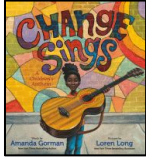


### Step 1

### Listen & Read



[Change Sings](#)  
by [Amanda Gorman](#)

### Step 2

### Consider Reading

***Lulu and the Hunger Monster***

by Erin Talkin

***Born Ready***

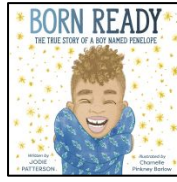
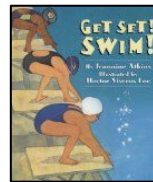
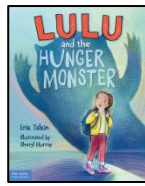
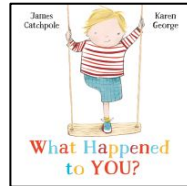
by Jodie Patterson

***Get Set! Swim!*** (also in Español)

by Jeannine Atkins

***What Happened to You***

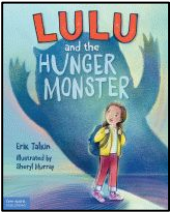

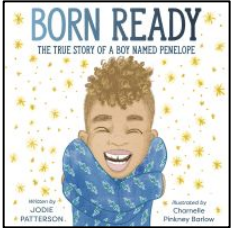

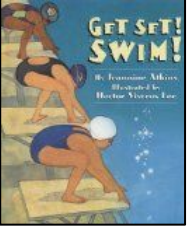

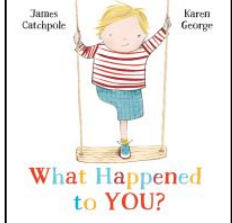

by James Catchpole



### Step 3

### Have Some Fun

<p><b>Physical Action</b></p>	<p>Play a game of charades. Write down some ways that you can stand up to be the change. Pull actions out of a hat, then use your body and imagination to act out what the paper says. Have others try to guess!</p>
<p><b>Creative Action</b></p>	<p>Using paper and coloring utensils, create a comic strip that illustrates how you can stand up for something you believe in. Try to include at least 3 squares that have pictures, as well as speech and thought bubbles.</p>
<p><b>Written Action</b></p>	<p>Write a letter to your future self. What can you do to help others by the time you graduate high school? Seal the letter and open it up after high school graduation!</p>
<p><b>Community Action</b></p>	<p>Be a changemaker in your community. Identify a problem and create an action plan to solve it. Consider picking up litter, planting trees, or volunteering time to help others.</p>

Book	Availability	Summary
		<p>When an emergency requires money that would have bought food, Lulu goes to school hungry, affecting her concentration and behavior, but she is determined to defeat the Hunger Monster. Includes information about how to fight hunger. 12</p>
		<p>Young Penelope becomes frustrated when his family doesn't listen to him. Everyone around him says he's a girl, but he knows he's not. He's a boy who likes ninjas and skateboards. Penelope's mother agrees to help him let everyone know, which she does, right before his first big karate tournament.</p>
		<p>As the bus passes by the extravagant homes in the rival school's neighborhood, Jessenia doubts her abilities, wondering how she and her team can compete against the girls who live in these houses. When this young Puerto Rican-American girl competes in her first swim, her confidence increases with her first victory as her parents proudly watch.</p>
		<p>A young disabled boy named Joe doesn't want to answer when a group of his peers ask him what happened to his leg. Eventually, they stop caring about his leg and play a game of pirates with him instead.</p>