

Black Rectangles

Name: _____

Date: _____

School: _____

Mac hides his feelings because they make him feel ashamed and embarrassed. But he realizes it's important to share those feelings with people he trusts, like his friends.

In the rectangle below, write down everything that makes you feel ashamed, bad, guilty, scared, or embarrassed. Then scribble over it with black marker or pen. Keep writing and scribbling. This is your personal space to share whatever you want: Nobody needs to see it.



When you're done writing and scribbling, write down the names of people you could talk to about some of these feelings. Make a plan to share one of these feelings with someone from your list. (Tip: Your school counselor is usually a good person to talk to!)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

The Long Grass

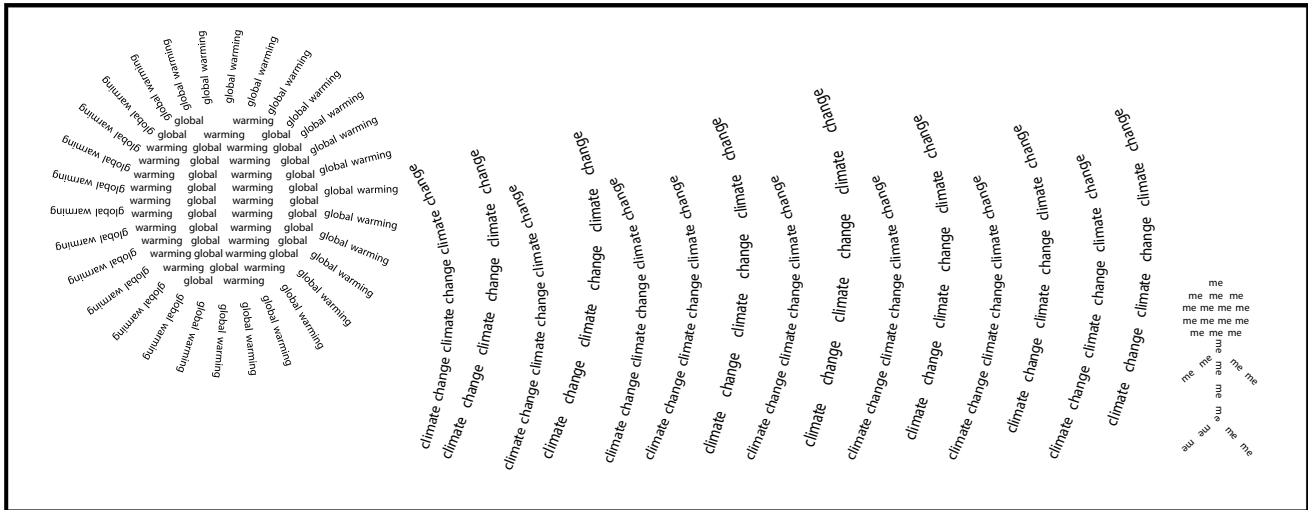
Name:

Date:

School:

A lot of adults in Mac's life like to pretend something isn't happening when it is. It's called "kicking something into the long grass." Mac says that "so many things in my life this week have been kicked into the long grass" (p. 95).

Do you ever feel like things in your life are kicked into the long grass? Write down those things in the rectangle at the bottom of this page. You can use your words to create a picture of "long grass," like this:



What Are You Angry About?

Name: _____

Date: _____

School: _____

Mac protests the censorship at his school. He makes a sign that says, "Censorship: When Grown-ups Act Like Children." Protesting is important because it helps other people see problems and take action to change them. What problems do you want people to see?

Using the list below, write down three problems that make you angry – like climate change, book banning, or cafeteria lunch options. Then, write down three issues you care about – like reading, animals, or voting.

Problems That Make Me Angry

1. _____
2. _____
3. _____

Issues I Care About

1. _____
2. _____
3. _____

Next, match one of the phrases below to a problem or issue you wrote down. For example, you could match "Stop" to "Climate Change." Or you could match "Reading" to "Is A Right." Circle your choice.

Stop

Save

Bans Off

We Deserve

Fight For

No More

Free To

Is A Right

Now you have a "slogan" for your sign! Write your slogan on a separate piece of paper or poster board and decorate it so it stands out.

You can post a picture of your sign on social media, hang it in your room, or start a protest like Mac with the help of a trusted adult. Remember that protests should be peaceful. Getting angry doesn't mean you have to hurt other people! It just means you should speak up about what you care about.

Control Chart

Name:

Date:

School:

When Mac is upset, Marci tells him that it can help to focus on things you can control instead of things you can't control. Is there something you're stressed about right now? Write it in the box below. (Hint: If you can't think of something right now, you can make something up!)

Think about the situation you wrote above. What parts of it can you control? What parts are out of your control? When you're ready, write or draw your ideas in the chart below.

I can control...	I can't control...

