NEWS BREAK

Article: **Embrace your space: How to survive confinement and learn to get along better with your home**

Section: **At Home in the NW, F2**

Sunday’s News Break selects an article from **Sunday, April 12, 2020** of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some teachers might use this as a take-home assignment and others might read and answer the questions in a small group or larger, class discussion.

*Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for all of your students.*

**Standards:**

CCSS.ELA-Literacy.RI.4.1
- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2
- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

**Objectives:**

_Students will talk about what they are doing to feel happy and calm while staying at home. They’ll discuss how it feels to slow down and if they’re enjoying this time with their family. Are they feeling more connected? They’ll learn about tips to increase their mood and daily routines to implement. Students will also discuss how they are taking care of themselves; how they are handling being away from school and missing their friends, sports and other activities._
Pre-Reading Discussion:

- What do you think the article will be about? Are there clues in the pictures?
- What can you infer?
Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using *context clues*? A **context clue** is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

“**Hygge** is always in fashion in the Pacific Northwest, but it’s now been elevated from trend to necessity.”

*Hygge Guess*

*Hygge Definition*

Comprehension Questions:

1. How would a family create the mood for a special movie night?
2. What are a few ideas to personalize your space?
3. What are two suggestions to trigger your sense of smell?
4. Stress baking is a favorite pastime, because it restores what?
5. __________ is an effective mood-lifter.
6. Gaze at the faces and places you miss. What are some tips to do this while you’re at home?
7. When you have to spend so much time indoors, it’s nicer when things are ______ and __________, with the clutter reined in.
8. What are examples of “nesting” that people have been talking about?
9. Lighten the burden on your heart and psyche with some good old fashioned _______ ________.

Discussion Questions (small/large groups), Journal Prompts or Essay Questions:

- What are you doing to feel happy and calm while staying at home?
- Do you like that things have slowed down for you and your family? Why or why not?
- Are you enjoying time at home with your family? What are you doing to stay busy? Do you feel more connected to them? Why or why not?
- Do you make time to be outside? What are your favorite things to do?
- Music lifts your mood. What 5 songs would be on your stay-at-home playlist?
- Why would it be important to make a routine of opening your windows every day to let in the fresh air?
• Do you feel more comfortable in a clean and organized space? Do you find that your family is doing more cleaning, organizing and/or starting new home improvement/yard projects?
• How are you taking care of yourself? Do you have a daily routine? How are you handling being away from school and your friends?

News Break is posted to the Web on Monday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please register on-line or call 206/652-6290 or toll-free 1-888/775-2655. Copyright © 2020 The Seattle Times Company