



Student Workbook

Grade 6



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KEY PARTNERS:



Today I will learn to:
Understand how my loved ones see me
and how I feel about it.

What Other People See in Me

(In the box, write the name of someone who cares about you very much; for example, your teacher, your grandmother, your mom, or your best friend).

...would say that I am...

(Write up to four **positive** characteristics that the person who cares about you would say about you. These characteristics may be physical, about the way you are, the things you do well, etc.).

...and that I like...

(Write three activities or things that the person who care about you would say you like).

Today I will learn to:
Organize my time to learn better.

Tasks to Perform in Fifteen Minutes

- A** Pick a food (chicken, ice cream, beef, chocolate, pizza, etc.) and find five friends who like that food.

These five friends like to eat _____.
Their names are (write their names):

1. _____
2. _____
3. _____
4. _____
5. _____

- B** Solve the following math problems:
- a. $345 + 986 =$
 - b. $784 \div 56 =$
 - c. If Andrea has 16 dollars and María Paula has 18, how many 2-dollar pies can they buy between the two of them? _____

- C** Answer the following question by writing a paragraph with at least three lines. Make sure to use proper spelling and grammar.

What are some new things I would like to learn, and why?

- D** Take a break for one minute (close your eyes and relax, or think about something that soothes you).
- E** Search in the magazines for words related to nature. Cut out three images and three words and glue them on a piece of paper.
- F** Look for something short you would like to read and read the whole thing. It can be a short story, a magazine article, etc

My Time Planner I

Read the list of tasks you have to complete and think about which of them you can do first and how much time you think you should set aside for each one of them. Then use the following table to organize your time and keep track of the tasks you've finished.

My Time Planner				
Task	Time Scheduled (in minutes)	Order I'm going to do them in	Did I do it?	
			Yes	No

My Time Planner II

Think of a day of the week on which you have to finish several tasks or activities and you want to learn something (for example, after school). Use the time planner to choose the order in which you're going to do them and how much time you're going to set aside for each one of them.

My Time Planner				
Day of the Week _____				
Task	Time Scheduled (in minutes)	Order I'm going to do them in	Did I do it?	
			Yes	No

Now you just have to put it into practice!

YOU MAKE ME FEEL

Today I will learn to:
Notice when someone feels sad or angry.

Sometimes Something Happens at School that Makes Me Feel Angry or Sad

Some situations that make me feel ANGRY are...	Some situations that make me feel SAD are...
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Today I will learn to:
React calmly to other people's anger.

I Can Calm Others Down

How can we help someone else to calm down?

What can we do?

Copy the ideas from the blackboard on the following lines:

Today I will learn to:
Resist the urge to cheat.

Let's Solve Mysteries!

Mystery 1

A person lives in the 12th floor of a building downtown. Every time he takes the elevator, he presses the button for the 7th floor, gets out on the 7th floor, and then walks up the stairs to the 12th floor.

