

Read Liberia Activity

2020 REVISION

Let's Read

Grade 2



Read Liberia Activity LET'S READ, Grade 2

2020 REVISION

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REPUBLIC OF LIBERIA
MINISTRY OF EDUCATION
3rd Street, Sinkor
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Foreword
Read Liberia Activity

February 17, 2020

Dear School Authorities, Teachers, Parents, Community Members, and Students,

I am pleased to introduce the revised ***Read Liberia Activity*** series of books for students in Grades 1 and 2 to help them learn to read fluently and to understand what they have read.

For each grade, there is a set of four books, which should be used together: one Student Activity Book, one *Let's Read* book, and two Teacher Instructional Guides.

- The Student Activity Book is to be used daily by the students in class and at home.
- The *Let's Read* book is a class reader, and, like the first book, should be used daily by the students, both in class and at home.
- The other two books in the set are the Teacher Instructional Guides (one for Semester 1 and the other for Semester 2), which provide daily lesson plans for teachers. The Teacher Instructional Guides are to be used together with the student books.

The Ministry of Education, Republic of Liberia, is confident that if these revised materials are used systematically and correctly throughout the year, students will develop good basic reading skills by the end of Grade 2, and these reading skills will help their learning in other subjects throughout their academic career as they use their skills to read for understanding. The Ministry, therefore, expects the books to be well used, starting in the 2020–21 school year.

The ***Read Liberia Activity*** series of books is the result of more than 10 years of work on early grade reading in Liberia, informed by international scientific research on the very best ways to teach children to read. Teachers and parents who previously encountered the USAID ***Read Liberia Activity*** series of books will recognize some of the lessons, stories, and activities that are featured there. The new, revised materials are an improved and expanded version, based on feedback received from teachers and schools over the years.

I extend sincere thanks and appreciation to all those who worked tirelessly to produce the ***Read Liberia Activity*** series. I wish to single out the United States Agency for International Development (USAID) for their financial and technical support, without which this publication would not have been possible.

Foreword: Read Liberia Activity

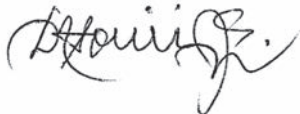
Special thanks go to the officials from the Department of Instruction of the Ministry of Education, especially those in the Center of Excellence for Curriculum and Textbook Research. Special thanks also go to the Departments of Administration and Planning of the Ministry, for their considerable inputs in the review of the materials. I acknowledge the technical leadership of RTI International and the valuable contribution of Brattle Publishing Group in content development, book design, and production.

Finally, I appeal to parents, community members, and other people working in or supporting education to encourage reading at school and in the home. This is the foundation of quality education, which helps to guarantee a promising future for our children and, by extension, Liberia.

Let's transform Liberia into an educated nation and a literate society by cultivating reading as a habit, especially for school-age children, whether in school or out of school. This is the beginning of confidence-building for children's lifelong learning. Parents, teachers, and school leaders, please ensure that your students at all levels, especially in early grades, adopt reading into their habits, because good reading skills foster understanding, both of which are the most dependable learning tools.

Thanks to all the contributors and sponsors.

Regards,



Prof. D. Ansu Sonii, Sr.
Minister
Ministry of Education
Republic of Liberia

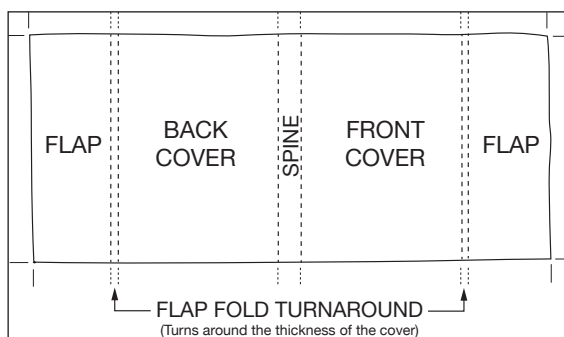


How to Take Care of Your Book

Take good care of your book.
If you do, it will last a long time.

There are ways you can care for your book.

1. Handle your book gently.
2. Keep your book in a dry and safe place.
3. Keep your book away from dirt and off the floor.
4. Wash your hands before you touch your book. Keep your hands clean while you read the book.
5. Do not fold the pages or rip the cover or pages of the book.
6. Make a cover for the book using paper or a paper bag.



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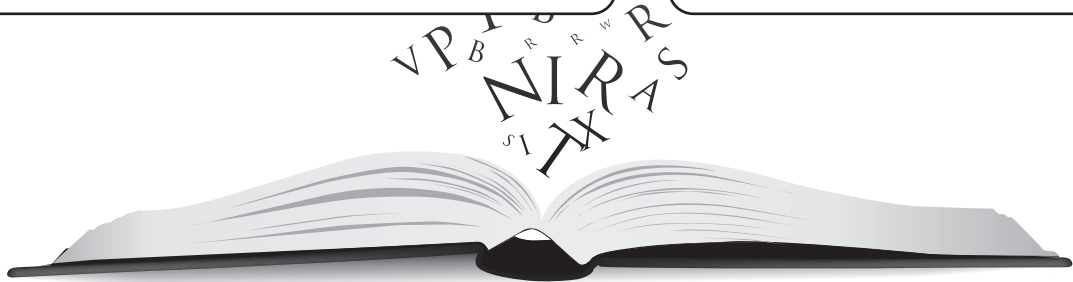
Welcome to Your Reading Program!

Welcome to **Read Liberia Activity**.
I'll bet you are asking yourself, "Why
do I need to learn to read?"

And reading is fun!
Once you know how
to read, you can enjoy
many wonderful stories
and learn interesting
things about people,
places, and animals.

Reading makes your daily life easier. You can read directions so you know how to get from one place to another. You can read the labels and ads in stores to find just what you are looking for when you shop. You can read the newspaper to find out what is going on in your community and your world.

Reading is very important. You need to use your reading skills in all the other subjects you study at school.



Let's Read is a book of stories so you can practice your reading skills and become a great reader.

Your teacher will tell you what stories to read and when you should read them. You can read the stories as you learn new reading skills.

A Note to Parents and Guardians

Dear Parents and Guardians:

Welcome to **Read Liberia Activity**. This multiyear program was developed to teach your child the critical reading strategies and skills introduced in the Liberian National Curriculum. With the introduction of a comprehensive reading program—**Read Liberia Activity**—reading abilities and scores are expected to soar. This program builds upon the success of earlier initiatives and addresses the required skills that will help your child become a successful reader.

Throughout the year, your child will learn a variety of new reading skills. He or she will use most of the activity pages in the classroom as the teacher teaches new reading skills. He or she will complete the homework pages at home. The book also includes check-up assessments so that the teacher can monitor your child's progress and know when to provide additional teaching and support.



Spot Got Bit

by W. Teerix Beh



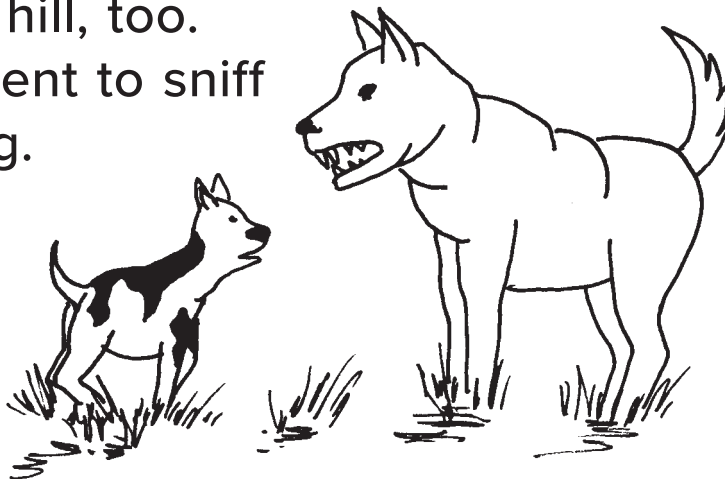
Spot is my pet dog. Spot likes to sniff and smell a lot.

He likes to run and jump when I toss a stick.

One day, Spot and I went to the top of a hill to sit in the sun.



A big, fat dog was on the hill, too. Spot went to sniff the dog.

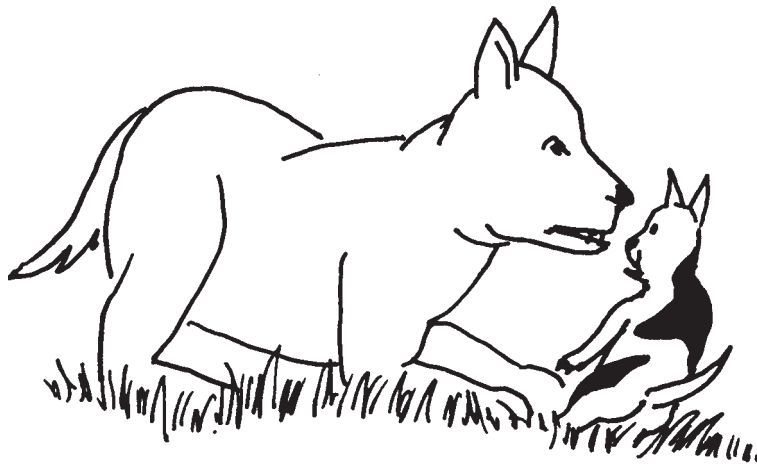


Spot **wanted** to have fun with him, but the big dog did not like Spot.

They had a spat.

The big dog jumped to grab Spot. He bit Spot on the leg. Spot fell and was sad.

I have to help Spot. I have to **fix** this mess. "Quit that!" I yell. I tap the bad dog with my stick.



At last, the dog runs away. I let Spot **rest** and drink.

In a bit, Spot is not sad. Spot is **glad**! I am glad, too.

Spot is my best **friend**.



-
1. Who are the characters in the story?
 2. What is the setting?
 3. What problem does Spot have?

Why Spider Has 8 Thin Legs


A Folktale from Africa
Retold by Lili Henderson

Spider always tried to eat for free. He did not like to **cook**. One day he passed Rabbit's house. He smelled greens cooking. He stopped to see what Rabbit was cooking.



“The greens are not yet **done**,” said Rabbit.
“If you wait a bit, you can eat with me.”

Spider **thought** Rabbit needed him to help with the cooking. “I cannot stay,” Spider lied, “but let me spin a web and tie one end to my leg and one end to your pot. When the greens are done, you can **pull** on the web.”



Rabbit thought that was a good plan. Spider went on his way until he got to Pig's house.