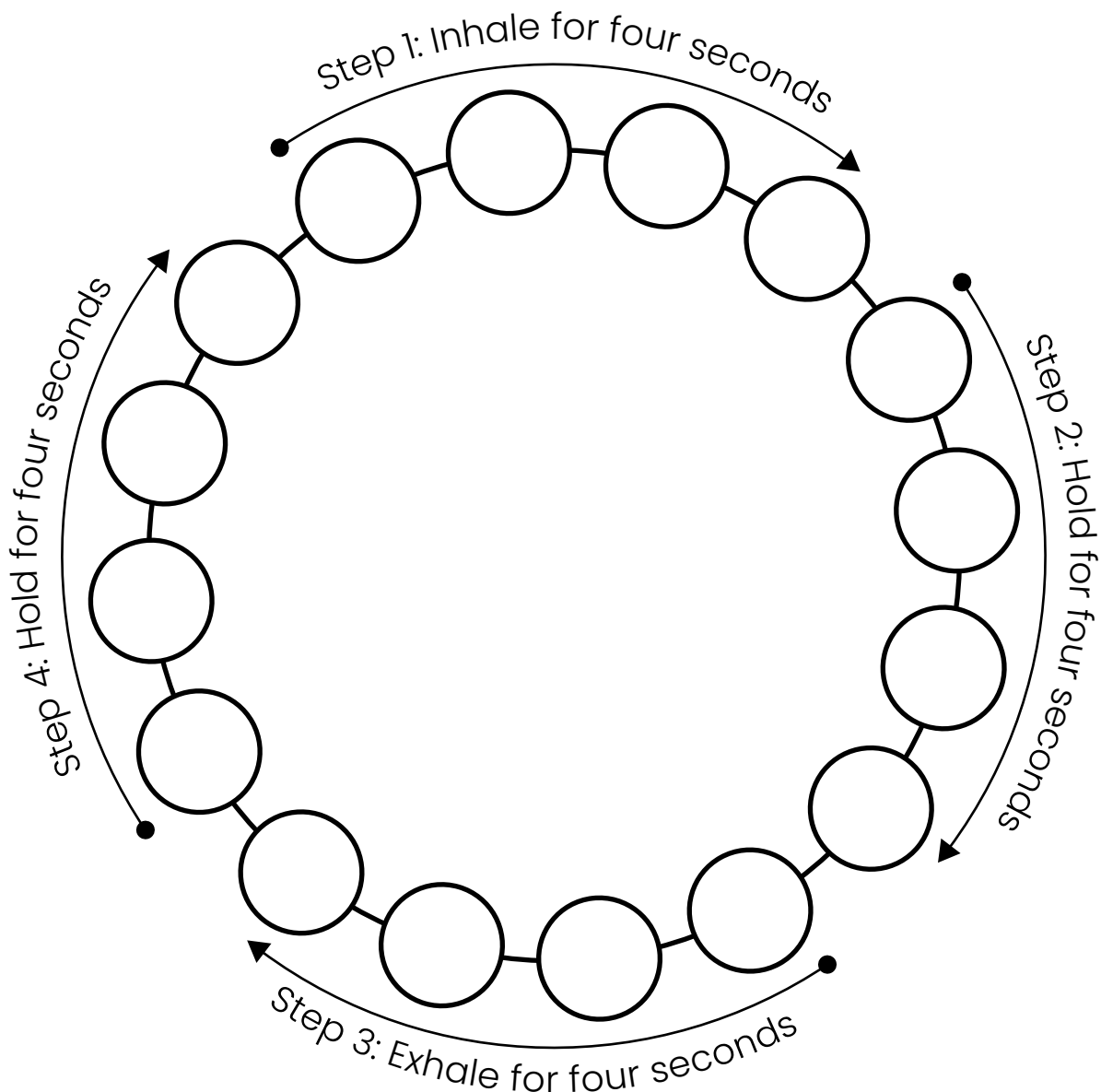
Breathing Exercise

Name:

Date:

School:

Mac's Grandpa likes to practice mindfulness. Mindfulness means being present in the moment, without worrying about the past or the future. It can help you feel calmer. Just like Grandpa, you can practice deep breathing and trace your finger around this "meditation bracelet." If you feel inspired, you can color in the beads with any colors or designs you like!



Letter to the Editor

Name:

Date:

School:

Lots of people in Mac's town write letters to the editor of their newspaper. Sometimes, their letters get published. Writing a letter to the editor helps other people understand how you feel about an important issue. You might even inspire someone to stand up for change! Ready to try?

Start by reading an article from your local newspaper. Hint: Your school or public librarian or teacher can help you find a copy!

Did you mostly agree or disagree with the article? Write your thoughts on a separate piece of paper using the template below. When you are done with your letter, you can email it to your local newspaper. You can ask your school or public librarian, teacher, or trusted adult to help you!

Dear Editor,

When I read (name of article) by (name of author), I felt (emotion). I (agree/disagree) with (the topic/issue being discussed). This is because (share a personal story that helps readers understand why you agree or disagree).

I believe that it is important for us to (some steps you think could make a positive change). If we work together, we can (what you hope will happen).

Thank you for taking the time to read my thoughts.

Sincerely,
(Your name)