Why does he do such a strange thing?¹

Mystery 2

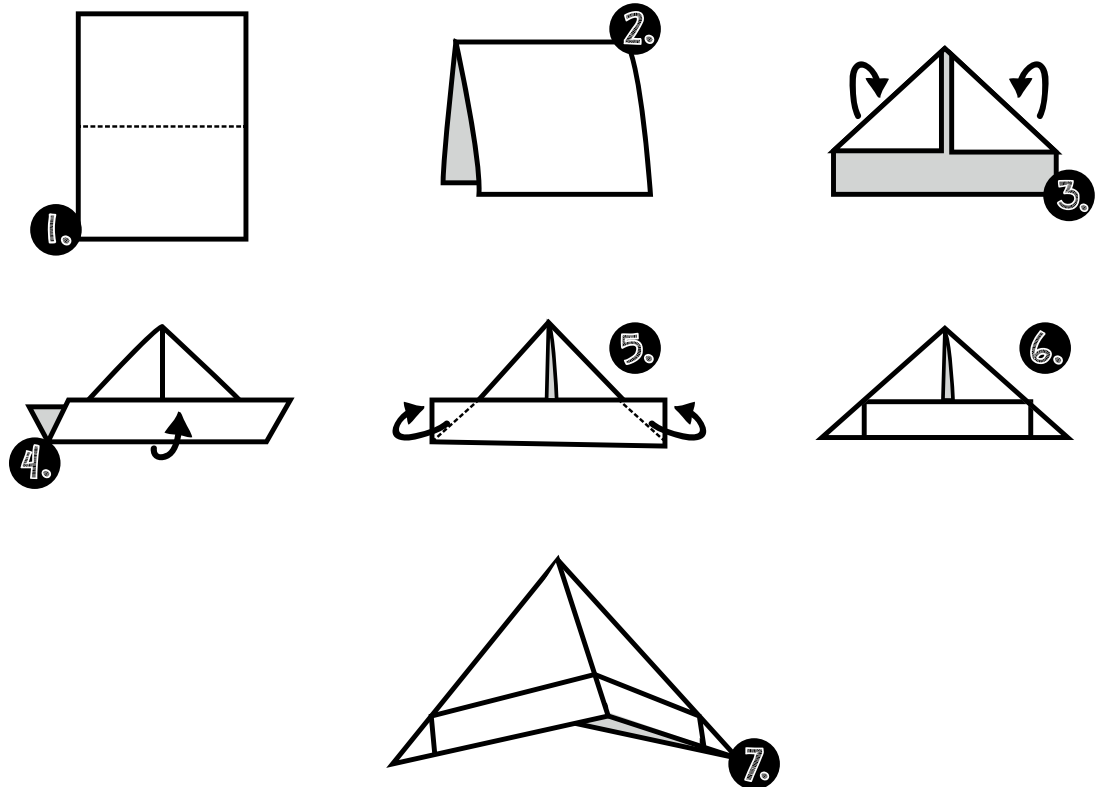
A car is speeding along a desert highway with the headlights off. There is no moon shining in the sky. There is a man dressed all in black crossing the road. The car stops and lets the man cross.

How can that be possible?²

1. Riddle taken from: <http://adivinizascortas.net>
2. Riddle taken from: <http://losacertijos.org>

Today I will learn to:
Face frustration by focusing on what I can do.

How to Make Our Hats



3. Adapted from the original idea "Six thinking hats" developed by Edward de Bono.

Today I will learn to:

Take into account the point of view of everyone affected by my decisions.

Letter 1

From: The Parents

To: The Sixth-grade Students

Dear children,

We're so glad that the sixth grade won the spelling bee. We feel happy and proud of you. We have recently learned that the class has decided to throw a party to celebrate this victory. We would like to express our thoughts on the matter and ask you to cancel this party for several reasons:

1. We are worried that you may throw a party without at least one adult present.
2. If the party takes place, we think it should be on the weekend and not on a school day (Monday through Thursday). Otherwise, it might interfere with your studies.
3. We don't like the music you listen to. It might annoy people.
4. We think there are other ways you could celebrate.

Sincerely,

The sixth-grade parents

Letter 2

From: The Neighbors

To: The Sixth-grade Students

Dear students,

We recently learned that you are organizing a party and you are planning to invite a lot of people. As neighbors, we are opposed to having events with so many people near our homes. Parties organized by young people in recent years have caused trouble because the music was too loud and there were children playing outside the community center and the neighbors couldn't walk by. We think you should cancel the party for the benefit of the whole community, or else, hold it somewhere else.

Sincerely,

THE NEIGHBORS

Letter 3

From: A Sixth-grade Classmate

To: The Sixth-grade Students

Dear friends,

Since I haven't been at school for the last few days, I heard through one of our classmates that the class is organizing a party. Since I haven't received an invitation, I guess you don't want me there. However, I wanted to take this opportunity to let you know that I didn't want to go anyway. My pet recently died and I feel very sad. I would also like to state that it makes me even sadder that you didn't tell me about the party, even though I also participated in the spelling bee. I can't understand why you didn't want to invite me.