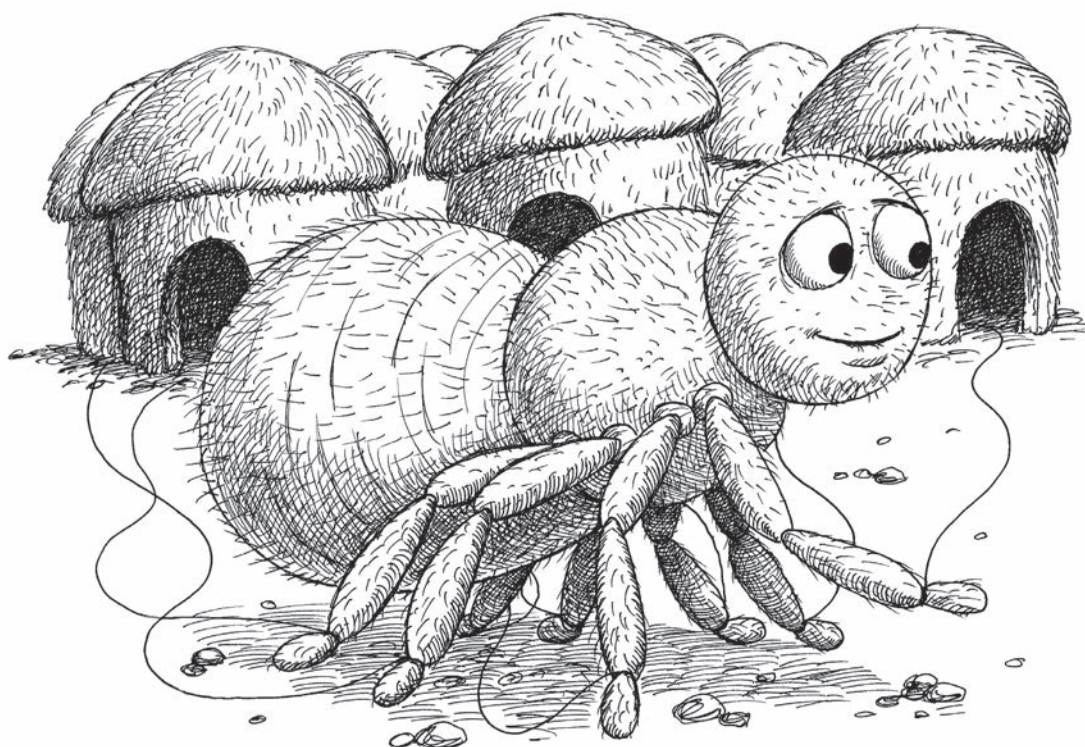
"I see you are cooking beans," Spider said to Pig. "They smell so good."

"Yes, I am," said Pig. "But the beans are not yet done. If you wait a bit, you can eat with me."

"I cannot stay," Spider lied. "But let me spin a web and tie one end to my leg and one end to your pot of beans. You can pull on the web when the beans are done."

Pig thought it was a good plan, too.

Spider passed many friends who were cooking. At each friend's house, he spun a web and tied one end to one of his legs and the other end to their cooking pots. Soon he had webs tied to all 8 of his legs.



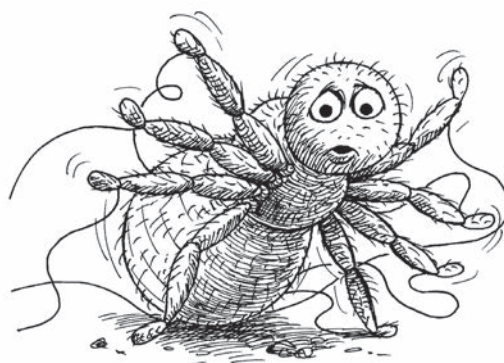
Then Spider felt a pull on one of his legs.

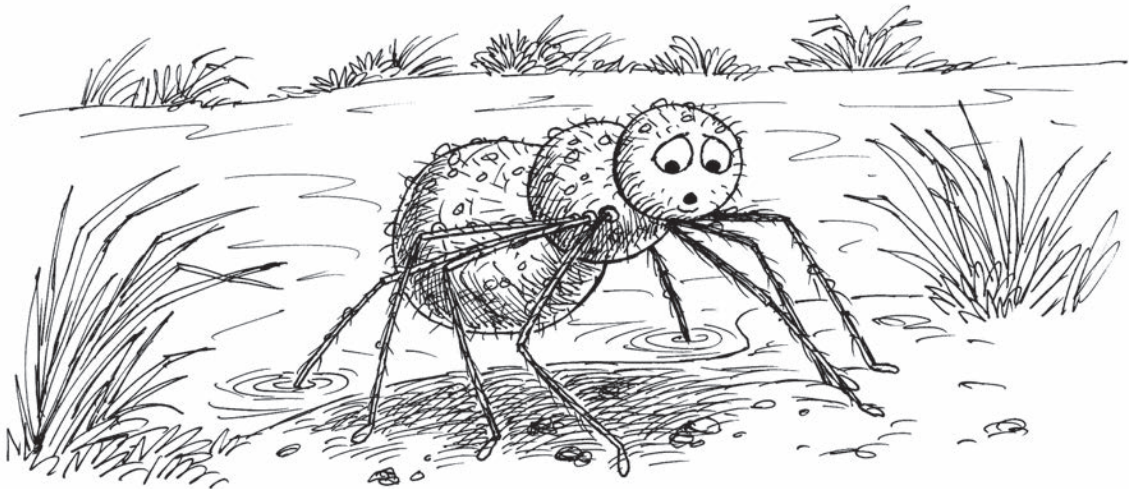
“The greens must be done,” he said.

But then he felt **another** pull.

“That must be the beans,” he said.

Then there was another pull and another and another. Spider was pulled this way and that way as the friends pulled on the webs. He cried as the webs stretched his legs.





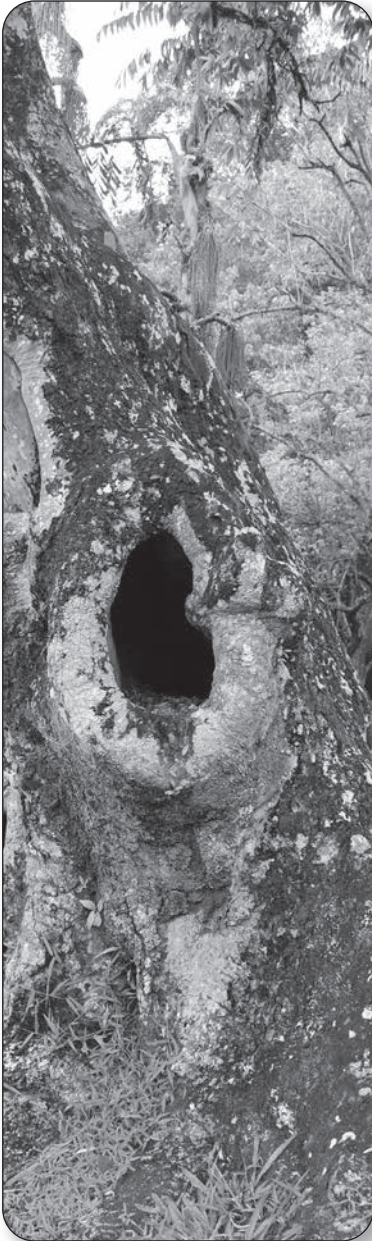
Spider ran into the stream to wash away the webs. When he came out of the stream, his 8 legs were very thin. And to this day, Spider has 8 very thin legs.

-
1. Who are the characters in the story?
 2. What events happen at the beginning of the story?
 3. What events happen in the middle of the story, after Spider leaves Rabbit's house?
 4. What events happen at the end of the story?



A Crab That Lives in a Tree

by Terry Miller
Shannon



Qqzoe / Dreamstime.com

If you go to the **forest**, you may see trees with holes in them. Some of these holes are homes for **crabs**.

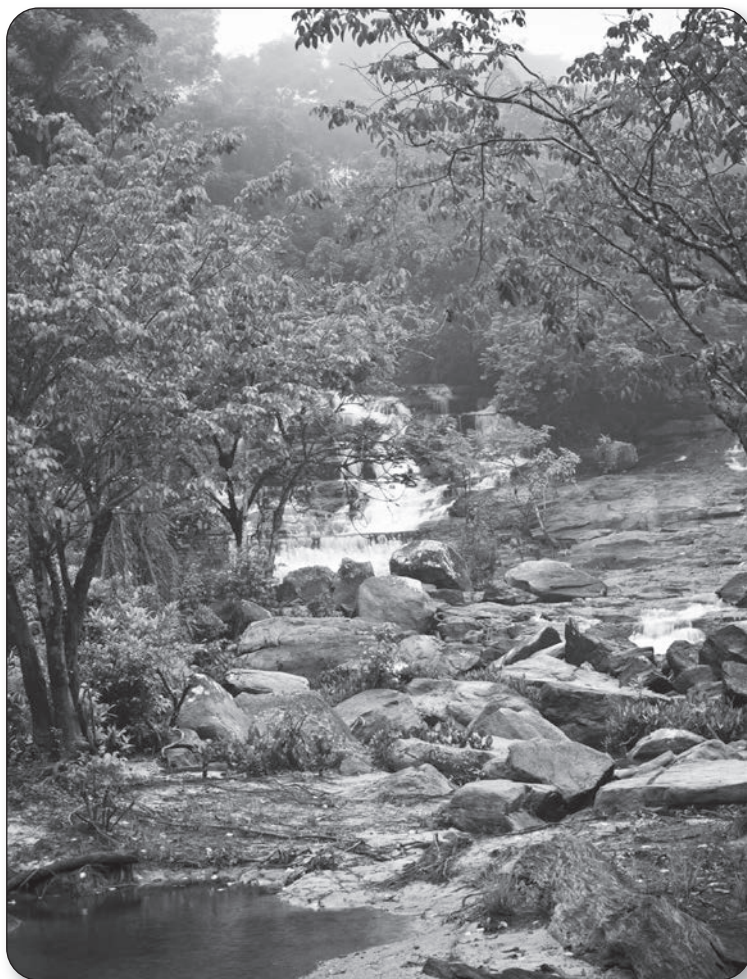
Tree hole crabs are not the same as the **many** crabs that **live** in lakes and seas. Their homes are not close to lakes and seas. Still, they need to live in wet spots such as pools of rain in the holes of trees.

Tree hole crabs spend their days in the holes of trees.



Tree hole crabs stay in their wet holes all day. At night, they wake up. They leave their holes and make their way down the trees to eat.

They creep around the forest. They hunt for small bugs that they find on the ground. When they are full, they go back up to their tree hole homes.



Tree hole crabs live in forests like this one.

MShep2 / iStockphoto.com



Not many **people** have seen a tree hole crab because there are not very many of them. Why not? The main reason is that they can only live in some places. They must stay in the forest, and they must have rain. The crabs do not make their own holes, so the trees must have holes for the crabs to live in. The holes need to be 3 to 6 feet up in the tree to keep the crab safe from danger.

There are not many places that are good for a tree hole crab's home.

Tree hole crabs have another problem—people! People cut down trees. They cut down trees so that they can plant crops. People take the wood for their homes and cooking stoves.

We hope that there will always be tree hole crabs, but we need to make the forest a safe place for them to live.

-
1. What is the topic of this text?
 2. Where do these crabs live?
 3. What do the crabs do during the day and night?

Kwenah Goes to Monrovia

by Kenneth Harding



Bainda grew up in Monrovia. One day he went to stay with his friend Kwenah. Kwenah was a farmer, and he lived in a small **village**. Bainda saw how hard Kwenah **worked**. He thought the farm work was too much for Kwenah.

“I will ask my friend to come with me to Monrovia. He needs some rest,” Bainda said. “He will like to taste a new life in the **city**.”

The next day, Bainda asked Kwenah to go to Monrovia with him. “You need a rest from all this hard farm work,” he said to Kwenah.

Kwenah thought this was a good plan. Kwenah grew up in the village and lived there his whole life. He was glad to go to Monrovia. It would be his first time in Monrovia.

Monrovia was **different** from Kwenah's village. There were more people in the city. There were lots of cars on the streets. Kwenah was glad to be in Monrovia. He was glad to see a different way of life.



