

# 7<sup>th</sup> Grade Language Arts Lesson on Inference



## *Grandmother's Beads*

### Oceti Sakowin Essential Understandings:

- OESU 5, Indicator 1 for 6-8: Students are able to defend the cultural beliefs of the Oceti Sakowin and how they are demonstrated.
  - Oceti Sakowin belief system: fortitude, generosity, wisdom, humility, perseverance, respect, honor, sacrifice, truth, compassion and bravery
- OSEU 7, The essential philosophy of the Oceti Sakowin wicoun (way of life) is based on the values of the Oceti Sakowin which has created resiliency of the Oyate. Tribal communities have put considerable efforts into economic development ventures, Tribal universities, alternative education, wellness centers, cultural, traditions and language revitalization.

### Common Core State Standards:

- 7.RI.1 Cite several pieces of textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text
- SL.7.1 Engage effectively in a range of collaborative discussions (one on-one, in groups, and teacher led) with diverse partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly.

### Introduction:

- Share that today we are going to be working with both a story and a song. We will be talking about "Way of Life" and the importance of bringing the best of who we are to each situation we have in life.

### Lesson:

- Introduce the idea of an "inference" if needed with the game "If you could only take one thing to a deserted island, what would it be?" Have students make inferences based on what individuals select as their "one thing." Inferences are informed "leaps" we make based upon the information we have. Inferences aren't "facts," but they can help us to eventually discover some facts that we still don't know.
- Read the first excerpt from the article, "*The Break Up*." Make sure the students know not to turn the page and read further until they do the "Text" and "Thinking" work. Students should jot down quotes that connect with each inference they make. Progress through the 3 segments of "*The Break Up*" discussing students' inferences and connections at each step, and then go on to read the follow-up article about the author, Maegan Detlefs. One option here would be to read the final article aloud (teacher or volunteers) so that the whole class can engage in responses after the reading. Give students a few minutes to write goals and actions and to share out.

- Apply the story – What are the lessons we can learn from these articles? Why is it so important for us to be true to ourselves in the world and in our communities?
- Talk about OSEU 7, “Way of Life.” We can use art and culture and language as ways to express our true selves.
- Share the *Grandmother’s Beads* video (<http://youtu.be/Dx2IPHKtCfM>) and discuss how a singular artistic beadwork piece is made up of many beads of various shapes and sizes and qualities.
- Create bracelets with beads together with each bead representing something special about who we are.
- As a follow-up or during the bracelet making activity, view the snowflake video: [http://youtu.be/VizJB2JP\\_WM](http://youtu.be/VizJB2JP_WM) If there is time, have a conversation about the unique qualities of each snowflake... “No two are alike” and the value of being a unique individual (a flake) who is a part of a whole (a snow-bank... or even a snowman, for instance).
- An additional follow-up would be to view Stephanie Charging Eagle’s video interview about being individuals in the circle: [http://youtu.be/4KErY\\_ZfZUs](http://youtu.be/4KErY_ZfZUs) and discuss how each of us finds his or her place in our “circle” or community.

# The Break Up

It's not me...it's you.

Our relationship is just not healthy. I'm too dependent and I need to be my own person.

I want to do more, be more — and unfortunately I can only achieve that with less of you.

It's true you've always been there, whether it be to lend a helping hand after a long day, or to make me feel better when I'm sad.

Don't get me wrong, I'm going to miss you so much. You were fast, spontaneous. You made me feel full of life. It was through your guidance that I discovered how sweet and how sour life can be.

You were my first love and my biggest obstacle.

**Whom do you think this writer is addressing? What can you infer about them?**

Text (quote)

Thinking (your inference)

Text (quote)	Thinking (your inference)

*(The Break Up continued...)*

Oh food! Why do you have to taste so good but be so bad! Why do you have to look so delicious when you're in the form of a cinnamon roll, all hot and steamy with white, sticky frosting so scandalously dripping off your edges.

Why, fries, do you torment me every time I pass a drive through window with the idea of your crispy outside and warm fluffy center. My thighs beg me to just keep going, "We don't need any more fries!" — but my heart tells a different story. "Just a few more won't hurt," it whispers. "You can just eat healthier tomorrow."

And to you, ranch dressing — you are the biggest culprit in my love affair. How you disguise yourself with the veggies and leafy greens. You betray me every time I visit the salad bar by making me think I'm making good decisions while silently shoving 800 calories of deliciously seasoned liquid fat into my face.