Sincerely,

A sixth-grade classmate

Letter 4

From: High school students

To: The sixth-grade students

Dear sixth-grade friends,

We would like to ask you to cancel the party you are organizing, since we are holding a fair at school on the same date to raise funds for our class's soccer team. We get the impression that you want to ruin our event by organizing a party on the same date, so we are asking you to please cancel it. We already have everything all organized and we do not want to compete with another event taking place on the same date. Please consider the possibility of throwing your party some other day.

Sincerely,

High school students

I understand your point of view

Letter I had to read: _____

Think for a moment about the opinion of these persons according to the things they wrote. Now, write a reply letter following the guide below:

From: _____

To: _____

We received the letter you wrote and understand you are against the party because:

(Write in your own words what you understood from the letter.)

In view of this, we would like to tell you that:

(Write a reply taking into account what these persons explained in their letter.)

Sincerely,

Today I will learn to:
Put myself in the place of people
who face discrimination on a daily basis.

Rudy Bridges⁴ - Part I

Ruby Bridges Hall was born on September 8, 1954 in Tylertown, Mississippi, in the United States. She is remembered for being the first African-American girl to attend a whites-only school. At that time, racial segregation existed in different parts of the United States: there were spaces and places for white people only, and black people were not allowed to go there.

Several schools in the state where Ruby and her family moved would only admit white children. Black children were denied access to public schools unless they could take and pass a very difficult exam.

In 1960, when movements to end racial segregation started, Ruby took the exam to enter a public school and obtained a score high enough to be accepted. Her parents were very worried for her. Ruby's words were:

"My mother agreed, my father didn't. 'We're looking for trouble,' he said. He believed nothing would change and that white and black people would never be treated as equals."

On November 14, 1960, Ruby went to her school for the first time. Various police officers had to escort her because they feared for her safety. As she walked into school with her mother, several people protested and threw objects, complaining of her presence at a white children's school. Some of them even took their children home, refusing to let them share a classroom with a black child.

During the first weeks of school, Ruby had to remain isolated from the other students. She took individual lessons and could not go to the cafeteria or out to the playground at recess with the others. Even when she went to the bathroom, she had to be escorted by police officers to keep her out of danger. When arriving at school in the mornings, she had to listen to the protesters threatening to poison her and lynch her.

Those were hard days for Ruby. She had no friends at school and she studied her lessons all alone in a different classroom. The rejection she suffered because of her color caused her a lot of stress and anguish.

4. Based on "My Story" (www.rudybridges.com.)

Rudy Bridges - Part II

Even though her days at school were hard, Ruby was never alone. Several people who had heard about her story started to help her in one way or another. Some of the most important and significant help she received came from her teacher, Mrs. Henry. Many teachers refused to teach a black girl, but Mrs. Henry, a white woman, started teaching the new student right away. Ruby remembers that the first thing Mrs. Henry taught her were the letters of the alphabet.

Mrs. Henry had the courage to take responsibility for the education of a black girl who was rejected by almost everybody at school. She not only taught Ruby the first lessons for her grade, but she also encouraged her to keep going. Ruby remembers how Mrs. Henry explained to her why some people didn't agree with her being there. She used to tell her, *"When people are used to living a certain way, it's very difficult for them to change. Some of them don't know how to face change and they feel afraid of it, but not everyone is like that."* Today, Ruby says that Mrs. Henry was like a second mother to her and they remain very close friends.

