

Time for a Change



Step Inside



- A** Look at the picture. Choose a person or a thing. What can they see?

Let's choose the boy
in the blue jacket.

OK, he sees ...

- B** What do you think they believe?

I think he believes ...

- C** What do you think they care about?

He cares about ...

- D** Think and discuss. How healthy is your diet? How often do you exercise?

- E** Think and predict. Then write. Look at the pictures from *My Stay at Camp Karma*. What do you think happens at Camp Karma?



Now read *My Stay at Camp Karma*



Sunday, June 27

Excuse my writing! In the car on the way to Camp Karma. Mom's idea of a great family vacation!



Aaargh!

How do you think the family might change in their time at Camp Karma?

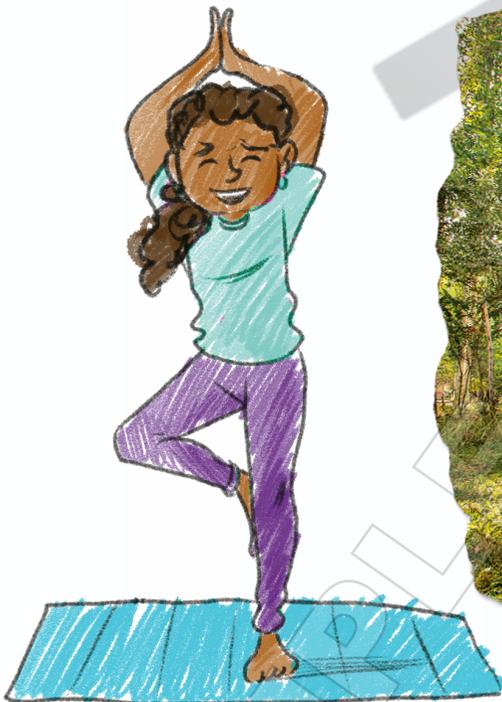


She says that Dad needs to exercise every day, and that Billy and I have been spending too much time glued to screens and have lost the ability to communicate. As for Mom, she hasn't been sleeping well and is feeling stressed. She got upset when Billy and I started arguing because Billy kept putting his video game in my face! How rude! I'm so stressed I'm biting my fingernails more than ever. Aaargh! I'm dreading it!

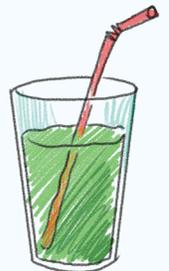
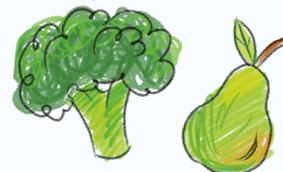


Monday, June 28

Survived the first night in our yurt. No, we can't stay in a hotel or a tent like normal people—have to stay in a yurt in the middle of a field! Apparently we'll all sleep better and become nicer people! Mom woke us at dawn for yoga before breakfast. I say breakfast, but there wasn't a sugary cereal in sight, just green smoothies—broccoli and cabbage, cabbage and pear, or broccoli and pear! (Sugar is banned at Camp Karma because it isn't good for you. Billy is NOT happy!) Getting ready for a *gentle* 15 km. hike through the forest with a bunch of other families who are crazy enough to come here.



yurt



Words in Context

 Find these words in the reading. What do you think they mean?

glued to

fingernails

dreading

meditation

forced to

Tuesday, June 29

Ached all over this morning. Billy and I had a plan. Set off early for the store just outside the entrance to the camp to buy some candy. We were about to escape through the gate when we heard a cheerful “Good morning, kids!”—from Mom and Dad and the Early Bird running group. *Poof* went our plan! Had to join the Early Birds and run around the camp before breakfast! Was so hungry even the green juice tasted good. This afternoon, went to the beach. At last, I thought, a chance to sunbathe! How wrong could I be? Exercising in the sand is even harder than in a gym! I’m exhausted!



FREE

What do you think *Poof* went our plan! means?



Wednesday, June 30

They called today a rest day—that meant a morning of chanting followed by meditation. At first Billy and I couldn't stop giggling, but then we closed our eyes and concentrated on our breathing like the instructor said. Afterwards felt unexpectedly happy and calm. Mom and Dad actually smiled at Billy and me over our healthy lunch of fish and green vegetables. We haven't had a nice family meal like that for a long time!



