps a personal diary or journal	Likes to design posters and murals	Is a good artist	Is a great dancer

# GETTING AHEAD (A)

<p>I drank a cola/ soda. <b>5 Steps</b></p>	<p>I ate potato chips. <b>2 Steps</b></p>	<p>I drank an energy drink. <b>5 Steps</b></p>	<p>I ate cookies. <b>4 Steps</b></p>
<p>I ate string beans. <b>7 Steps</b></p>	<p>I ate rice &amp; beans. <b>12 Steps</b></p>	<p>I ate peanut butter &amp; jelly. <b>9 Steps</b></p>	<p>I drank orange juice. <b>7 Steps</b></p>
<p>I ate a ham &amp; cheese sandwich. <b>9 Steps</b></p>	<p>I ate an apple. <b>7 Steps</b></p>	<p>I drank a glass of milk. <b>8 Steps</b></p>	<p>I ate whole-grain bread. <b>7 Steps</b></p>
<p>I ate a baked potato. <b>8 Steps</b></p>	<p>I ate a bowl of vegetable soup. <b>11 Steps</b></p>	<p>I ate ice cream. <b>4 Steps</b></p>	<p>I ate a banana. <b>7 Steps</b></p>

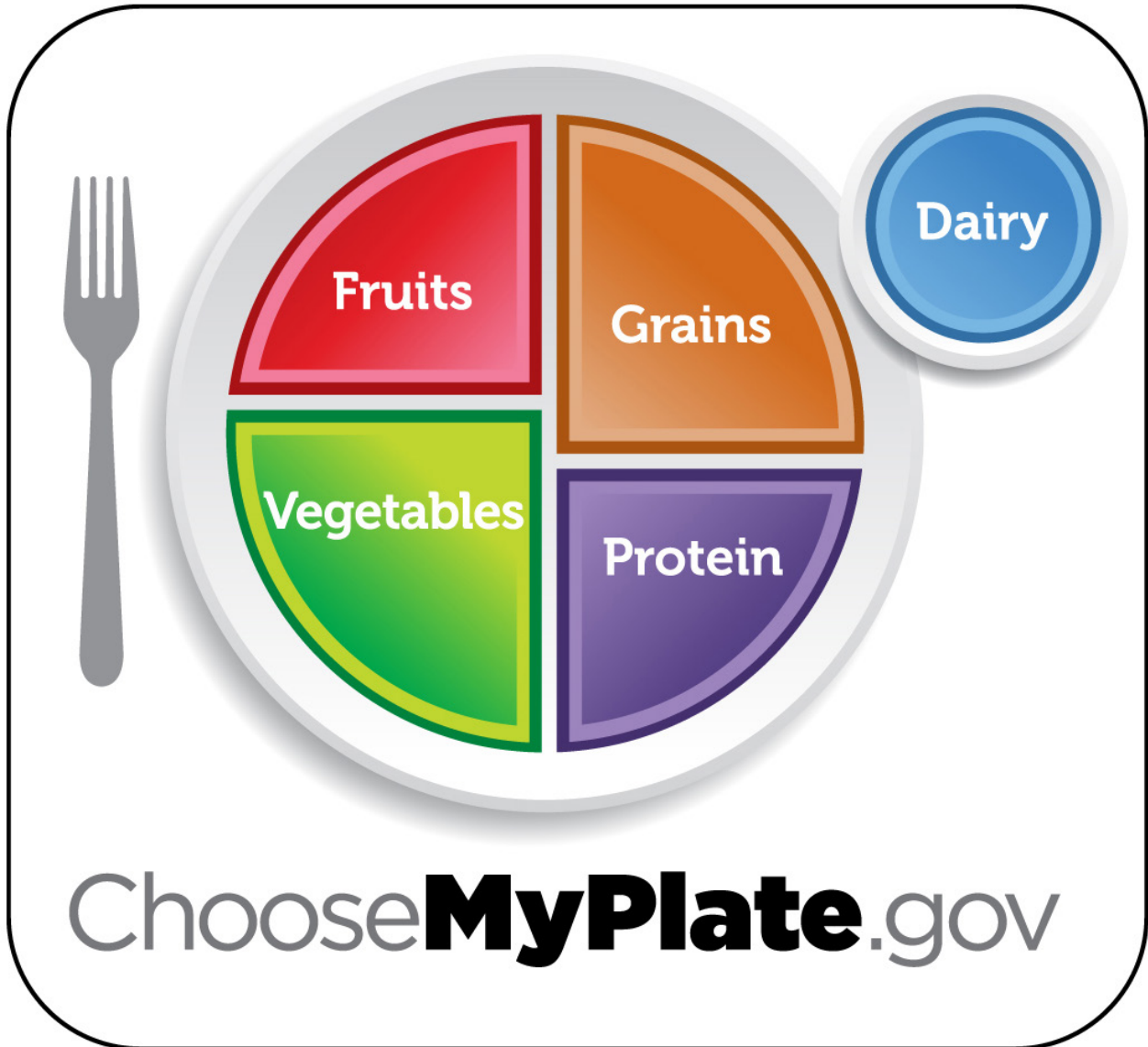


# GETTING AHEAD (B)

<p>I stayed up late gaming. <b>5 Steps</b></p>	<p>I rode my bike after school. <b>8 Steps</b></p>	<p>I watched TV after school. <b>0 Steps</b></p>	<p>I went to bed early. <b>10 Steps</b></p>
<p>I played a game outdoors. <b>10 Steps</b></p>	<p>I stayed up late doing homework. <b>5 Steps</b></p>	<p>I ran a mile. <b>8 Steps</b></p>	<p>I stayed up late talking on the phone. <b>5 Steps</b></p>
<p>I did my homework right after school. <b>10 Steps</b></p>	<p>I walked instead of riding in a car. <b>8 Steps</b></p>	<p>I stayed up late for no reason. <b>5 Steps</b></p>	<p>I raked leaves. <b>8 Steps</b></p>
<p>I ate broccoli. <b>8 Steps</b></p>	<p>I ate a balanced dinner. <b>10 Steps</b></p>	<p>I ate a candy bar. <b>3 Steps</b></p>	<p>I ate a hamburger. <b>5 Steps</b></p>



# MYPLATE



# My Action Plan

*Cereal, milk, banana, orange juice*

## Breakfast

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

Wake-up time: \_\_\_\_\_  
Bedtime: \_\_\_\_\_

## Dinner

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

## Snacks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Lunch

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

## Exercise

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

# MISSION TO MARS

- 1.** You have volunteered to undergo training to journey into space and take part in an effort to make Mars habitable. You will need to dramatically change your daily routine to begin training for the mission. You have to give up one of your favorite activities to prepare.
- 2.** Because of the mission, you will be away from your normal life for some time. You must lose one of your goals.
- 3.** There is a limited amount of room on the spacecraft that will take you to Mars. You must give up one of your possessions.
