

# Grade 8 | At Home Learning Activities

*Too Good for Violence – Social Perspectives*

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## Lesson 1 **The Architect** - *Setting Reachable Goals*

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### Language Arts Extender

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Research and write a short paper about someone who overcame obstacles to reach a goal.

### History or Science Extender

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Research and write an essay about a famous inventor who reached a goal that resulted in a brilliant invention we use today. Select an inventor who used perseverance to overcome adversity to reach his or her goals. For example, Thomas Edison's efforts to invent a reliable electric light bulb took close to 1000 failed attempts before he was successful.

Analyze and discuss what life would be like if the inventor had given up on his or her goal.

### Language Arts Extender

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Write an essay entitled, “The Decision that Changed My Life,” to persuade younger people to use the steps in the decision-making model when faced with important decisions.

### History Extender

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Write a brief essay describing how Rosa Parks’ decision to keep her seat on the bus became an important symbol of the modern Civil Rights Movement. Rosa Parks believed this choice was the best action to take for herself and others despite the potential negative consequences. Describe, in your essay, a decision you made that you believed was the best choice even though you expected to face negative consequences because of it. Explain why the benefit of your choice outweighed the negative consequences.

### Language Arts Extender

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For each emotion listed below, think about a time you felt the emotion. Describe the situation and what you did to manage the emotion.

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|--------------|----------------|
| 1. Afraid    | 4. Confused    |
| 2. Angry     | 5. Embarrassed |
| 3. Confident | 6. Glad        |

### Music Extender

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Listen to a few selections of classical music and write down the emotion each evokes in you.

Here are some suggestions: "New World Symphony" by Dvorak, "Clair de Lune" by Debussy, "Night on Bald Mountain" by Mussorgsky, "Flight of the Bumble Bee" by Rimsky-Korsakov, "William Tell Overture" by Rossini, or any march by John Philip Sousa. "The walls we build around us to keep sadness out also keeps out the joy." Jim Rohn

### Language Arts Extender

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#### Activity 1

Try an observation experiment at home. Focus on listening during this time period. Pay close attention to how other people communicate including body language and other non-verbal signals that people use when they talk to each other. Notice any miscommunication and explain why the communication didn't work. Write down your observations and conclusions.

#### Activity 2

Write a letter, using an assertive tone, to a fictitious person or company stating a complaint you'd like to register. The complaint letter could be about a neighbor's barking dog, food that was served in a restaurant that later caused you to get sick, a new sweater that fell apart after you washed it, etc.

### Math Extender

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Survey five friends and five adults to discover their most frequent means of communication: face-to-face, phone, email, text, etc. Graph your results. What did you learn from the results of your survey about how people communicate? Which communication type is most effective? Rate the communication types by accuracy and effectiveness. Be prepared to explain your conclusions.

### Language Arts Extender

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Read about the Greek legend of the great friendship between Damon and Pythias. Find out what qualities each one possessed that made them great friends. Discuss with a friend or family member Damon's unselfish act and Pythias' loyalty to Damon. Write a paragraph about the importance of keeping promises.

### Social Studies Extender

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Take a survey of three friends and write down five things you learned about each person. In your survey, ask open-ended questions (questions that require more than just a yes or no answer) such as, "Why do you like being a soccer player so much?" or "Can you tell me about a time you were disappointed in a friend?" The information you collect through the open-ended questioning will help deepen your friendships.

### Arts Extender

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Jimmy Carter, the 39th President of the United States, said, “We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.” Using images from magazines, newspapers, or other sources, create a mosaic that celebrates the diversity of people. The images should embody the elements of diversity; these elements include preferences, needs, opinions, and values. Give your mosaic a name that reflects how our differences make life interesting, informative, thoughtful, and create a sense of belonging. Write a short paragraph that expresses your thoughts about your mosaic.

### Language Arts Extender

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When you show respect to yourself and to others you show that you are happy, healthy, and confident. How do you show respect to yourself and to others? Write a few sentences describing a time when you did something for someone to demonstrate respect and let them know that they mattered. How did you feel afterward? How did the other person respond? Next, write a few sentences describing a time when someone demonstrated respect for you, like holding the door open. How did you respond? How did you feel? Did you return the favor to someone else?

