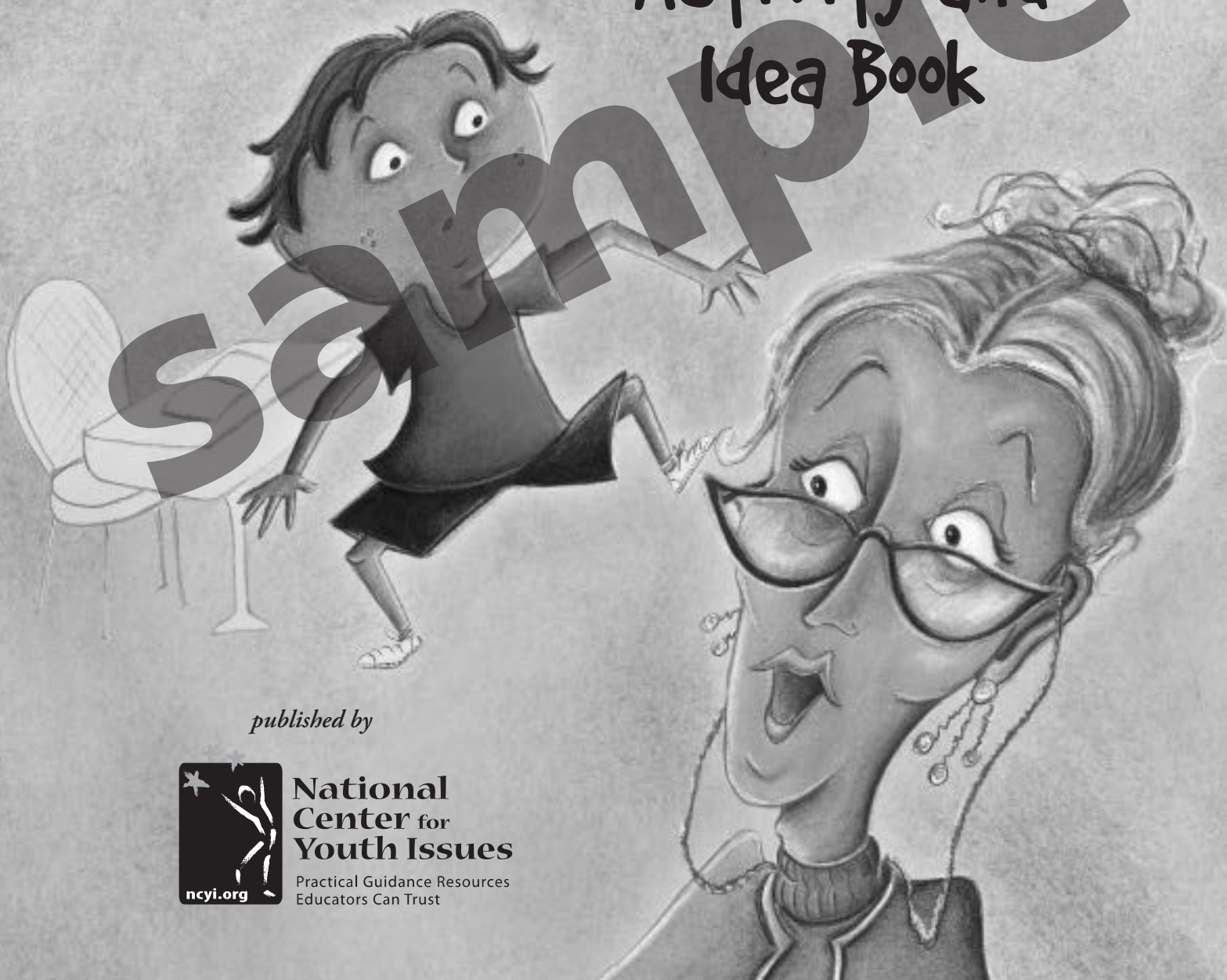


IT'S HARD TO BE A VERB!

Activity and
Idea Book



published by



**National
Center for
Youth Issues**

Practical Guidance Resources
Educators Can Trust

A Note To Educators

My Mama always told me, “You get more bees with honey than you do vinegar!” When you are teaching a “VERB” or any child for that matter, this is always the case. Children who struggle with focus and organizational skills can be very frustrating to deal with, yet the more positive you can be with them, the better they will do in the classroom.

The purpose of this book is to offer teachers and ALL students “hands on” activities that can help them become more successful. When you are dealing with a “VERB,” it is the little things that can make a big difference! External organization becomes vital for success both in and out of the classroom.

How to Teach a “VERB!” – A Quick Teacher Recipe

1. Stay Positive.
2. Be Organized.
3. Start each day with a clean slate.
4. Set reasonable expectations.
5. Work *with* the “VERB” as opposed to working *against* him/her.
6. Do everything you can to see the world from their perspective.

This book was especially fun for me to create because...I am a “VERB!”

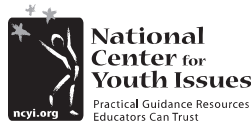
ENJOY!

–Julia Cook

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ISBN: 978-1-931636-55-1

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Summary: A supplementary teacher's guide for *It's Hard To Be A Verb!*.
Full of discussion questions and exercises to share with students.

