

Packed with Care



This month's Shining Star is Ledger Mann. He packs and distributes bags for first responders who help kids with autism.

LEXILE: 970L

SOCIAL STUDIES (NCSS) STANDARD: Individuals, Groups, and Institutions

COMMON CORE (CCSS) STANDARDS: RI.6-8.1, RI.6-8.4, SL.6-8.1, W.6-8.8

ENGAGE THE READER

Start the lesson by having students think about a situation in which they've felt stressed or overwhelmed. Are there strategies they use to calm down? Allow them to share some experiences. Explain that their calming strategies can help them regulate their nervous system. Different people have different ways of regulating themselves. Introduce students to autism spectrum disorder (ASD). Have them do research, or explain that a person with ASD might experience different sensory input. Someone with ASD might experience heightened senses. Touch, bright lights, or loud noises might be overstimulating for them. Or sensory experiences might be lessened. People like this might seek out loud sounds, strong tastes, or more contact or touch. Have students consider how heightened or lessened sensitivity to sound, taste, touch, or smells might be challenging. Consider how individuals with ASD might regulate themselves.

QUESTIONS FOR CLOSE READING AND DISCUSSION

- What's the purpose of the bags that Ledger Mann makes? Why is this idea important to Ledger?
- What items would you like to have in an emergency situation? Why?

EXTEND LEARNING

After reading, talk about why Ledger Mann's work is important. Point out that his backpacks are given to police officers and other first responders. Have students ever been in an emergency situation that involved police officers or firefighters? Have them consider what brought or might have brought them comfort in that situation. Discuss the things that Ledger puts in his bags. Why might each be helpful?

To extend the lesson, have the class consider other people or places that might benefit from backpacks or kits like these. These could be medical offices, barber shops—even principals' offices. Encourage kids to do research and plan a drive to collect donated items. You can use the "Plan a Drive" worksheet at ti.me/PlanADrive to help.

COVER STORY QUIZ + ANSWER KEY

Make a copy of the Google Form quiz for "Packed with Care" [here](#).

- 1. C** (RI.3) **2. A** (RI.1) **3. D** (RI.4) **4. C** (RI.8) **5. B** (RI.6)
6. C (RI.7) **7. Answers will vary.** (W.2)