

## **Grade 5 - Informational**

### **Why Smile?**

Your little sister drew big red flowers on your math homework and hung it on the refrigerator. The bus is coming, but you can find only one shoe—and it has dog slobber on it. What should you do? Try smiling!

### **Improve Your Mood**

Scientists are discovering that smiling—even when you don't feel like it—helps to lift your mood. For example, in one study people were asked to watch cartoons and rate how funny each one seemed to be. Half of the group of people had to put a pencil lengthwise between their teeth. It pushed their lips into a smile.

What was the result? The group with the "pencil smiles" rated the cartoons higher on the funny scale than did those with straight faces. Sometimes just putting on a smile can actually make you feel better.

### **Improve Your Health**

Smiling affects your health, too. A cheerful face and a few chuckles can really rev up your immune system. (That's the part of your body in charge of fighting off diseases and germs.) When you smile and laugh, your body releases special "killer" cells, B-cells, and T-cells. These cells fight off viruses and germs that make you ill.

Does it really make a difference? In one study, people were asked to describe themselves. Then they were all exposed to a cold virus. Only some of the people caught colds and became ill. Who stayed healthy? The people who said that they were cheerful and happy were three times healthier!

If you add a hearty laugh to your smile, your body will reap extra benefits. Laughter makes your heart beat faster, and your body takes in more oxygen. That oxygen gives your body energy and zip. Laughter also gives your stomach, face, back, and leg muscles a workout. In fact, scientists say that one hundred laughs give you the same amount of exercise as fifteen minutes on an exercise bike.

A smile and a hearty laugh help relieve nervous, jittery feelings you may get, too. Perhaps you're worried about a big test in the morning, or your team has a championship game the next day. Spending some time telling jokes and laughing with a friend will help your stomach stop flip-flopping.

A cheerful smile also helps your heart stay healthy! Dr. Laura Kubzansky, Ph.D., of the Harvard School of Public Health did a study on a thousand men. They answered questions and were scored. Then the men were ranked in order from most cheerful and positive to least cheerful. For ten years, Kubzansky kept track of the men's health. What did she find? The men who were most positive had the least amount of heart disease. Being cheerful kept them healthy.

### **Live Longer**

A sunny smile and outlook not only make your life more enjoyable; they also help you live longer. Just ask Dr. David Snowdon, Ph.D., from the University of Kentucky Chandler Medical Center. Snowdon has been studying 678 nuns for fifteen years. Each nun wrote about her life and beliefs when she was studying to become a nun. Snowden used the essays to determine which women were most cheerful and positive. So far, Snowden has found that the cheerful nuns

are living about ten years longer than those with less positive outlooks.

Another study also looked at the effects of a positive attitude on the length of life. It followed 866 people with heart disease for about eleven years. Even though all the people had heart problems, 20 percent more of those with cheerful outlooks lived longer. Their attitudes made the difference.

### **Stop the Pain**

Finally, doctors are finding that smiles and laughter can help stop pain. How does it work? Some researchers say that laughter pulls a person's attention away from an aching arm or knee. Others say that it actually helps the body heal faster.

While scientists are still studying the issue, some hospitals are already taking advantage of laughter's positive effects. They have "humor carts." The carts contain collections of funny noses, glasses, and toys to cheer up patients. Some hospitals have "humor rooms." In them patients play games and watch funny movies. Doctors and scientists hope that using humor to lessen pain will help patients leave the hospital sooner and need less medicine.

### **Turn on Your Smile**

Everyone knows how to smile; people are born with that skill. Some babies who are only two days old already smile. But not everyone realizes how many benefits a cheerful smile can bring. So the next time your little sister decorates your homework, remember to turn on your smile. It has a lot of power!