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Published by National Center for Youth Issues

Printed at Starkey Printing
Chattanooga, TN, USA
April 2010

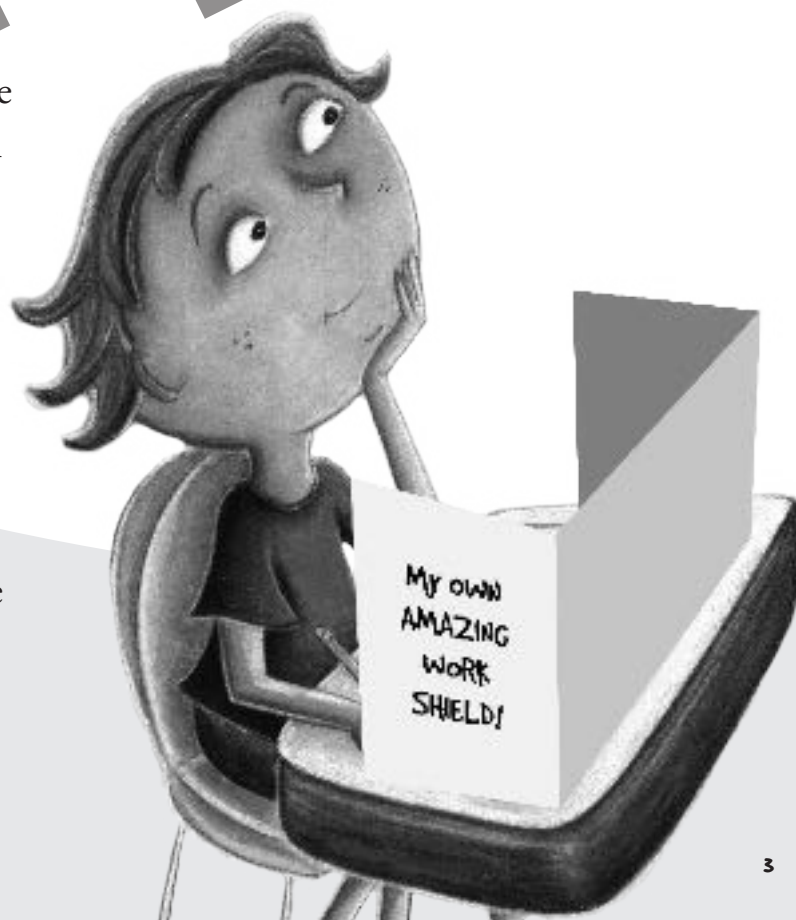
My own Amazing Work Shield!

When there is a lot going on in the classroom, “Verbs” have a tough time focusing on their own independent work. A work shield can help them focus by creating a distraction barrier.

Materials Needed

3 manilla folders
Stapler
Markers or Crayons

1. Staple the manilla folders together so they create a three-sided shield (see illustration).
2. Have students decorate one side of the folders any way they like. The student can even write, “My OWN AMAZING WORK SHIELD!” on the folders.
3. Have students brainstorm and write down three personal work goals on a sheet of paper. Goals might include: I will focus on the work I need to do. I will complete my work to the best of my ability. I will stay in my seat during work time, etc.
4. Have students copy their goals on the other side of the folders so that when they are working, they can look at their personal goals, but not be distracted by their fantastic work shield designs.
5. When it is time for independent seat work, have students set up their shields on their desks. Shields can easily be folded and stored inside their desks when not in use.





Focus Squishy Basket

Fill a basket full of small items that can be used as focus squishies. Items can include: stress balls, three pieces of swing set chain hooked together, small soft toys, bendable plastic coated toys, silly putty, etc. Make sure you have twice as many focus squishies as you have students. (This will lessen their importance because everyone can have them when they need them.)

Explain to your students that some kids can listen more effectively if their fingers are busy moving. Tell your students, “The purpose of the focus squishy is to add to your learning NOT take away from it.” Allow students to choose a focus squishy for the day. They can keep it on their desks, and when they need to listen actively, they can use it to keep their fingers busy. The focus squishies are NOT to be used as toys. They have a very important job to do and must be treated with respect!!! When they are not needed, they are to be placed carefully on top of the student’s desk. Having a focus squishy and using it correctly can do wonderful things for your brain!!!

At the end of the day, have students clean their focus squishy with hand sanitizer and put it back in the basket. They can then be “squished” by others who are focusing the very next day.

The Sounds of a Learning Classroom!

When working with children who have ADD and ADHD, research has proven that the more natural and open a person feels in their surroundings, the more their symptoms of distractibility and hyperactivity will improve. During work time, fill your classroom with the sounds of nature by playing CDs with ocean waves, blowing trees, chirping birds, waterfalls etc.

Rock and Roll Your Wiggles!

Create a CD containing several fast paced, kid-appropriate songs. You can use rock and roll, oldies, hip hop, fast country, and/or jock jams.

Whenever your students seem to be a bit too wiggly, stop what you are doing and put on a song. Play it as loud as you can (make sure you don’t disturb other classrooms.) Have your students stand up and wiggle to the music!