This afternoon we hung out at the yurts. There's no wi-fi so Billy and I were forced to talk to the other weird kids, because there was nothing else to do. Actually had a good time chatting and sharing stories. One of them, Maisie, is really friendly and she can play the guitar, so she played and we sang songs around a campfire in the evening.

Thursday, July 1

No time to write today! Too busy having a wonderful day with Maisie and the gang, hiking to the beach, swimming in the ocean, breathing in the fresh air, and just enjoying being here!

Character arc is how the character changes over time. At the beginning, Cathy is very negative about the camp. How does she feel now?



Emily—great swimmer

Maisie—brilliant on the guitar



Friday, July 2

Today was our last day and I hate to admit it, but felt kind of sad. Had our last yoga class on the beach (I'm actually quite good at yoga now!), drank our last smoothies (I asked for the recipes!), and said goodbye to our new friends.



Dad plans to have a daily run, I've stopped biting my nails, Billy has developed a love of broccoli, and as for Mom—she's smiling a lot! Billy and I are going to sing campfire songs all the way home! Goodbye Camp Karma and thank you!



Have you ever been persuaded to do something you didn't want to do and ended up enjoying it?

Explore the Reading

A Answer the questions. Use evidence from the reading to support your answer.

1 Why did Cathy's mom want to go to Camp Karma?

2 What did Cathy think of the food at Camp Karma?

3 Why was Cathy disappointed on Tuesday afternoon?

4 What surprised Cathy on Wednesday?

5 Why did Cathy feel sad on Friday?

6 How has the family changed by the end of the week?

B Think and write. Imagine the week at Camp Karma from Mom's perspective. Write a diary entry for Mom for Friday, July 2.



C Think and discuss. Why are vacations good for you? Why is it good to change your routine?

Literary Term Dropped Subjects

Dropped subjects happen in informal English when we know who the subject is. In diary entries, the pronoun *I* or *we* is often dropped.

 Listen. Circle the dropped subjects.

Hey Maisie, today isn't going well. Billy got up late. He said he couldn't get to sleep last night. We went to school as usual but we got stuck in traffic. I was late for my first class and my teacher gave me an unhappy look. She never asked why I was late. I was so embarrassed! I can't wait for this day to be over. How's your day going?

Now find more sentences with dropped subjects in the reading.



A Think and write. Look back at *My Stay at Camp Karma* and answer the questions.

- 1 What's your opinion of *My Stay at Camp Karma*? _____
- 2 What's it about? _____
- 3 Is it fiction or nonfiction? _____
- 4 What's the author's purpose? _____
- 5 How does the author achieve that purpose? What makes you say that?

B Think and discuss. Look at your answers in A. Think about the information. What's your opinion of *My Stay at Camp Karma* now? Has the opinion you gave in A changed?

Critical thinking involves **analyzing** and **evaluating** texts and not necessarily believing everything we read. In order to do this we have to ask questions about a text such as, **Who wrote it? Why did they write it? Is it fiction or nonfiction?** This helps you to analyze ideas and evaluate them by your own set of values.

C Read. Then analyze and evaluate the reading. Answer the questions.

In many countries, school starts at 8:00 a.m., and children who live far away have to get up very early to get to school on time. Research has shown that kids need a lot of sleep and food in order for their bodies to grow and develop. If children don't get enough sleep, they may become ill, have difficulty concentrating in class, or be less successful in class. School should therefore start later—then everyone would be healthier, safer, and happier.

- 1 What's it about? _____
- 2 Is it fiction or nonfiction? _____
- 3 What's the author's purpose? How does the author achieve it?

- 4 Based on your answers, what's your opinion of the reading?

D Think and discuss. Read the headings in *Why Do We Sleep?* Do you know the answers to the questions already?

Now read **Why Do We Sleep?**





WHY DO WE SLEEP?

Why do we sleep? It's a difficult question to answer. We spend about a third of our lives asleep—that's 30 years for a person who lives to be 90—but nobody knows exactly why. Are we wasting our time lying in bed doing nothing when we could be doing something useful? Scientists don't think so. All mammals and birds sleep, even though while they sleep they are easy prey for predators. Fish, reptiles, and insects rest too, so there must be a good reason.

Do you have trouble sleeping on your first night in a new place? Why do you think that might be?

What are the scientific theories?