Soon Kwenah did not like the city. There were so many things he **could** not do. He could not go to his farm. He could not hunt. He could not cut palm nuts. He could not set traps to catch fish. He could not tell tales to the children.



Kwenah grew sad. He **missed** his life in the village. He missed all the work he used to do.



In a few days, Kwenah said to Baimda, "I need to go back to my village."

"You have been here just a few days," said Baimda. "Do you have to go back so soon?"

"All I do is sit," said Kwenah.

"But we can do many new things here in the city," said Baimda.

"Please stay."

"Monrovia is good. I am glad I came," said Kwenah. "But I miss my village. I miss my farm work."

The next day, Kwenah went back to his village. He was glad to be home.

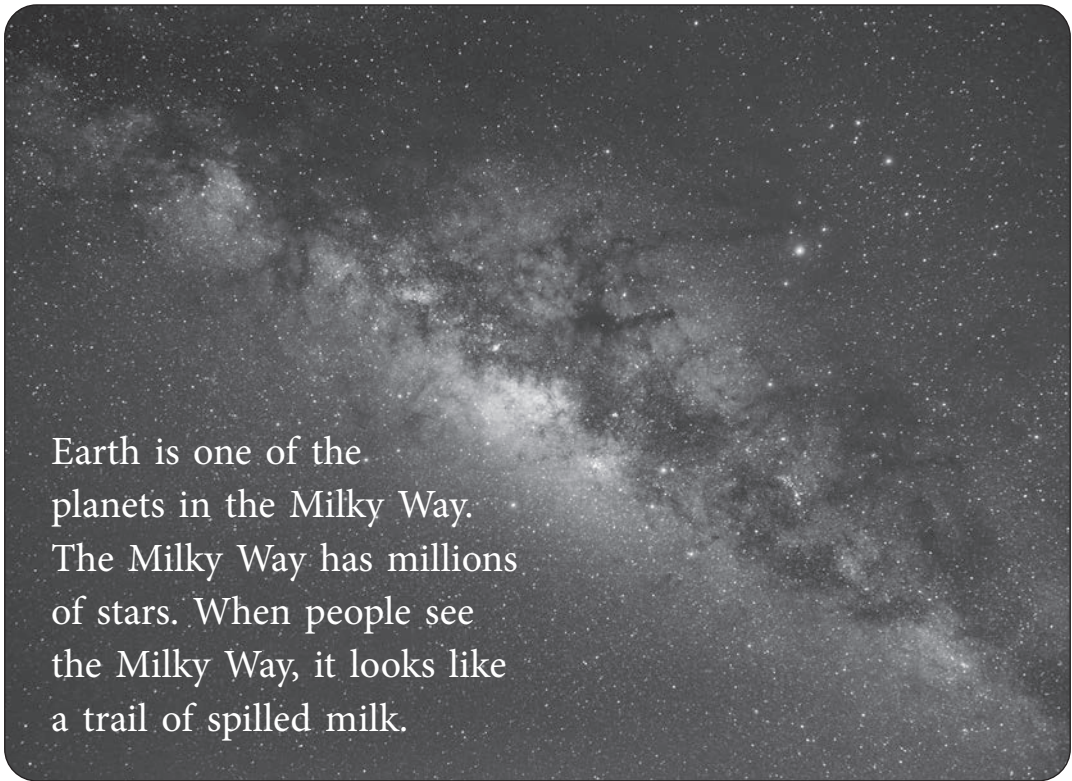
-
1. Who are the main characters in the story?
 2. What is the setting?
 3. What is the plot of the story? What are the important events that happen in the beginning, middle, and end of the story?



At Home in the Stars

by Ruth Siburt

Look up at the clear night sky. What are those lights? Stars! Turn, turn every way. Still, there they are. We live on **Earth**. And our home is among all those stars.



Earth is one of the planets in the Milky Way. The Milky Way has millions of stars. When people see the Milky Way, it looks like a trail of spilled milk.

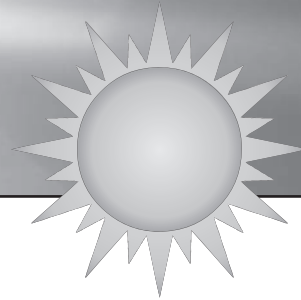
MarcelClemens / Shutterstock.com

Stars are balls of gas. The balls burn so hot that they **glow**. Some stars glow red hot. The red stars are called “Red **Giants**.” Red Giants are hard to see with just our eyes. People need **special** glasses to see them.

Some stars burn even hotter. They glow blue or white. People can see them without special glasses. These are the stars you can see at night.

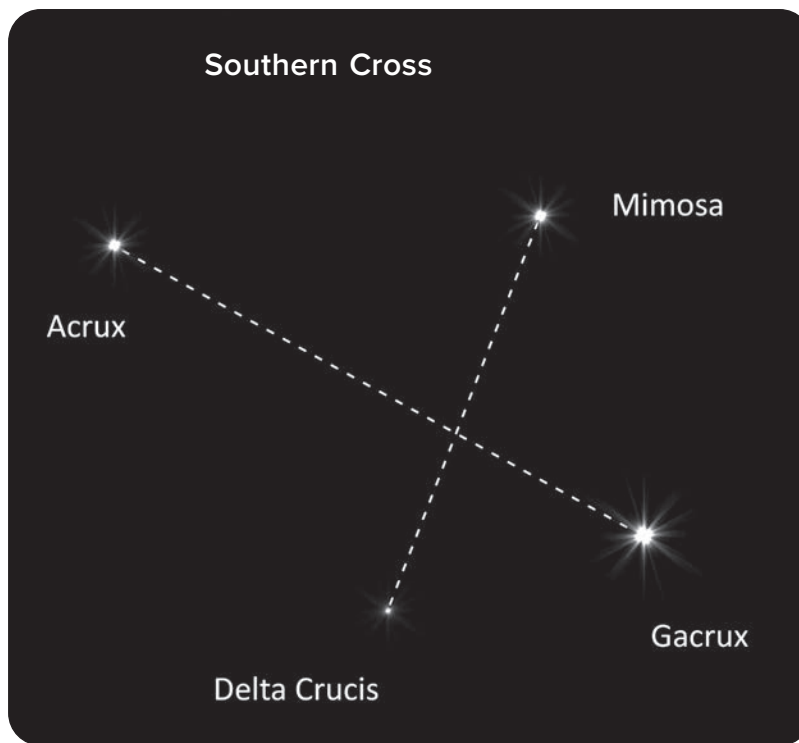


People use binoculars or a telescope to see the red stars.



Our sun is about
93 million miles away.
But it takes only about
8 minutes for the sun's
light to come to Earth.

It seems like stars only come out at night, but they are always there. We do not see them in the day because of our special star—the sun. Our sun is **close** to us. The other stars are **far** away. In the day, the sun is so bright that it hides the stars. Without the sun's light and heat, nothing could live on Earth.



The Southern Cross can be seen just about any time of the year.

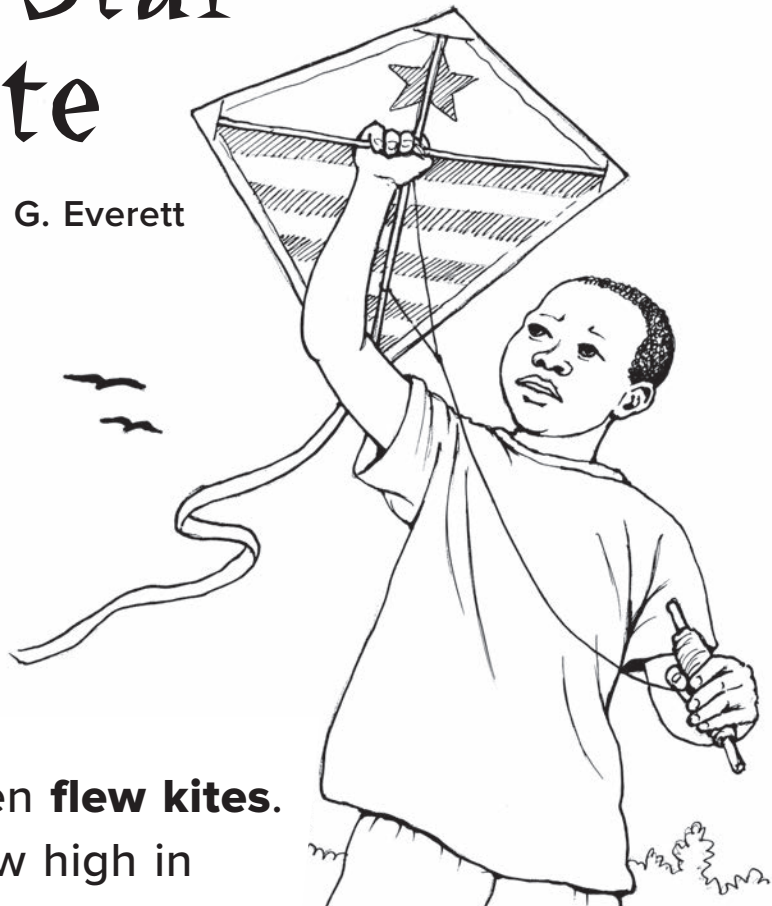
People like to study the stars. They have looked at the stars for years and years. People drew the stars. Next, they drew lines from star to star. This gave them a shape to look for. Finally, they named the shape. One star shape to look for is the Southern Cross.

So, step into the soft, dark night. Look up. You are at home right among the stars.

1. What is the topic of the text?
2. What is the main idea of the text?
3. The author uses supporting details, or facts, to describe the different types of stars in the sky. What facts did we learn about stars?

The Lone Star Kite

by Benjamin G. Everett



Many children **flew kites**.
The kites flew high in
the sky. They went this
way and that way in the wind.

Monroe had a kite. His brother had
made it for him. The kite had red and
white stripes. It had one blue star at
the top. Monroe liked his kite.

Monroe went to the top of the hill.
He ran. He wanted the wind to take
his kite up into the sky. But the kite
wouldn't go up.

The kite **fell** to the ground. Monroe
ran with his kite. But he couldn't get
his kite to **fly**.

Monroe sat down on the hill and
began to cry.



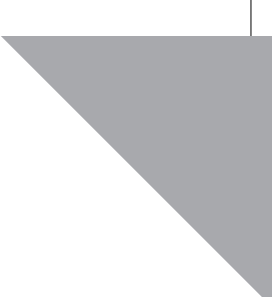
Then Monroe's brother Washington came up the hill. He sat down next to Monroe.

"Why are you sad?" Washington asked.

"I can't fly my kite. Every time I try, it **falls** to the ground," Monroe said in a sad voice.

Washington picked up the kite and looked at it.





“I **know** why the kite isn’t flying,” he said to Monroe. “I can fix it. I need some strong **glue**.”

Monroe ran home to get the glue. Then he ran back and handed the glue to his brother. Monroe **trusted** that his brother could fix the kite. He trusted that Washington could make the kite fly. Washington knew what to do.

Washington handed the kite to Monroe.

“See if it will fly now,” he said to Monroe.