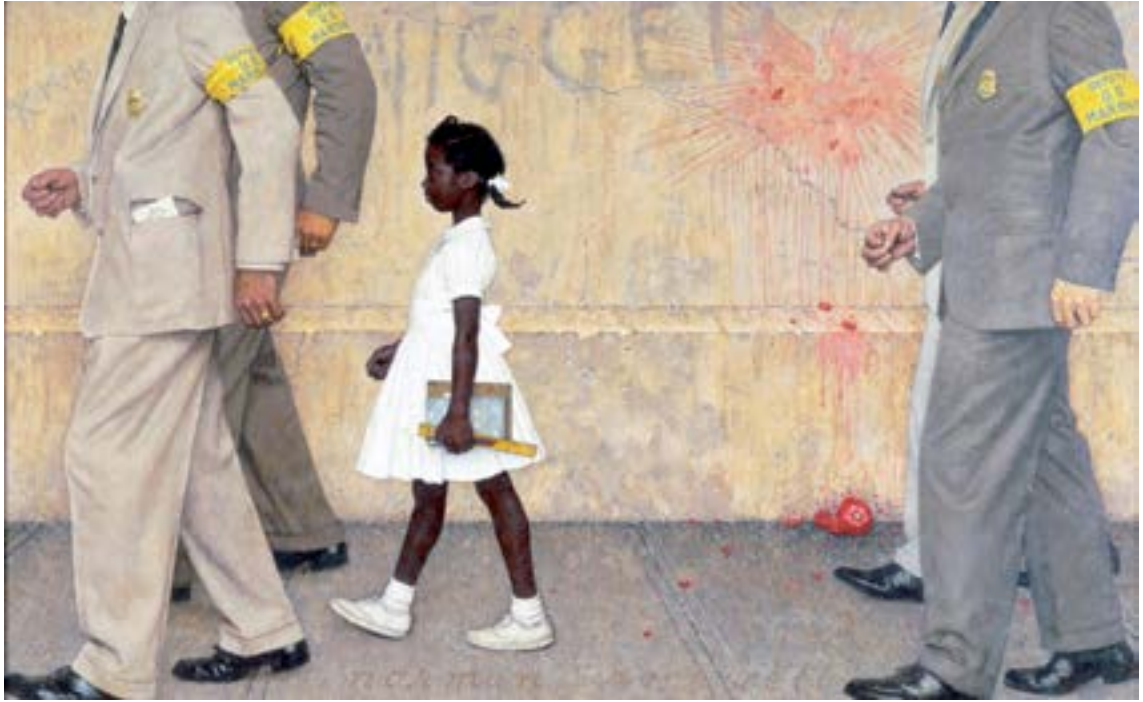
After finishing her first year, Ruby went back to school to start the next grade. She describes it as a better experience than the previous year:

"When I came back to school in September, it was all different. There were no officers or protests. There were other students in my class, even black students."

Ruby successfully finished high school. Years later, she studied travel and tourism. She worked as a travel agent for fifteen years. Later, she got married and she now has four children. Since that time, Ruby has become a symbol of the fight against racism and discrimination. She is currently dedicated to telling her story across the country. In her own words:

"I talk to groups all over the country, and when I make those visits, Mrs. Henry comes with me almost every time. We tell the children our story and talk about the lessons of the past and how we can learn from them today, especially the fact that each child is a unique human being (...). I must say that another very important thing I learned in first grade is that school can be a place where people are brought closer together, including children of all races and origins..."

The Problem We All Live With



Norman Rockwell (1964) "The Problem We All Live With."

Today I will learn to:
Include those who feel excluded.

Our Theater Play

Title of play: _____

Actor's name and the role being played (at least one group member must play each of the following roles: the excluded person, the person doing the excluding, the person doing the consoling, and the person doing the including):

Scene 1: Brief description of the situation of exclusion:

Scene 2: Comforting strategies that will be used:

Scene 3: Inclusion strategies that will be used:

Tips to Comfort and Include

Tips for Consoling:

It's easy to remember these three steps as **LIVE**: **L**isten, **V**alidate, and **E**ncourage

1. **L**isten carefully to what happened and how it happened
2. **V**alidate the person's emotions by telling him or her that you understand why he/she feels that way
3. **E**ncourage the person by asking him or her to participate in an activity he/she likes. Ask for examples of simple things, such as telling him/her a joke, going to eating something he/she likes, or playing with a ball.

Tips for Inclusion:

- Try to think about how that person is feeling and how we would feel in his/her place
- Offer that person a chance to belong to our work or play group
- Respectfully stop those who are excluding the person
- Ask questions about that person to get to know him/her better
- Invite him/her to do something fun
- Tell her some things about ourselves.