1) Why did the author write the passage, "Why Smile?" (LA.5.1.6.a)

- a) to explain to the reader how to smile
- b) to persuade the reader to go to the dentist
- c) to inform the reader of the benefits of smiling
- d) to entertain the reader with stories about smiling

2) How can a smile help the reader live longer? (LA.5.1.6.k)

- a) Laughter makes your heart beat faster.
- b) Laughter makes your body take in less oxygen.
- c) Smiling and telling jokes causes stomach flip-flops.
- d) Smiling prevents the immune system from fighting off diseases.

3) Why do scientists use "pencil smiles" in their experiment? (LA.5.1.6.k)

- a) to determine which cartoons are the funniest
- b) to inquire how facial expressions affect mood
- c) to examine the response to violence in cartoons
- d) to identify which muscles are used when smiling

4) How does laughter increase energy? (LA.5.1.6.k)

- a) It relieves stress.
- b) It relaxes muscles.
- c) It decreases heart rate.
- d) It increases oxygen intake.

**5)** What is the main idea of this passage? (LA.5.1.6.e)

- a) Chuckling assists your immune system.
- b) Laughing relieves nervous, jittery feelings.
- c) Smiling, even when you don't feel like it, helps you feel better.
- d) Putting a pencil lengthwise between your teeth makes you smile.

**6)** Which detail supports the idea that smiling and laughing can reduce pain? (LA.5.1.6.e)

- a) Laughing makes your heart beat faster.
- b) Smiling helps you relieve jittery feelings.
- c) Smiling helps boost your immune system.
- d) Laughing takes attention away from an aching arm.

# C4L Reading - Item Writing Tally Sheet

## Grade 5- Informational

**Passage Name: Why Smile?**

Gr5 Vocabulary	DOK Level	DOK 1	DOK 2	DOK 3	Item Total
<b>LA 5.1.5 Vocabulary: Students will build literary, general academic, and content specific grade level vocabulary.</b>					
<b>LA 5.1.5.a</b> <i>Apply knowledge of word structure elements, known words, and word patterns to determine meaning (e.g., affixes, abbreviations, parts of speech, word origins)</i>	1, 2				
<b>LA 5.1.5.c</b> <i>Select and apply context clues (e.g., word, phrase, sentence and paragraph clues, re-reading) and text features (e.g., glossary, headings, subheadings, captions, maps) to determine meaning of unknown words in a variety of text structures</i>	2				2
<b>LA 5.1.5.d</b> <i>Identify semantic relationships (e.g., multiple meanings, metaphors, similes, idioms, analogies)</i>	1, 2				
Gr5 Comprehension	DOK Level	DOK 1	DOK 2	DOK 3	Item Total
<b>LA 5.1.6 Comprehension: Students will extract and construct meaning using prior knowledge, applying text information, and monitoring comprehension while reading grade level text.</b>					
<b>LA 5.1.6.a</b> <i>Identify author purpose(s) (e.g., explain, entertain, inform, persuade) and recognize how author perspective (e.g., beliefs, assumptions, biases) influences text</i>	3				1
<b>LA 5.1.6.d</b> <i>Identify literary devices and explain the ways in which language is used (e.g., simile, metaphor, alliteration, onomatopoeia, imagery, rhythm)</i>	2, 3				
<b>LA 5.1.6.e</b> <i>Summarize and analyze the main idea from informational text using supporting details</i>	2		2		2
<b>LA 5.1.6.f</b> <i>Understand and apply knowledge of organizational patterns found in informational text (e.g., sequence, description, cause and effect, compare/contrast, fact/opinion)</i>	2				
<b>LA 5.1.6.g</b> <i>Apply knowledge of text features to locate information and gain meaning from a text (e.g., index, maps, charts, tables, graphs, headings, subheadings)</i>	1, 2	1			1

<p><b>LA 5.1.6.h</b>  Describe the defining characteristics of narrative and informational genres (e.g., textbooks, myths, fantasies, science fiction, drama, periodicals, essays)</p>	2				
<p><b>LA 5.1.6.k</b>  Generate and/or answer literal, inferential, critical, and interpretive questions, supporting answers using prior knowledge and literal and inferential information from the text and additional sources</p>	1, 2, 3	3			3