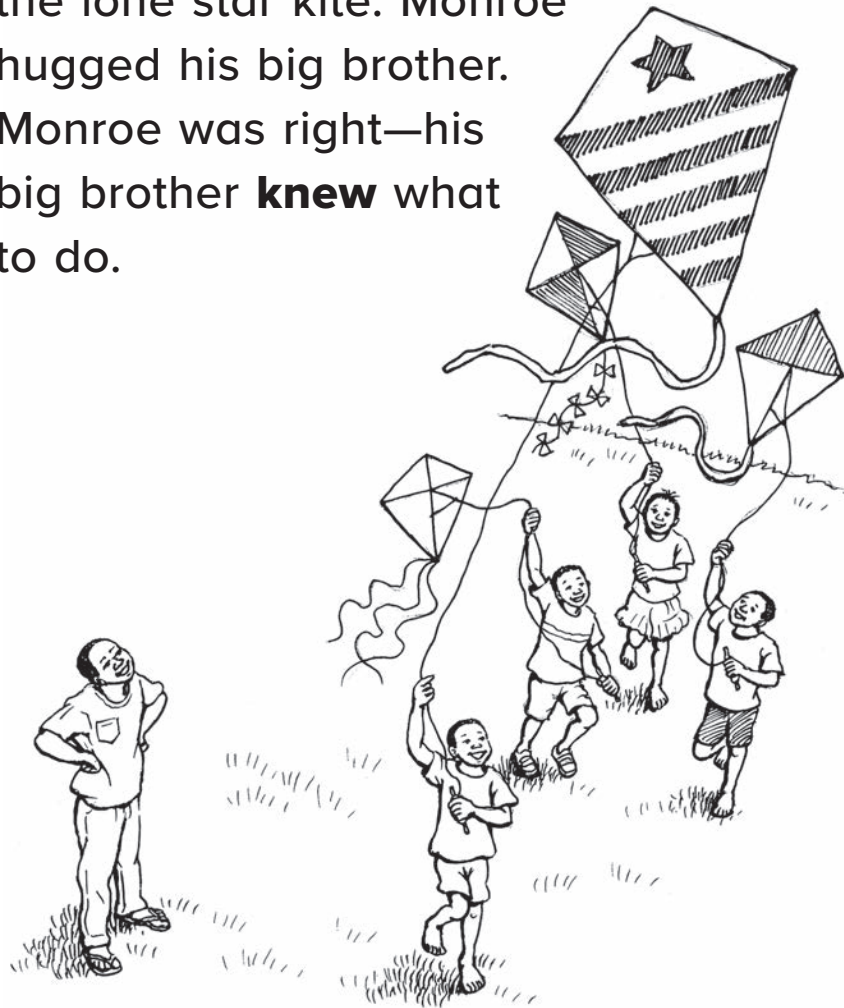


Monroe took the kite and ran up the hill. Monroe held the kite up. He ran down the hill. The kite bobbed a bit. It did not rise into the sky.

“Will it fly?” he thought.

The wind took hold of Monroe's kite.
The wind lifted the kite into the sky.
The red, white, and blue kite flew high.

Soon all the children came to see
the lone star kite. Monroe
hugged his big brother.
Monroe was right—his
big brother **knew** what
to do.



1. Who are the main characters in this story?
2. What is the setting?
3. What is the plot, or the important events that happen in the beginning, middle, and end of the story?

The Lost and Found Button

by Elizabeth Massie

Thump, thump, thump, thump.

A boy **walks** down the middle of the road in his bright red shirt with bright white **buttons**.

But—oh, no!—one button hangs by a single thin thread.

Thump, thump, thump, thump.

The boy walks on.

Then, *pop!*

Off comes the button!

“Hey!” it says, but no one can **hear** a button when it speaks.

The button flips in the air, bounces on the ground, and rolls in the dirt in the middle of the road.



The button lays there, watching the boy walk off over the hill.

Gone.

A dog comes along, his nose to the road.

He stops to sniff the button.

The dog's nose tickles the button and makes it giggle.

But no one can hear a button when it giggles.



Slurp!

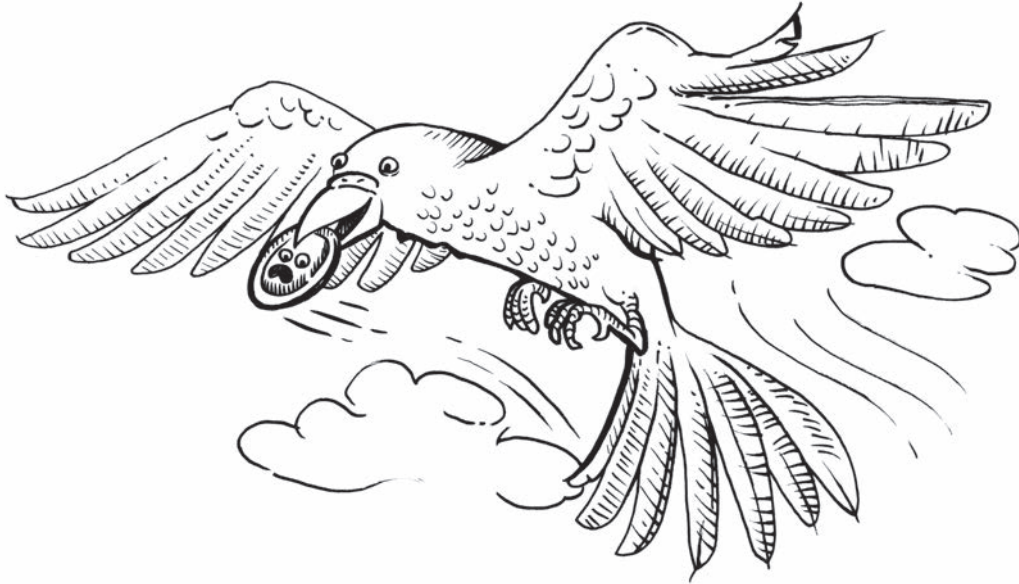
Up goes the button into the dog's mouth.

The dog carries it a little way and then spits the button out.

The button bounces, rolls, and then lies there in the middle of the road.

It **wonders** out loud what might happen next.

But no one can hear a button when it wonders.



Caw! Caw! Caw!

Down swoops a bird.

It picks up the button and flies away, high in the sky.

They travel many miles, so fast!

The button **shouts**, “Slow down!”

But no one can hear a button when it shouts.

Down again, the bird lands on a tree branch and hops to a little nest.

The bird puts the button in the nest for the baby birds when they hatch from their eggs.

Soon a wind comes and blows the button out of the nest.

Down, down it falls to the middle of the road, where a little girl finds it, picks it up, and puts it on her doll.

Happy now, the button **whispers**, “Thank you.” But no one can hear a button when it whispers.



1. What thing is the main character in this story? Name the other characters in the story.
2. What is the setting of this story?
3. What is the plot of the story?



Sando Finds a New Pet

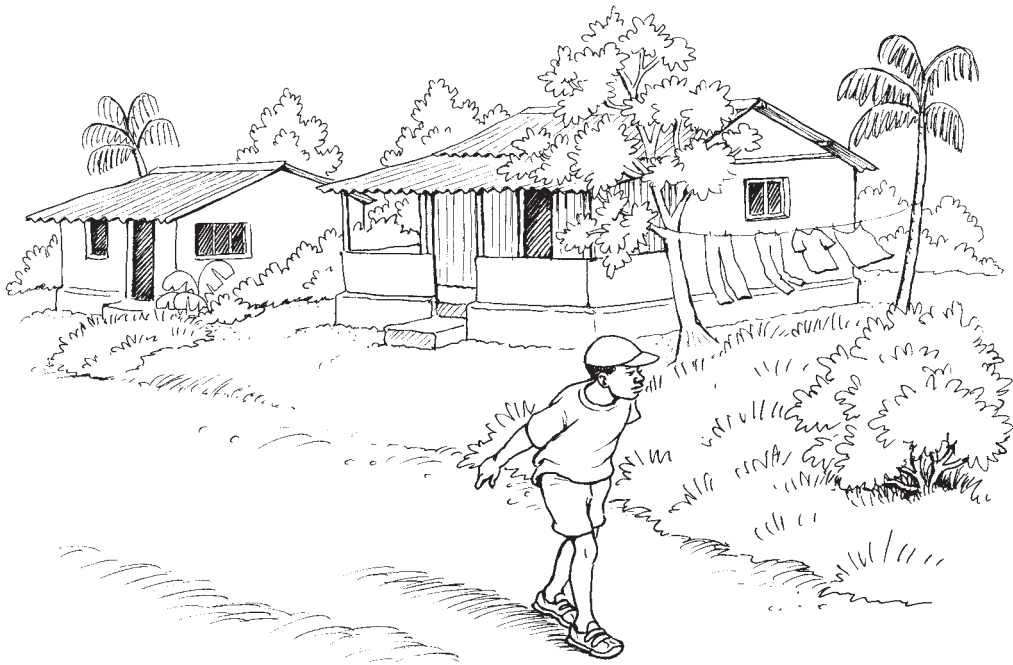
by Benjamin
G. Everett

Sando had a fat, **furry** dog named Puffy. Puffy's fur was long and full of curls. Sando liked his furry dog. Whenever Sando went to school, Puffy went away to play. Whenever Sando came home from school, he walked around the house and **called**, "Puffy! Puffy! Where are you?"

And Puffy would come running to Sando in a hurry.

One day Sando came home from school. "Puffy! Puffy! Where are you?" he called as he walked around the house. But no one replied. Puffy was nowhere to be **found**.

"Puffy! Puffy! Where are you?" he called again as he walked around the yard. But Puffy did not come running to Sando this time.



Sando walked up the street, looking everywhere for his furry dog. Sando went from house to house, but no Puffy. The smile on Sando's face was gone. He was **lonely** without Puffy. There was nothing to be happy about. Sando ran to the **fields**. Would Puffy be in the fields?

Sando called again, "Puffy! Puffy! Where are you?" But Puffy was still nowhere to be found.





Sando started home. On his way, he passed a tree. He heard a chirp that made him stop. He came closer to see what it was. On the ground was a nest that had fallen from the tree. Next to the nest was a little bird. The bird couldn't fly.

"I think you must be very hungry," Sando said to the bird. Sando dug in the mud, found a little worm, and fed the baby bird.

"Chirp! Chirp!" said the baby bird. He seemed to say, "Thank you."

"I can't leave you here by yourself," Sando told the bird. "You need someone to look after you. I will take you home." He put the bird inside his hat and went home.