Today I will learn to:
Ask and clarify during a difficult conversation.

A Case to Tell Your Teacher

Usually, you really enjoy going to school, except when one of your teachers asks you to form groups to do an assignment. The moment this happens, all your classmates rush to form their groups and leave you out.

When you approach them, they always give you an excuse or tell you up front that they don't want to be in a group with you. This especially happens with one particular group. The last time this happened, they shouted in front of the whole class, "Get out of here! No one wants to be in a group with you." This made you feel angry, and at the same time, very sad and embarrassed.

Since you know that your teacher doesn't like it when students disrupt the class, you decided to keep quiet and work by yourself. You feel really bad. Suddenly, your teacher comes over and starts talking to you.

Using our Curiosity Magnifying Glass

<p>THE PERSON TELLING THE STORY</p> <p>You are sad and you run into a friend.</p> <p>You will answer all the questions he/she asks you.</p>	<p>THE DETECTIVE WITH THE CURIOSITY MAGNIFYING GLASS</p> <p>You run into a friend and you can tell that he/she is very sad. You ask him/her what's wrong.</p> <p>You will listen actively.</p>	<p>THE EVALUATOR</p> <p>You will evaluate whether or not the detective is really listening actively.</p> <p>At the end, you will tell him/her whether or not she listened actively and why.</p>
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Today I will learn to:
Defend my friend without hurting others.

Oswald and Tiger

Tiger is the biggest and strongest student in the fifth grade. He has many friends and his classmates do whatever he says. For example, the other day Tiger was hungry and forced Oswald to buy him food at the school store. Oswald didn't have much money, but he couldn't say no and did what Tiger ordered.

Oswald, on the other hand, is a small, shy and quiet student. He doesn't have many friends, and some people say he is weird because he is always by himself during recess.

Tiger thinks Oswald looks funny and he makes fun of him all the time, saying, "Oswald is a dweeb!"

He feels very frustrated. Going to school has become a nightmare, as he knows Tiger will make his school-day unbearable from beginning to end.

Sara and Camilo are Tiger and Oswald's classmates. Every time Tiger makes fun of Oswald, Sara and Camilo watch and don't know what to do about it.

Pipe and Rosina

Rosina is the most popular girl in the fifth grade. She has many friends and all her classmates want to be with her during recess.

However, she is not always kind to other people. She finds it particularly amusing to bother Pipe, a silent and lonesome student that always seats in the back row in the classroom.

Rosina knows he is very intelligent and every week threatens him with something to make him do her homework. She tells him: "Be careful, Pipe. You know that if you don't bring my math homework tomorrow, I will tell everybody you want to be Lorena's boyfriend."

He is embarrassed and cannot defend himself as he knows Rosina is very popular and all her classmates will do whatever she says. He feels frustrated and angry, and doesn't know what to do to make her stop threatening him.

You are Pipe and Rosina's classmates and you have seen how Rosina makes fun of him and threatens him every day. You have also started to notice that Pipe is always tired, as he has been staying up late every night doing Rosina's homework. You are fed up watching this and realize that you can be Pipe's DEFENDERS in this case.

What could you, the DEFENDERS, do to stop Rosina from bothering Pipe? Come up with as many assertive answers as you can.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Today I will learn to:

Find win-win solutions to a conflict with somebody else.

Finding Win-Win Alternatives Using the CERA Strategy

1. **Calm down.** Calm down, especially if you feel angry. Find the way to calm down in order to solve the situation.
2. **Evaluate.** Evaluate the situation: What is the problem? What do you want to achieve?
3. **Resolve.** Do some brainstorming with all that comes to your mind to solve the situation.
4. **Act.** Choose the best option for everybody and act without being aggressive.

STEPS TO MY GOAL

Today I will learn to:
Self-monitor to achieve a goal I've set for myself.

My Goal

My goal today, _____, is:

Small intermediate goals that will allow me to achieve it:

1. _____

2. _____

3. _____

Monitoring Chart for Intermediate Goals

For each one of the intermediate goals, use an (X) to mark off each day whether you achieved it, didn't achieve it, or achieved it partially. If you want, you can write any ideas that you may have on how to improve and do it better the next day.