### History Extender

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In the game of chess, a player is in “stalemate” when he or she can no longer make a legal move. Stalemate has another definition when describing a conflict. Research the word Stalemate and find a definition related to conflict. Research an example of world leaders, politicians, or others who have reached a stalemate in the negotiation of a conflict. Can stalemates be resolved? If so, how are they resolved? Give an example. Sometimes, it can feel as though a conflict has reached a stalemate because neither person is willing to compromise. Think of a time you were in a stalemate with a friend or family member. Write a paragraph describing the conflict, and how you would use your conflict resolution skills to end the stalemate and resolve the conflict.

### Language Arts Extender

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Answer the following questions about the poem below.

1. What is the solution to the conflicts, struggles, and disagreements?
2. What is the primary goal of conflict resolution?
3. Who should discuss what they want to change or improve?
4. Who determines the solution?
5. Conflict resolution can be practiced in what places in our lives?

#### **Conflict Resolution** by Clephane Roberts

Conflicts, Conflicts, Conflicts  
Squabbles, struggles, quarrels  
Misunderstandings, disagreements  
Sounds familiar?  
Problems?  
Ever been there?  
Need a solution?  
The answer: Conflict resolution.  
The major goal of conflict resolution –  
Living in peace and harmony.  
What do you do when you're teased?

## Lesson 7 Optimal Resolution - *Conflict Resolution*

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When you're picked on?  
When others attempt to embarrass you because you are different?  
Do you get mad?  
Do you choose to be sad?  
Do you get on bad?  
Well, the next time you find yourself in a struggle  
In a squabble, in a conflict  
Take three deep breaths and remain calm -  
Real calm  
Then stand up, speak up and speak out to settle your arguments.  
Say what you think  
What you want  
And how you feel in the situation.  
Discuss what you want to change,  
What you want to improve.  
Then let the other person  
Tell what she thinks, what she wants and how she feels.  
What she wants to change  
And what she wants to improve.  
Then together decide on possible solutions  
To put an end to the problematic situations.  
Choose the best solution that suits you both  
Then thereafter you may experience the peace and harmony that is your birthright  
In the home, at school, in the classroom, on the play field, on the streets.  
**YOU CAN, YOU WILL, YOU MUST**



### Language Arts Extender

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Research a movie review from a newspaper or website. Evaluate the review in a short paragraph. In your evaluation discuss whether it was constructive, destructive, or both and explain why you think that way. If the criticism was destructive or had very little constructive feedback, write what the critic could have said it to make the review more constructive.

### Arts Extender

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Your class has been asked to kick-start a healthy alternatives advertising campaign. Make a list of reasons why people bully. Choose one reason from the list and determine the best alternative to the bullying behavior. On a blank sheet of paper or poster board, create an eye catching poster that promotes your healthy alternative. Include a slogan that explains the healthy alternative and demonstrates that alternative's effectiveness as a healthy choice someone would want to use. On a separate sheet of paper, write a short paragraph to pitch your healthy alternatives advertising campaign to the school. When drafting your pitch, consider the following questions: Why should people pay attention to the posters? Why should people buy into healthy alternatives versus bullying behaviors? Remember, your goal is to sell healthy alternatives as a good choice.

### Social Studies Extender

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A myth is defined as a usually traditional story of ostensibly historical events that serves to unfold part of the world view of a people or explain a practice, belief, or natural phenomenon. There are many myths from history that have provoked great debate and even division among scientists and historians. Research online to identify one myth from history. Write a paragraph about the myth. Discuss the uncertainty of the facts and its effect on society in that time. Rumors, like myths, are based on unreliable information.

A spreading rumor creates division among peers leading to grudges and hurt feelings. What would you do if someone was spreading a rumor about your best friend? Write a paragraph explaining how you would help your friend stop the bullying behavior. Discuss how you would challenge the rumor and stop it from spreading. What could you say or do to encourage the bully to respect others? What actions could you take to prevent other bullying situations in your school?

### Language Arts Extender

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Your best friend is in a relationship but is unsure if it is a healthy one. To help your friend decide if the relationship is working, write a letter to remind him or her why you think he or she is a great friend. Describe their strengths and their motivations. You could write about academics, sports, and hobbies or about what it is about their personality that makes you enjoy and value the friendship. Then, discuss the qualities of a healthy dating relationship. Point out that each person in a healthy relationship should enhance the other's strengths and help them to reach their goals.

### Social Studies Extender

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Research the United States Bill of Rights. Write a short essay explaining the Bill of Rights and why they were established. Like a Bill of Rights, teenagers should have a list of expectations and boundaries when it comes to relationships. Create your own "Dating Bill of Rights." Write down at least five rights that teens should always have in healthy relationships.