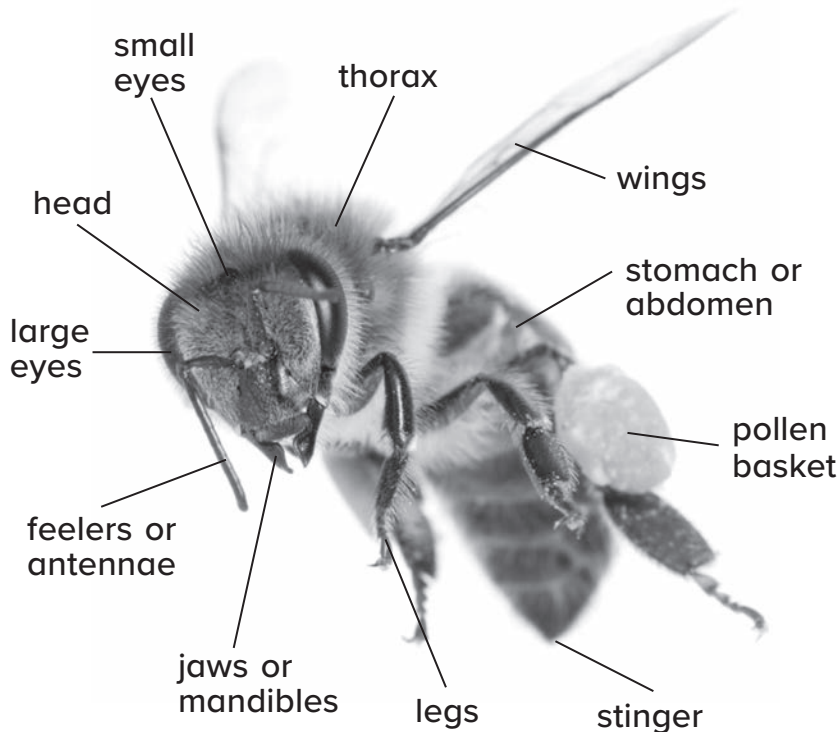
When Sando got close to his house, he heard a loud barking. Puffy came running toward him, wagging her tail! “Silly dog! Where were you?” Sando was so happy to see his pet dog again. Even better, now he had two pets!



1. Name the characters in this story.
2. What are the settings in this story?
3. What is the plot of the story?

The Honeybee

by Frankie Baer



What Is a Honeybee?

Honeybees are insects. They have six legs and two wings. They have five **eyes**. Two of their eyes are large with many very small lenses. Honeybees have a very good sense of smell.

Honeybees' wings beat up to 1,000 times per minute. This makes the buzzing noise you hear when they fly past you. Honeybees can fly at speeds up to 15 miles per hour.



Amabao / Dreamstime.com

Bee Facts



Honeybees flap their wings to heat or cool the hive.

At Home in the Hive

Honeybees live in a nest called a **hive**. More than 60,000 **bees** may live in a hive. There is only one queen. Her job is to make more bees. The new bees take the place of bees that die. The queen can lay as many as 1,500 eggs in a day. The queen is the biggest bee in the hive.

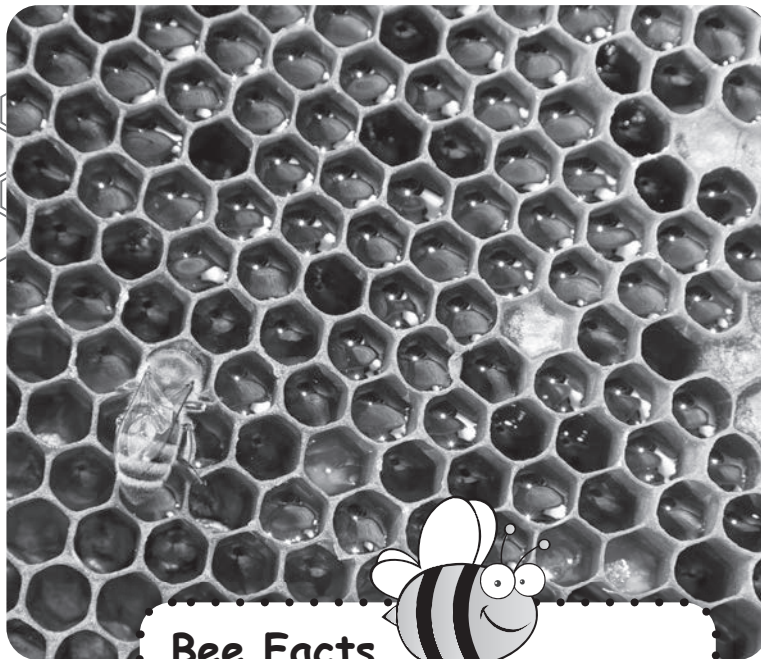
Drones are another kind of honeybee. They do not fly far from the hive. Their job is to mate with the queen so that she can lay more eggs. A drone has bigger eyes and a bigger **body** than a worker bee.



Rtbilder / Dreamstime.com

The worker bees do all the work. They **build** the hive, take care of the queen and the drones, clean the hive, keep the hive safe, and make **honey**.

Worker bees make a wax from their bodies. They use this wax to make the walls and cells of the honeycomb inside the hive.



Lepas / Dreamstime.com

Bee Facts

Drones do not have a stinger.
Worker bees will not sting you unless you upset them. If they do sting you though, they will die. If you see a bee near you, it's best to leave it alone.

Keeping Bees

Some people keep hives. They collect the honey to sell. They put frames in the hives. They take the frames out to get honey. Then they put the frames back so bees can make more honey. This does not hurt the bees.



FabioFilzi / iStockphoto.com

Beekeepers use smoke to calm the bees while they take out the honey.

1. What is the topic of this text?
2. What are the two different kinds of honeybees?
3. What facts did we learn about honeybees' bodies?

A World of Frogs


by Judith Lipsett

Look up in the tree! Under that leaf is a small frog. It lives on branches in the African rainforests. It drops its eggs into the water below.



Albie Venter / Shutterstock.com


.....
The foam-nest tree frog holds on to the branch with its long toes.



Frogs live all over Africa, except in the dry desert. In fact, they live just about every place in the world. Frogs are a very important part of nature!

There are more than 6,300 different sorts of frogs. They come in many sizes and colors. But there are some things that all frogs share.

First, all frogs are **cold**-blooded. That does not mean that their **blood** is always cold. It means that their body **temperature** changes because of what is around them. Your body keeps your temperature about the same. It doesn't matter if you are in the sun or in the cold. Your body temperature stays the same. But a frog's body doesn't do this. To keep their body temperature **warm**, frogs must sit in the sun. To keep their body temperature from getting too warm, they go into a dark, shady place to cool off. When it is cold, they dig a hole in the dirt to stay warm.



Also, most frogs lay eggs. Most lay their eggs in water or other wet places. Do you know why? After a few weeks, the eggs turn into tadpoles, which need water. Tadpoles look more like fish than frogs. They **breathe** through gills, like fish do. They have long tails that help them swim. Most do not have legs.

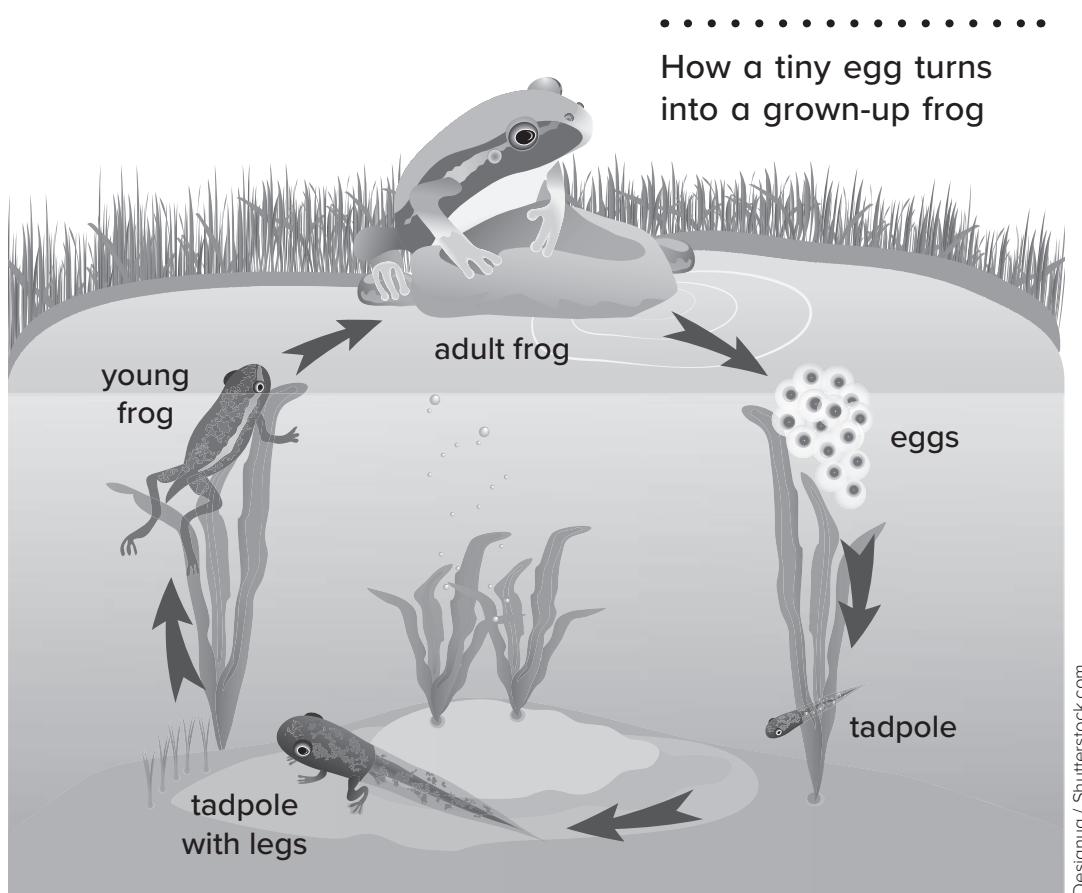


Crookid / Dreamstime.com

Soon this tadpole will turn into a frog!

In a few weeks, the tadpoles begin to grow long back legs and short front legs. They will use their back legs to jump and hop.

Their tails get shorter. Their heads and eyes get bigger. Then they grow lungs. Lungs are what land animals use to breathe. Finally, they can move out of the water and live on land. They are frogs at last!



1. What is the topic of the text?
2. The author uses supporting details, or facts, to tell us all about frogs. What are some interesting facts that we learned about frogs from this text?
3. What are baby frogs called after they hatch from eggs?



AFRICAN GRAY PARROTS

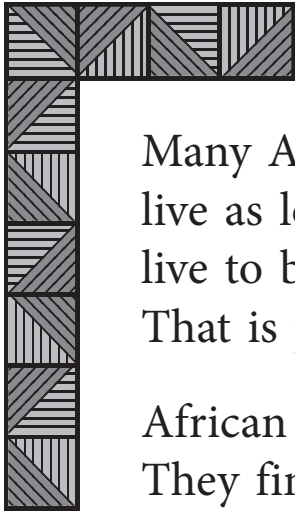
by Pamela Dell

A bird calls from a tall
tree. The bird is gray.
It has a bright red tail.
What kind of
bird is it? Do
you know?

It is an African
gray parrot.
African grays
live in Liberia
and other parts
of Africa.



You can find African gray parrots in Africa.



Many African grays live a long time. Many live as long as 50 years. Sometimes they may live to be almost one hundred years old! That is pretty old for animals or people!

African grays live in holes in big, old trees. They find a mate and stay with that mate until they die. These parrots eat nuts and seeds. They like **fruit** and some other plants, too.

African gray parrots are in **danger**. People cut down their tree homes. Then the birds have no place to live. And too many of the birds are taken from their homes and put in pet stores. It is important that people care about these birds so they can save them.



REKINC1980 / iStockphoto.com



Jill Lang / Shutterstock.com

African gray parrots are a special kind of bird. They are very **smart**. These birds like people. They make people **laugh**. This is why many people want them for pets.

People like the sounds African grays make. They make sounds most other birds cannot make. They can sound like bells. They can bark like dogs. Some can make the sound of dripping water. They can even **whistle** like people do.



Best of all, African grays can learn to speak real **words**. People teach them how to do this. Some can even say a sentence with many words! One African gray named N’kisi could say 950 words in English. That is a lot of words for a bird!