		I didn't	Partially	I did it!	How can I improve?
Day 1	Goal 1				
	Goal 2				
	Goal 3				
Day 2	Goal 1				
	Goal 2				
	Goal 3				
Day 3	Goal 1				
	Goal 2				
	Goal 3				
Day 4	Goal 1				
	Goal 2				
	Goal 3				
Day 5	Goal 1				
	Goal 2				
	Goal 3				
Day 6	Goal 1				
	Goal 2				
	Goal 3				
Day 7	Goal 1				
	Goal 2				
	Goal 3				

ROADBLOCK, CHANGE ROUTES

Today I will learn to:

Adjust my strategies when I'm not getting the results I expect.

List of Tasks

- Make a paper airplane that can fly.
- Write the name of three writers who have won the Nobel Prize in Literature.
- Everyone say a tongue twister at the same time, without making a mistake.
- Look for five things that are the same color.

Today I will learn to:

Focus on my strengths to overcome negative thinking.

Malena is a student in sixth grade who usually does very well in most of her classes. She has two very good friends with whom she hangs around most of the time. They say that Malena is very funny, but a little quiet. One of her friends has a boyfriend and is very happy.

Sometimes, Malena gets very stressed and she can feel her muscles tense up. Sometimes she even feels like running away from everything. This happens to her especially when she thinks things like:

"They just handed back the homework I did last week. I bet I didn't do very well because I don't write as well as Amalio."

"Everybody always listens to Nikita's stories and laughs at them. Why do I have to be so shy? If I keep up like this, I won't be able to make new friends."

"My friend already has a boyfriend and I'm all alone. I wonder if I'll be single for a really long time?"

Malena



Melino



Melino is a student in sixth grade. He likes to sing and his mother says that he is very good at it. He likes math class a lot, and even though sometimes he would like to participate, he doesn't. He doesn't like it when his friends make fun of other students, but he hasn't said a word about it.

There are times when Melino gets very stressed, his heart beats fast, and sometimes he even feels like running away from it all, especially when he thinks things like:

"I have to sing in the school play. I'm going to sing out of key and everyone is going to say I'm an awful singer."

"I think I know the right answer, but if I say it then everyone will call me a nerd, or maybe my answer will be wrong."

"I can't stand how my friend makes fun of Rosita, but if I say something to him, then he's not going to be my friend anymore."