When we sleep enough we feel better and more energetic; it's easier to concentrate and make decisions. After a good night's sleep, we solve problems and think of new ideas better. We're generally healthier and happier. Scientists have developed several theories for why we sleep.

Our bodies rebuild and replace energy we've used in the day. Muscle grows, tissue is repaired, and hormones, chemicals our bodies need, are produced while we are sleeping.

Our brains recover from the day, store information, and process experiences and memories while we are asleep. Our brains also clear away anything we don't need to remember.



What happens if we don't sleep?

Without sleep, parts of our brains become inactive. We get confused and forget things; we can't concentrate. Tiredness, stress, and difficulty following directions are all results of not getting enough sleep. Also, lack of sleep weakens the immune system, so it can't fight illness very well and we may become sick.



Why do we dream?

When we sleep we may have amazing adventures in our dreams that seem real. We all dream at night, but we don't always remember our dreams. Nobody really knows why we dream, but it might be part of organizing our memories and emotions.

What's the last dream you can remember? Why do you think you had this dream?

Words in Context

 Find these words in the reading. What do you think they mean?

hormones process clear away weakens caffeine power nap

How is modern life affecting sleep patterns?

Before the light bulb was invented, people usually went to bed when it was dark and got up when it was light. In today's world, we go to sleep about two hours later and get up two hours earlier than we used to. Technology has made it harder for us to sleep, so we are more tired. Looking at brightly-lit screens before bed, whether they are TVs, cell phones, or computers, is making it harder for people to get to sleep and harder to wake up in the morning, too.



Why can't I sleep sometimes?

Worrying about something can keep us awake, but there may be several things keeping us from sleeping. Here are a few tips to help:



Don't look at a screen just before bedtime.



Don't eat junk food. Eat a healthy diet, but don't eat just before bed.



Sleep in a cool, dark, quiet room.



Go to bed at the same time every night.



Work out regularly, but not late in the evening.



Don't drink anything with caffeine in it, like soda, coffee, or tea, before bed.

Am I getting enough sleep?

Feeling sleepy or annoyed and having difficulty concentrating and making decisions are signs that we're not getting enough sleep. Most children need between 8 and 10 hours of sleep a night. Keeping a sleep diary noting what time we go to bed, wake up, and how we feel during the day can help us to find out whether we're getting enough sleep. Taking a daytime nap, or a power nap, can help boost energy for studying and playing.

Along with water, food, and oxygen, we also need sleep in order to survive. So falling asleep on the sofa in the middle of the day isn't really lazy. Don't feel bad—instead, consider how much good it's really doing!



Explore the Reading

A Underline the part of each sentence that is false. Rewrite that part to make it true.

- 1 We spend about half of our lives asleep. a third
- 2 Most mammals and birds sleep. _____
- 3 While we sleep, our bodies use lots of energy. _____
- 4 Our brains do nothing while we sleep. _____
- 5 There are clear reasons why we dream. _____
- 6 Looking at screens might help us sleep. _____

B Answer the questions.

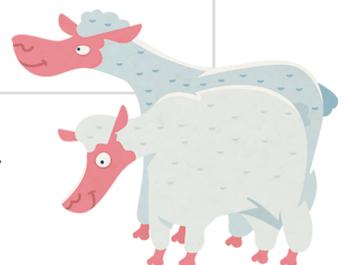
- 1 What's the reading about? _____
- 2 Is it fiction or nonfiction? _____
- 3 What's the author's purpose? How does the author achieve it?

- 4 Based on your answers, what's your opinion of the reading?

C Complete the table. Look back at *Why Do We Sleep?*. What are the pros of getting enough sleep and the cons of not getting enough sleep?

Enough Sleep	Not Enough Sleep

D Think and discuss. Think about people who have unusual sleep patterns. Who are they? How do they get enough sleep?



Why is it important to have good lifestyle habits?

- A** Think and write. Complete the table. Look back at *My Stay at Camp Karma* and *Why Do We Sleep?* What do the readings say about these topics?

	<i>My Stay at Camp Karma</i>	<i>Why Do We Sleep?</i>
sleep		
food / diet		
exercise		
happiness		

- B** Think and discuss. What can you change in your own life to be healthier? Do a Three-Step Interview.
- C** Think and write. What steps could you take to make the changes from **B**?



My Reading Journal

What's the most important information you learned in this unit?

What are some good habits you already have? How did you learn them?

Go back to page 25. Do the routine again.