The best known African gray parrot had the name Alex. He was very smart. A girl bought him at a pet store. Alex lived 30 years with her. Alex’s last words to her were, “You be good. I love you.”



micah / Shutterstock.com

1. What is the topic of the text?
2. The author used supporting details—facts—to tell us about African Gray Parrots. What kinds of facts did we learn about African Gray Parrots?
3. Why are African Gray Parrots in danger?





Why Cheetah Has Tear-Stained Cheeks


A Story from Nigeria
Retold by Pamela Dell

One hot morning, a **lazy** man sat down under a tree. He was a hunter, but he did not want to hunt. Hunting was very hard work, and it was too hot to hunt.

Not far away, a **herd** of antelope ate in the tall grass. The hunter watched the animals. He saw that they were fat. He knew that they would be good to eat. But it was hard work to hunt! He would rather sit.

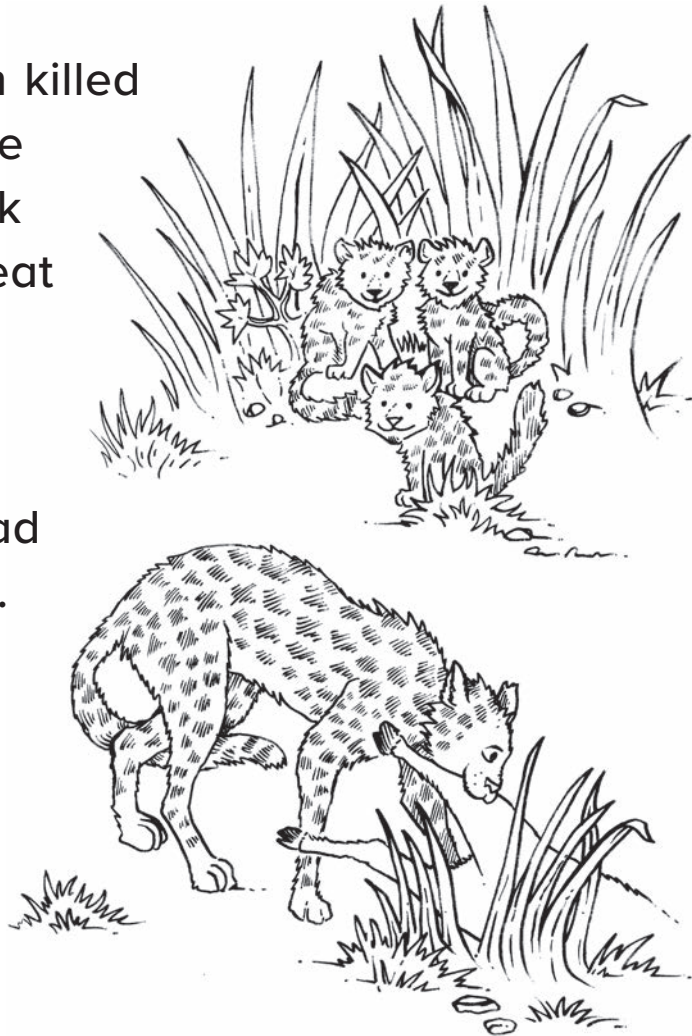
So the hunter just sat under the shade of the tree and watched the antelope.





Then the hunter saw something move near the herd. He saw a cheetah hunting the antelope! At first she was silent. Suddenly, she ran with great speed after the herd. Then she **leaped**. One of the antelope went down.

The cheetah killed her prey. The cheetah took the fresh meat into the tall grass to her three cubs. Now they had much to eat.





The hunter was **jealous** that the cubs did not have to work for their food. The lazy hunter wanted someone to hunt for him, too.

So he made a plan to steal the cheetah cubs from their mother. Then he would teach them to hunt for him! From then on, he would not have to work for his food.





The mother cheetah went to the water hole to get a drink. The hunter picked up his spear. He sneaked up to the cubs. Their mother did not see the hunter come near her cubs.





When the mother cheetah came back, she saw that all her cubs were gone. She began to cry. Big tears ran down her face. She sobbed and sobbed and sobbed all day and all night. She sobbed so hard that the **tears** made wide marks down her cheeks.

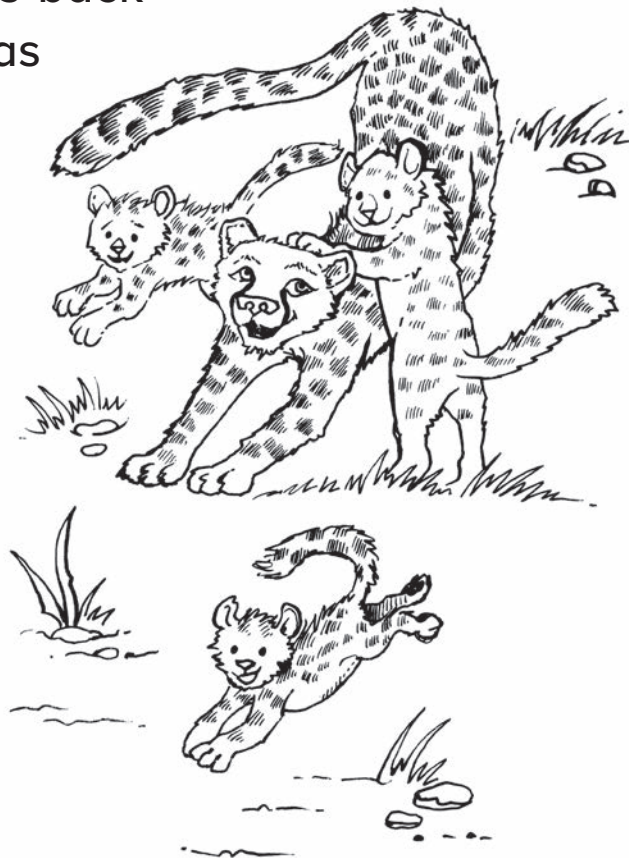
The cheetah's sobs were so loud that a wise old man heard her. He came to see what was wrong. He saw what the hunter had done. The old man was very angry. That hunter was not only lazy, but he was also a **thief**!

In the village, it was important that hunters always hunt for themselves. Letting a cheetah hunt for you was a lazy thing to do.



The old man went back to his village and told the people what the hunter had done. The people in the village did not want that lazy thief in their village! So they drove the hunter away.

The old man took the cheetah cubs back to their mother. She was so happy to have her cubs back with her! She was very thankful to the old man! The cubs bounced and leaped around their mother. They were happy to be back with her, too.



1. Who are the characters?
2. What are the settings in the story?
3. What is the plot of the story?

Smart Fun

by Lisa Harkrader

You run down the football field. Your arms and legs pump. Your **heart** thunders in your chest. You breathe harder and harder. You feel like the fastest player on the field.

You run toward the goal. You find yourself open, and this is your lucky break. Your teammate passes the ball to you. You kick. The ball sails into the goal.



AfricalImages / iStockphoto.com

Kids play football for fun. But playing sports is more than just fun.

YOUR BODY and SPORTS

You play sports for fun, but did you know that playing sports is also good for you? When you play sports, your body works hard. That hard work makes your **muscles** and bones **stronger**. Your heart is a muscle, so it becomes stronger, too. Playing sports makes you breathe hard. Then your lungs become stronger.

When your body is stronger, you feel better. You don't get sick as often, and you feel less tired. You have more energy.



Playing sports helps you in another way. It makes you feel calmer and lowers stress. Stress is when you **worry** about your problems. When you play sports, you worry less. You are less angry. You feel happier.



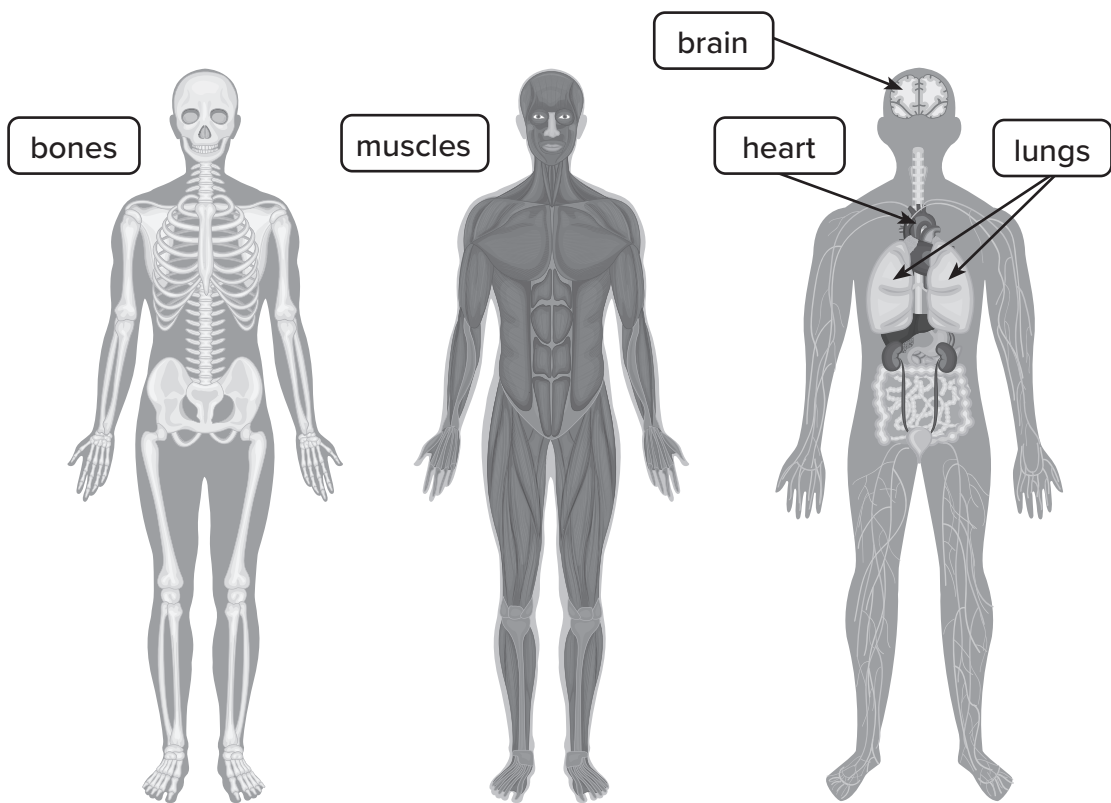
So sports makes you feel better and feel happier. But did you know that sports can also make you smarter?



YOUR Brain

Scientists have studied kids around the world. They have found that kids who take part in **exercise** do better in school. Exercise is when we make our bodies work hard. Playing sports is exercise.

When kids exercise, they get better grades. They get higher scores on tests. They can focus on their schoolwork for longer periods of time.



Exercise makes all parts of your body stronger, even your brain!



Courtesy of Brattle Publishing Group

What's good for your body is also good for your brain.
Playing sports can help you do better in school.

Scientists do not know all the ways exercise helps your **brain**. But one thing it does is help your blood flow better. Then your blood brings more oxygen to every part of your body. Scientists think better blood flow and more oxygen help your brain work better.

Exercise also lowers your stress. When you worry less, your brain can think better. Next time you play sports, you will still have fun. But it will be the best kind of fun: smart fun!

-
1. What is the topic of the text?
 2. How does exercise help your body?
 3. How does exercise help your mind?