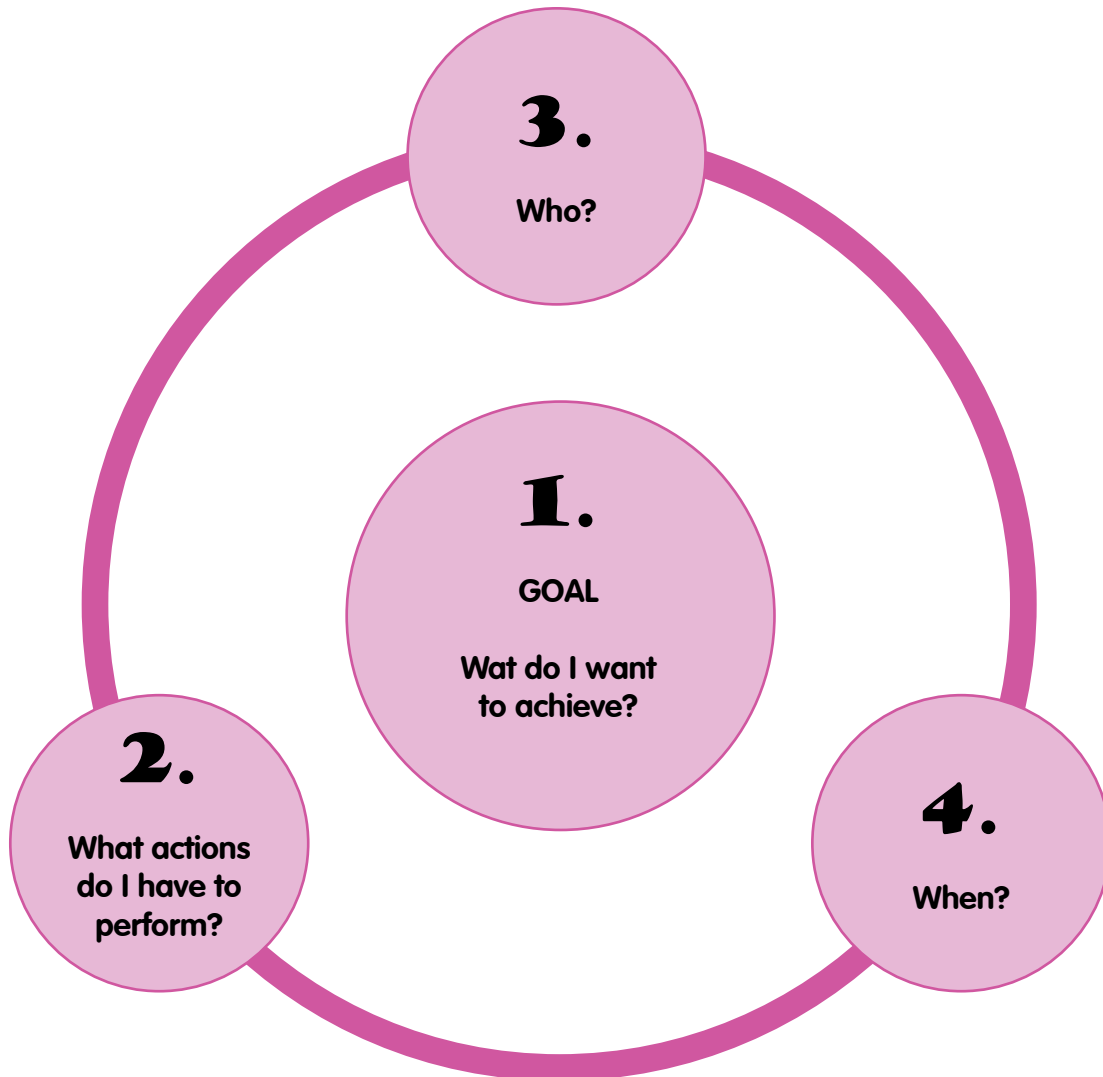
Interesting Facts⁵

DID YOU KNOW THAT...

- There are 62 million girls around the world who are refused the possibility of going to school?
- Women around the world work more and earn less than men?
- In some countries, such as Saudi Arabia, women are forbidden to drive cars or have jobs in which they are around men?
- Historically, women were not allowed to vote or be elected to public office? In some countries, women were given the right to vote less than fifteen years ago.
- Almost all the managers or heads of large companies around the world are men?