**What did you find out about this writer? What can you infer about them?**

Text (quote)	Thinking (your inference)

*(The Break Up continued...)*

It's true I can't quit you food. At some level I need you to survive, but I'm moving on to a better version of you. I'm starting a relationship with a more whole, vitamin packed you that may not give me the same thrill but will supply the nutrients I need, not just the taste I think I want.

Don't worry; I'll still stare at you wistfully from across the room, chocolate cake. I may even steal a fingertip of frosting while no one's looking. But quick glances and good memories are all I can have of the diet I've left behind.

In the future, I may return to you for a one night stand — a quick indulgence for a birthday party or wedding. But I vow to never let you control me like you once did.

It's either you or me, food — and I choose me.

<b>What do you think is about to happen next? What can you infer about the actions this writer will take?</b>	
Text (quote)	Thinking (your inference)



*YORK — York News-Times Reporter Maegan Detlefs is getting into shape — and she's inviting readers to follow her journey.*

Detlefs' struggle with weight began in high school and followed her into adulthood.

"I've never felt fit or been very athletic," Detlefs said. "My weight has always been a point of insecurity for me."

Over the past decade, Detlefs said she has tried a variety of diets and exercise routines — but nothing seemed to

stick.

"I would always lose weight, but I never seemed to change my bad habits," she explained. "After a couple of months everything would return to normal and the weight would come back."

About a year ago, Detlefs faced a wake-up call.

"I stepped on the scale and realized I had crossed the 300 pound threshold," she said. "It was unreal! You never think things are going to get that bad — but there I was facing the reality of how bad my problem really was."

Detlefs said that even after realizing how much she had to lose, it still took several months to find the motivation to get serious about making a change.

"I think starting a weight loss journey feels daunting. You look at the big picture and think about how long the whole process will take instead of just making good decisions each and every day," she said. "I finally told myself that if I don't start changing things now — I never will."

And for Detlefs, change is definitely coming.

Tomorrow, Detlefs will be embarking on a life-altering journey to a fitness resort in Chicago. For the next two weeks, she will be completely immersed in work-outs, water aerobics, strength training, nutrition classes and interactive cooking lessons.

"My day will begin at 6 a.m. and end at 6 p.m. During that time, I'm going to be staying active, eating healthy, and learning not only about what food I should be eating at home, but why people psychologically feel the need to eat emotionally," she explained.

And though she will probably shed some pounds, Detlefs said this two-week focus on fitness is not about changing a number — it's about creating a new lifestyle.

"I'm not going to leave after two weeks and have a whole new body — but I hope to have a whole new mindset," she said. "It's an amazing opportunity to be able to remove myself from the craziness of everyday life and focus solely on me and my health. When I come back, I truly believe I will have a new outlook on what I'm physically capable of."

While in Chicago, Detlefs said she will share her daily experience with anyone interested in following along.

"I'll be blogging almost daily on my website [maegandetlefs.com](http://maegandetlefs.com)," she said.

And once she returns from Chicago, Detlefs said her weight loss journey will have only begun.

In a new weekly News-Times feature called "Half of Me," Detlefs will continue to document her experience with weight loss over the course of the next year. She will share with readers the emotional ups and downs, as well as give tips and advice to those who are also trying to make a change.

"After returning, I plan to work out at the Wellness Center at York General at least five days a week," she said. "I will also be working with their personal trainers to ensure that I am doing the right things to put myself on the right track."

Detlefs said she's choosing to not focus her weight loss goal on a specific number. "I figure if I get down to around half my size — that should be about right," she explained. "So much of my life I've obsessed over what I could get down to — this time I want to focus on just being healthy. If I live a healthy lifestyle, then I'll be at a healthy weight."

But Detlefs says she does have one goal she wants to accomplish.

"In May of 2016 I'm going to run in the Lincoln Half-Marathon," she said. "Even if I can't run the whole time — I want to at least be at a point where I can finish it."

Readers can also continue to follow Detlefs on her blog, which she plans to update multiple times a week throughout the next year.

Though she admits she's nervous about making this huge change in a public way, Detlefs said she hopes her story will encourage others who find themselves in a similar situation.

"It's my hope that I can show people that it is possible to change your life, because that's what is going to happen — I'm going to change my life," she said. "There will be times when it will be difficult to share — but it also means I'll have a town full of accountability partners. There's no turning back now."

<b>What goals do you have for yourself that YOUR community might support you in?</b>	
Goal:	How I can start:
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