Staying Clean, Staying Healthy

by Katherine Follett

It feels good to be **clean**. Staying clean also keeps you healthy! Getting **germs** inside your body can make you sick. Here's how to stay clean and stay healthy.



Polepoletochan / Dreamstime.com



Clean Hands

Your hands help you all day long. You cook, clean, eat, write, and play with your hands. Washing your hands helps you and those around you stay healthy.

Say you're taking the **trash** out of your home. The trash is **dirty**. It gets your hands dirty. What happens when you touch food? Germs from the trash get on your food. Then they get into your mouth and make you sick.

It's important to wash your hands after touching something dirty. Wash your hands after touching trash. Wash your hands after using the toilet. Wash your hands after touching animals.

You should also wash your hands before cooking, eating, or drinking water.

How to Wash Your Hands

1. Roll up your sleeves.
2. Get your hands very wet.
3. Rub your hands with soap. Make sure you rub between the fingers and under the nails!
4. Rinse off the soap with clean water.
5. Shake your hands dry. Let them dry in the air or on a clean cloth.

Clean Food

You learned that you shouldn't cook or eat until you have washed your hands. You also shouldn't cook or eat dirty food!

Some fruits and vegetables grow in dirt or animal waste. There may be germs on them that can make you sick. Wash fruits and vegetables with soap and water.

You shouldn't eat **raw** meat. Cooking the meat kills the germs that could make you sick. You also shouldn't let raw meat make your hands dirty. Wash your hands after touching raw meat.

Flies aren't clean. They fly from dirt right onto your food! Keep flies away from your food.



Aprescindere / Dreamstime.com

Clean Water

We need water for drinking, cooking, and cleaning. No matter where you get water, make sure it's clean and healthy.

How can you keep the water you use clean? Don't put trash in or near the water you drink. Don't throw trash in rivers or lakes. Don't let animals get into water that people drink. Give animals their own water.



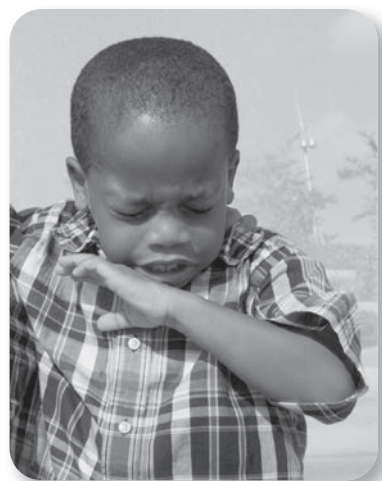
MShep2 / iStockphoto.com

When You Get Sick

Everyone gets sick sometimes. The germs that make you sick can **spread** to other people. Help your family stay healthy when you get sick by keeping your germs to yourself!

Germs spread through the air. Cover your mouth with your arm when you cough or sneeze. If you use your hands to cover your mouth, the germs will get on your hands. Then you will spread your germs to everything and everyone you touch.

Don't cook or touch other people's food when you're sick. Have someone else get water. Wash your hands a lot. Wash your hands when you're around someone else who's sick, too.



Felix Mizionnikov / Shutterstock.com

Cover your mouth with your arm when you sneeze or cough. Wash your hands often.

Happy and Healthy

Clean hands, clean food, and clean water keep you healthy and happy. Help your family stay healthy!

1. What is this text about?
2. What do germs do?
3. What is the main idea of the text?

Fun and Games

by Lori Mortensen

Playing Games

We all like to play **games**. People have thought up all sorts of games to play. There are board games, clapping games, guessing games, jumping games, chasing games, and many kinds of games with balls.

Even though children in Liberia and America live far away from each other, they play some of the same games.

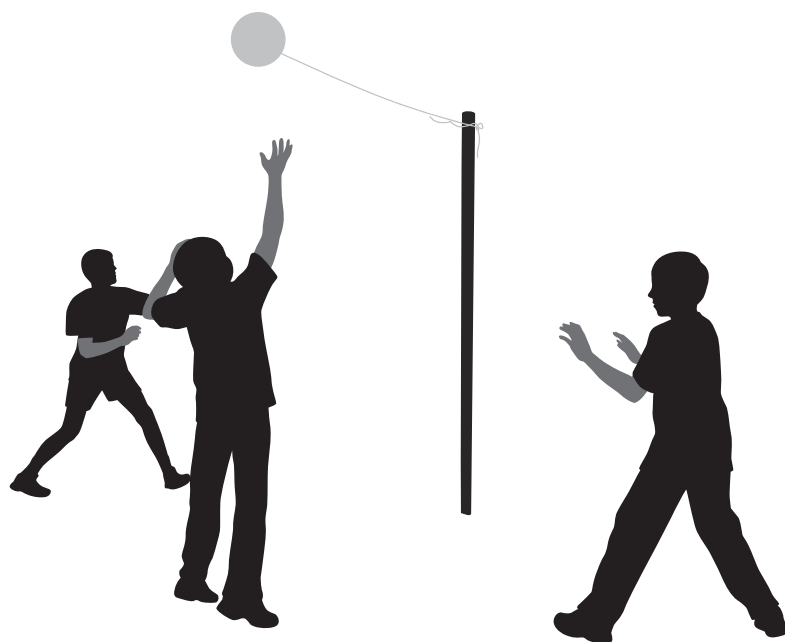


Lucian Coman / Dreamstime.com

People play many games.

Toil and Tetherball

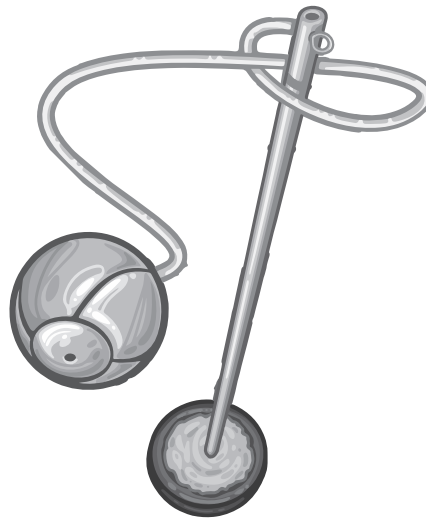
In Liberia, children play a game called toil. In this game, a **pole** is in the ground. A ball is fixed to the pole with a long **rope**. Two people play. One player hits the ball in one direction. The other player hits the ball in the other direction. Because the ball is fixed to the pole with a rope, it doesn't get lost like it does in some other ball games.



These children are playing tetherball.

The players hit the ball back and forth. When one player starts to win, the rope gets short and the ball goes faster. When a player wraps the ball all the way around the pole, that player wins.

In America, the game is called tetherball. A long pole is in the ground. Sometimes the pole is held inside a car tire that lies flat on the ground. The ball is fixed to a rope and the tall pole. Children play the game the same way that children in Liberia do.



Lapa and Dodgeball

Children in Liberia play a game called lapa. In this game, children stand in a circle. One child in the **center** puts sandals into a shape on the ground.

The children who stand around the **edge** of the circle throw a ball at the child in the center. The child keeps away from the ball. If the children miss the child in the center, the child can work on the sandal shape. When the child in the center gets hit by the ball, the child leaves the circle. Then the child who threw the ball takes his or her place.



ruzanna / Shutterstock.com

Sandals are part of the game of lapa.

Lapa is like a game in America called dodgeball. In dodgeball, children stand in the center of a circle. Other children stand around the edge of the circle. The children around the edge of the circle throw a ball and try to hit one of the children in the center. The children in the center **dodge** out of the ball's way.

When a child gets hit by the ball, he or she leaves the center of the circle. One by one, children leave the circle until one child is left. That child wins the game.

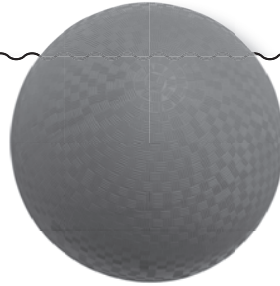
Photo by Brendan Cavanaugh. © Fort George G. Meade Public Affairs Office, used under a Creative Commons CC BY 2.0 license.



Children move fast so they won't get hit.

Dodgeball Facts

- People in Japan love dodgeball.
- Some schools in America do not let children play dodgeball because they might get hurt.
- People like dodgeball so much that there is an International Dodgeball Federation.



Sean Pavone / Dreamstime.com

All Around the World

Liberia and America are far away from each other. Yet in spite of this, the children in both places play similar games. That's because we all like to play games—no matter where we live.



Volina / Shutterstock.com

1. What is this text about?
2. What games do Liberian children like to play?
3. What is the main idea of the text?

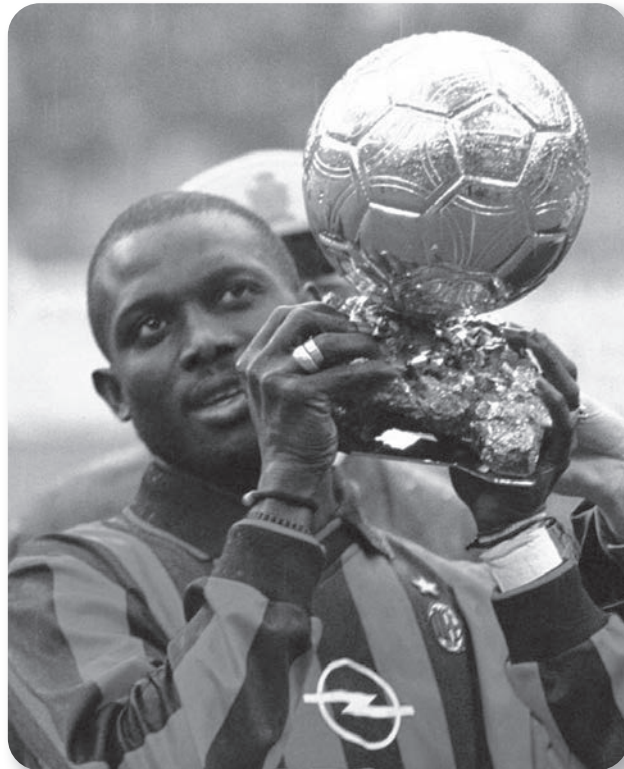


Football Star and President



George Weah

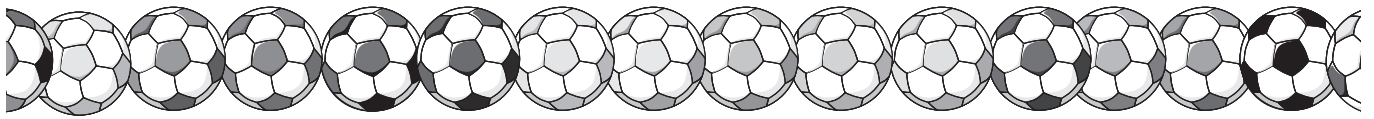
by Terry Miller Shannon



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A Rag Ball

A small boy named George Weah grew up in Liberia. He may have been small, but he grew up to have a big life. He now is president of Liberia.



George Weah was born in Monrovia in 1966. He lived with his grandmother. They were poor and did not have money for toys. George wanted to play football, also called soccer, but how could he? There was not enough money to buy a ball.

George didn't **give up**. He found some **rags** and coiled them up. He made himself a rag ball! Now he could play football. George enjoyed football. He played lots of football as a child.

George grew up to be big and strong. All of his playing as a child helped him become a very good football player.