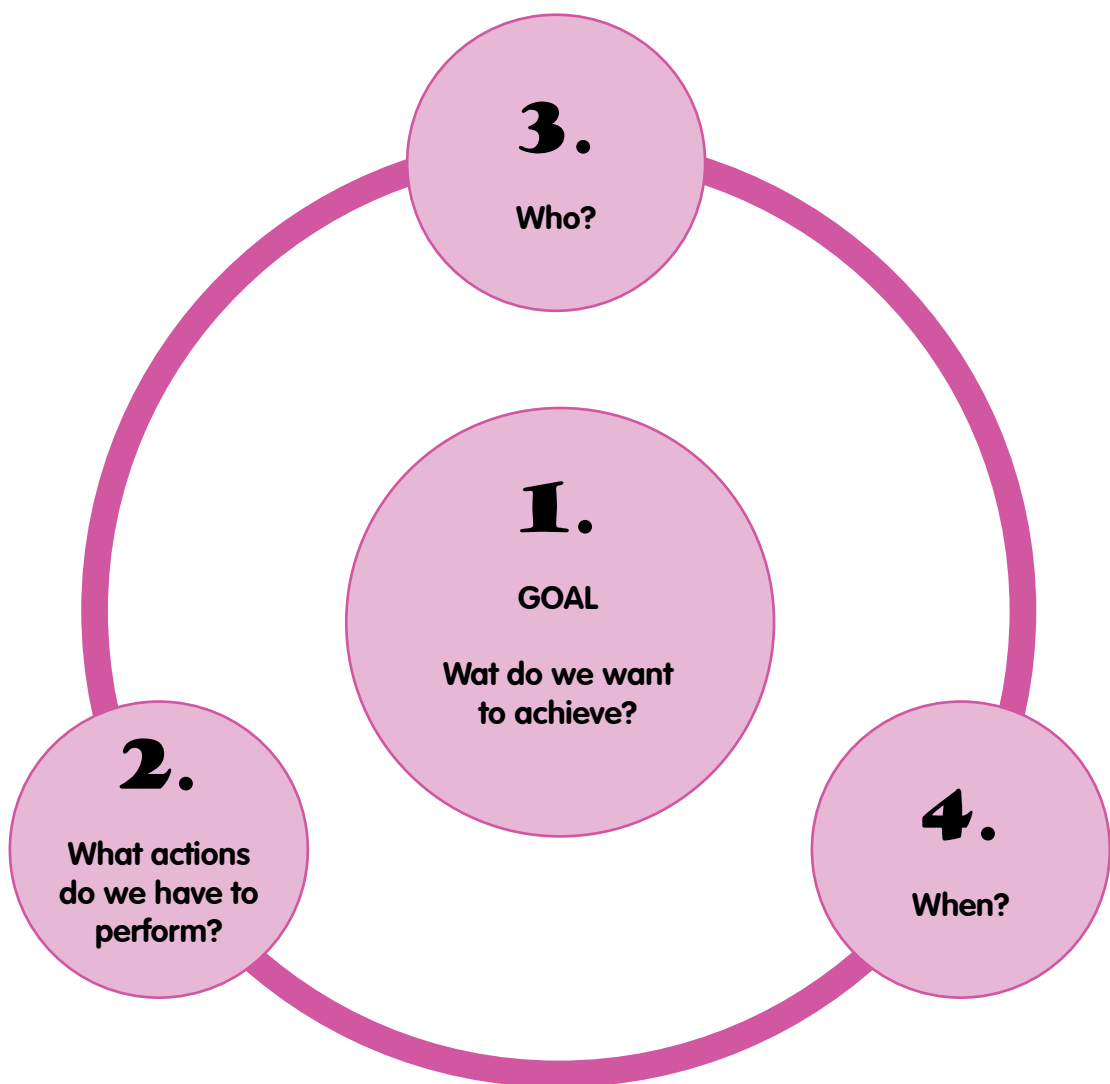
5. Adapted from Makers (2015). "21 Facts You Never Knew About International Gender Inequality." Makers. March 7, 2015, retrieved on December 4, 2015 from <http://www.makers.com/blog/21-facts-you-never-knew-about-international-gender-inequality>.

My plan



My Group's Plan

Plan Name: _____



Today I will learn to:
Question advertisement messages
and how they influence my worldview.

Buy Beach Soda



Freshen up your life with Beach Soda

Look at the picture closely and answer the following questions:

1. What product does this image want to sell?

2. ¿How do the people in this image look?

For example, young or old, healthy or unhealthy, having fun or bored, attractive or unattractive, etc.

3. What kind of emotions is this picture trying to create?

For example, happiness, sadness, anger, peacefulness, etc.

4. How similar is this image to the things we see in real life?

For example, how much do the people around us look like the people in this picture?

5. If we drank Beach Soda, would we be like the people in the picture?

6. After seeing this picture, would you buy Beach Soda? Why?

Today I will learn to:
Be a role model for others.

I'm a Role Model for Little Kids

The things I would like them to imitate about me:

The things I would NOT like them to imitate about me:

Interview with a Celebrity

What's your name?

What things do you do to be a good role model for others?

How do you feel when other people imitate you and use you as a role model?