- 4.** The engineers have redesigned the spacecraft in order to make it safer, but there is less extra space now. You have to give up another possession.
- 5.** You are given news that in order to make the most out of the mission, you will be on Mars longer and must undergo even more training for the mission. You lose one of your goals and must give up an activity. And because of how busy you are now, two important people disappear from your life since you are no longer able to maintain relationships as easily.
- 6.** Space becomes even more limited onboard the spacecraft and as stress mounts for the impending mission, you find it even harder to make time for the people you care about. Discard two important people and two possessions.
- 7.** As you prepare to embark, it becomes more and more clear that the mission will take up decades of your life. You must discard three of your remaining squares. Which will they be?
- 8.** You have returned from the mission and will live out the rest of your life with only this person, possession, goal, or activity.



# PERCEPTIONS

*I think the fact describes* \_\_\_\_\_

*because* \_\_\_\_\_

*Was I correct?*     Yes     No

*The fact actually describes* \_\_\_\_\_

*I think the fact describes* \_\_\_\_\_

*because* \_\_\_\_\_

*Was I correct?*     Yes     No

*The fact actually describes* \_\_\_\_\_

*I think the fact describes* \_\_\_\_\_

*because* \_\_\_\_\_

*Was I correct?*     Yes     No

*The fact actually describes* \_\_\_\_\_

*I think the fact describes* \_\_\_\_\_

*because* \_\_\_\_\_

*Was I correct?*     Yes     No

*The fact actually describes* \_\_\_\_\_

# GLOSSARY

**concept:** something formed in the mind; a thought, notion, or plan.

**dignity:** 1. the quality of being worthy of esteem or respect. 2. poise and self-respect.

**effect:** 1. to bring about or implement. 2. influence or result; a change.

**judgment:** 1. the formation of an opinion after consideration or deliberation. 2. the capacity to form an opinion by distinguishing and evaluating. 3. a decision, opinion, or conclusion.

**perception:** 1. insight, intuition, or knowledge gained by perceiving. 2. way of seeing or understanding.

**personal power:** a person's ability or capacity to perform or act effectively; a person's ability to produce results.

**respect:** 1. to feel or show regard, honor, or esteem. 2. regard shown toward a person or quality.

**stereotype:** 1. an oversimplified image or opinion. 2. a person or thing that is regarded as conforming to a set image or type.

**strategy:** a plan of action to accomplish a specific goal.

**symbol:** 1. something chosen to stand for or represent something else. 2. a printed or written sign used to represent something.