John-james Gerber / Shutterstock.com



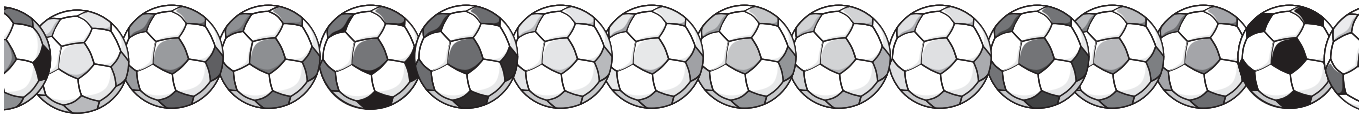
Teams

George first played on local **teams** in Monrovia. He played so well that people talked about this young football star. A football coach in another country heard about George Weah. He asked George to **join** his team.

It was hard for George at first. He had not had as much football training as the other players. But he worked hard and soon became one of the best on his team.

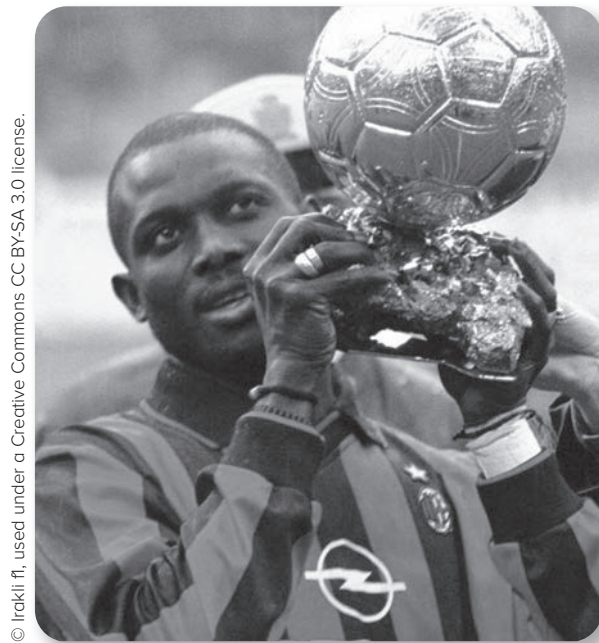


One of the first big football teams George Weah played on was Monaco.



George was named African Player of the Year in 1989 and 1994. He was also named World Player of the Year in 1995. People all over knew that George Weah was a great football player.

During his football career, George played on teams for many different countries. He helped the teams he played for win many games and championships.



George Weah helped teams win championships.

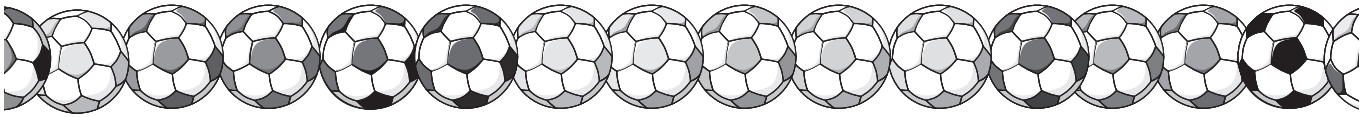


Helping Liberia

During the 1990s, there was a civil war in Liberia. George wanted to help his people during this time. George worked with UNICEF. He helped teach people how to stay well. He helped train young people how to do different jobs so that people would hire, or employ, them.

About UNICEF

UNICEF helps children in 190 countries around the world to live better lives. The group works to provide better education and health care. They work to protect the rights of children. The United Nations started UNICEF in 1946.



George thought that football was important for Liberia, especially during a time of war. The war in Liberia made it hard for the country's team, the Lone Stars, to **continue** playing. George helped the Lone Stars. He gave the team two million dollars to pay for things the team needed. He also played on the team and became its **manager**.



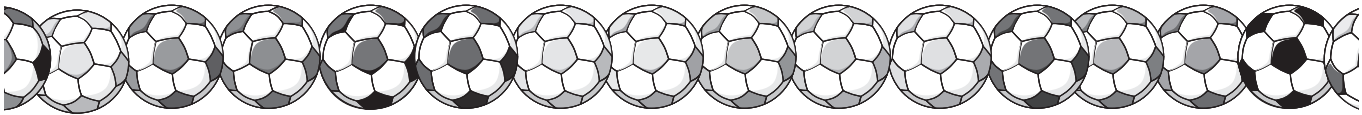
George Weah (left) met the president of South Africa.

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In 2005, George ran for president of Liberia. He didn't get enough votes. He lost to President Ellen Johnson Sirleaf. But that didn't stop George. He became the 25th president of Liberia in 2018.

As a boy, George had a hard life. He worked hard to become a football star. Playing football was good for George. It helped make his life good. George Weah has tried to help others to have good lives, too.



George Weah's Life

October 1, 1966	1988– 1992	1989	1992– 1995	1994
Born in Monrovia	Played on Monaco's team. George made 47 goals for them!	Named African Player of the Year	Played on a Paris team	Started a football team for young people



1. What is this text about?
2. What did George do when he couldn't pay for a ball?
3. What is the main idea of the text?



1995	1995– 2000	2000– 2001	2012	2018
Named African, European, and World Player of the Year	Played for a team in Italy	Played for teams in England	Served as Peace Ambassador for Liberia	Elected president of Liberia



Alexander Mak / Shutterstock.com



Stone Stew

by Elizabeth Massie

Anna had traveled **quite** long and quite far to return to her home by the shore. On the way, she became very hungry and needed to eat. Without food she could travel no more.

She passed through a village and asked for some food, but the people were **unkind** to her. They just shook their heads no and walked away, leaving Anna standing there, hungry.

Unhappy, Anna sat down to think about what she could do. Then she smiled and said to herself, “I’ll get them to help me make some stone **stew!**”



She asked a young man in the town,
“Where can I get some stone stew?” The
man said, “What’s that?” and Anna replied,
“I’ll cook some for you and then you’ll know!”

She held up a rock, quite small and round,
and said, “Please bring me a pot. I’ll show
you how to make my yummy stone stew.
It’s really quite easy, you’ll see.”

The man brought a big pot and some **wood** and put it all down on the road in the center of town. He started a fire beneath the pot as the town people **gathered** around.

Anna put some water into the big pot, then tossed in the little round stone. She said, “You’ll love stone stew. It’s the best food I have ever known!”

The people looked **uncertain** as Anna stood there stirring the stone stew with a large spoon. Then she said, “This stone stew will be done very soon, and yes, it will be very good.”



“But stone stew tastes better if it has some yams, some cabbage, and beans, rice, and meat. So if you bring me some, I’ll mix them right in. Then the stew will be ready to eat!”

The people brought everything Anna had asked for and put it in the pot. Anna cooked the stew some more, then ate it together with all the people.

Everyone loved Anna’s stone stew. Anna took her stone and walked home, hungry no more.



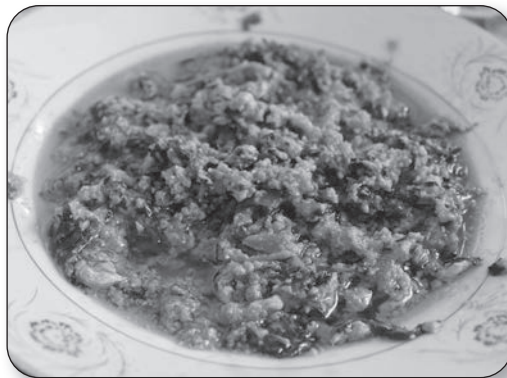
-
1. Who are the characters in the story?
 2. What is Anna’s problem in the story?
 3. How does Anna’s problem get fixed or solved in the end?

Let's Make Palava Stew

by Karen E. Martin

Introduction

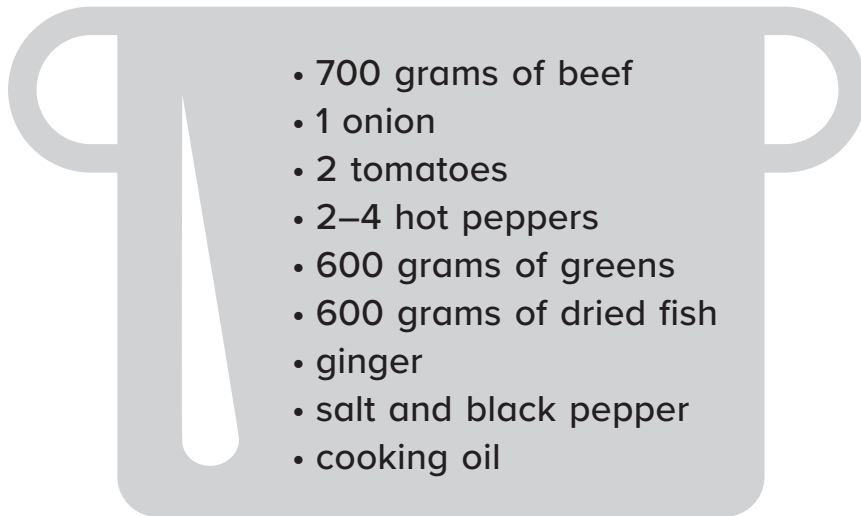
If you invite someone to eat at your home, you might want to serve palava stew. This delicious stew is made from **vegetables** and meat. Let's read about what you need to make this dish, where you can get your **ingredients**, and how you put the ingredients together.



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Getting the Ingredients

Making palava stew is easy. Here is what you need:



Some people use different meats or vegetables. Some people like to add many hot peppers, but other people add only a few. You can use different ingredients if you want to.

Now that you know what you need to make palava stew, you need to get your ingredients.



Farmers grow many of the foods you need to make palava stew. They spend time planting and growing vegetables and then picking them. They sell their vegetables at the market. You can buy the onion, tomatoes, hot peppers, and greens from them.



How many vegetables do you need to buy?

Next, you need to buy meat, dried fish, **spices**, and oil. You can buy all of these things at the market.

Greens

Some people use molokhia when making palava stew. Molokhia is a popular green in North Africa. In other places, people may use other types of greens such as spinach, kale, okra, or turnip leaves.



molokhia

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Preparing the Ingredients

Before you cook, you need to **prepare** the ingredients:

- Put the dried fish in water for an hour or two. Then cut the fish into pieces, removing the skin, bones, head, and tail.
- Wash the vegetables in water, making sure they are clean.
- Cut the vegetables and the meat into small pieces.



Daleen Loest / Dreamstime.com

Making Palava Stew

Now it's time to start cooking! Put the meat in a large pot. Cover it with water and add one small spoon of salt.

Let the meat cook on low heat for 20 minutes. As it cooks, the meat gets soft.



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As the meat cooks in the pot, heat the cooking oil in a pan. Brown the onions in the oil. Add the tomatoes and hot peppers to the pan and let them cook for a minute or two.



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It is time to add the fish, greens, and cooked vegetables to your pot of meat. Put them all in the stew, and let it cook for a few more minutes.

Next, add the spices a little at a time, until the stew **tastes** good to you. Do not add too much at one time! Add a little and then taste the stew. If it needs more spices, add more.

Stir the stew so it does not stick. The stew gets thick as it cooks.



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Serving Palava Stew

Your delicious stew is done! If you never knew how to make it before, now you have learned something new! Now you can serve it to your friends and family. Some people serve the palava stew with rice. Other people serve it with fufu. How will you serve your palava stew?



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Palava with rice

1. What is the topic of this text?
2. What are some ingredients that go into palava stew?
3. What steps do you follow to cook the stew?