

Achoo!

by Cynthia Sherwood

Achoo! We all sneeze sometimes. Sneezing is a reflex that

your body does automatically. That means you cannot make

yourself sneeze or stop one once it has started. When you sneeze,

your body is trying to get rid of bad things in your nose, such as

bacteria. You have extra germs when you have a cold, so you

sneeze a lot more. You might also sneeze when you smell pepper!

Inside your nose, there are hundreds of tiny hairs. These hairs

filter the air you breathe. Sometimes dust and pollen find their way through these hairs and

bother your nasal passages. The nerves in the lining of your nose tell your brain that

something is invading your body.

Your brain, lungs, nose, mouth, and the muscles of your upper body work together to

blow away the invaders with a sneeze. When you sneeze, germs from your nose get blown

into the air. Using a tissue or "sneezing into your sleeve" captures most of these germs. It is

very important to wash your hands after you sneeze into them, especially during cold and flu

season.

Do you ever sneeze when you walk into bright sunlight? About 25% of people

experience this phenomenon. Scientists believe that the brain gets confused when signals

from the optic nerve trigger the sneezing reflex in direct sunlight. This usually runs in families.

If someone nearby sneezes, remember to tell them "Gesundheit!" That is a funny-

looking word which is pronounced "gezz-cont-hite." It is the German word that wishes

someone good health after sneezing.





Achoo!

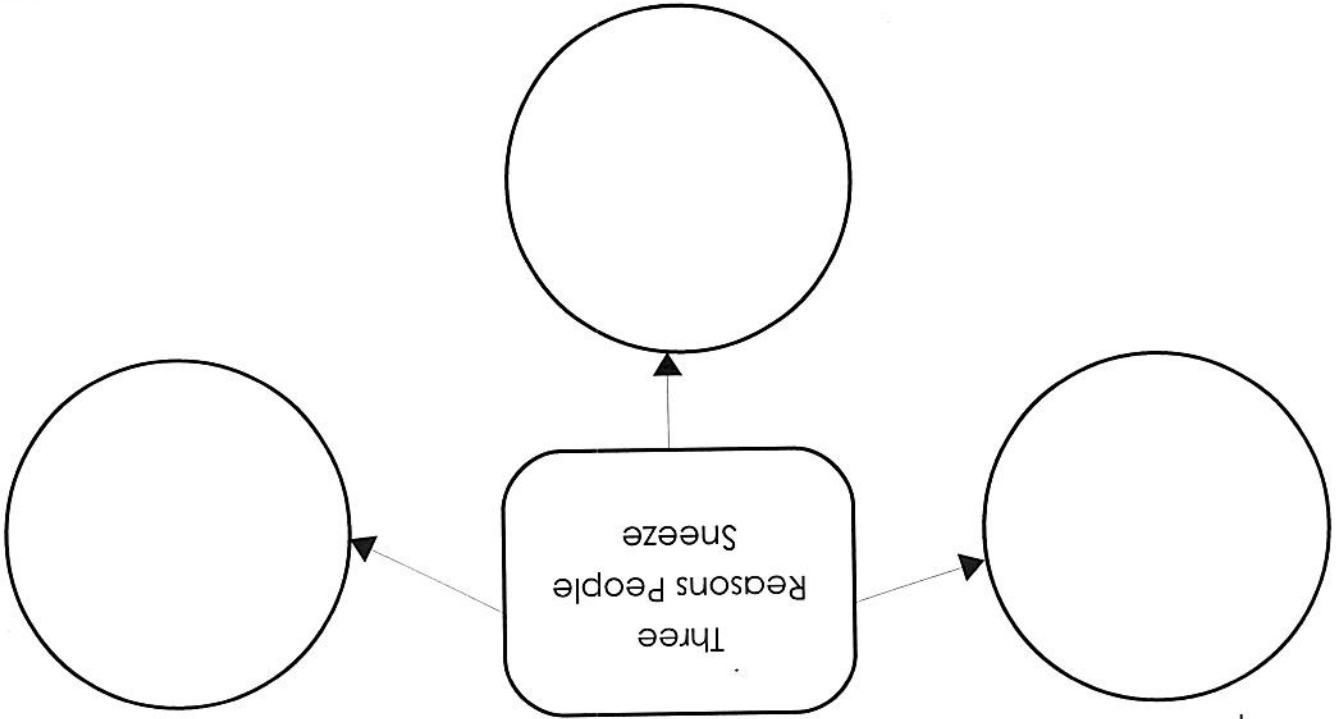
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1. Which parts of your body work together when you sneeze?

- a. I wish you good health.
- b. I wish you God's blessings.
- c. I wish you a good day.
- d. I wish you would stop sneezing.

3. Why do some people sneeze when they walk into bright sunlight?

4. Complete the web with information from the article.



Match each vocabulary word from the reading passage with the correct definition.

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- | | | |
|-------|------------------|------------------------------------------------------------------------------|
| _____ | 1. filter | a. done unconsciously or spontaneously |
| _____ | 2. invaders | b. relating to the nose |
| _____ | 3. phenomenon | c. a nerve that sense messages between the eye and the brain |
| _____ | 4. automatically | d. prevent unwanted material or debris from passing through |
| _____ | 5. pollen | e. cause something to happen |
| _____ | 6. optic nerve | f. an action that occurs as a response to a stimulus or outside influence |
| _____ | 7. trigger | g. unwanted or harmful things that come into a place where they don't belong |
| _____ | 8. nasal | h. unsure of how to respond |
| _____ | 9. reflex | i. a powdery substance from a flower that can cause some people to sneeze |
| _____ | 10. confused | j. an event or occurrence |

Blank handwriting practice lines.

along and be good friends.

Blank handwriting practice lines.

color of our skin. Let's get

Blank handwriting practice lines.

We shouldn't care about the

Blank handwriting practice lines.

would work as a team.

Blank handwriting practice lines.

Dr. King had a dream, we

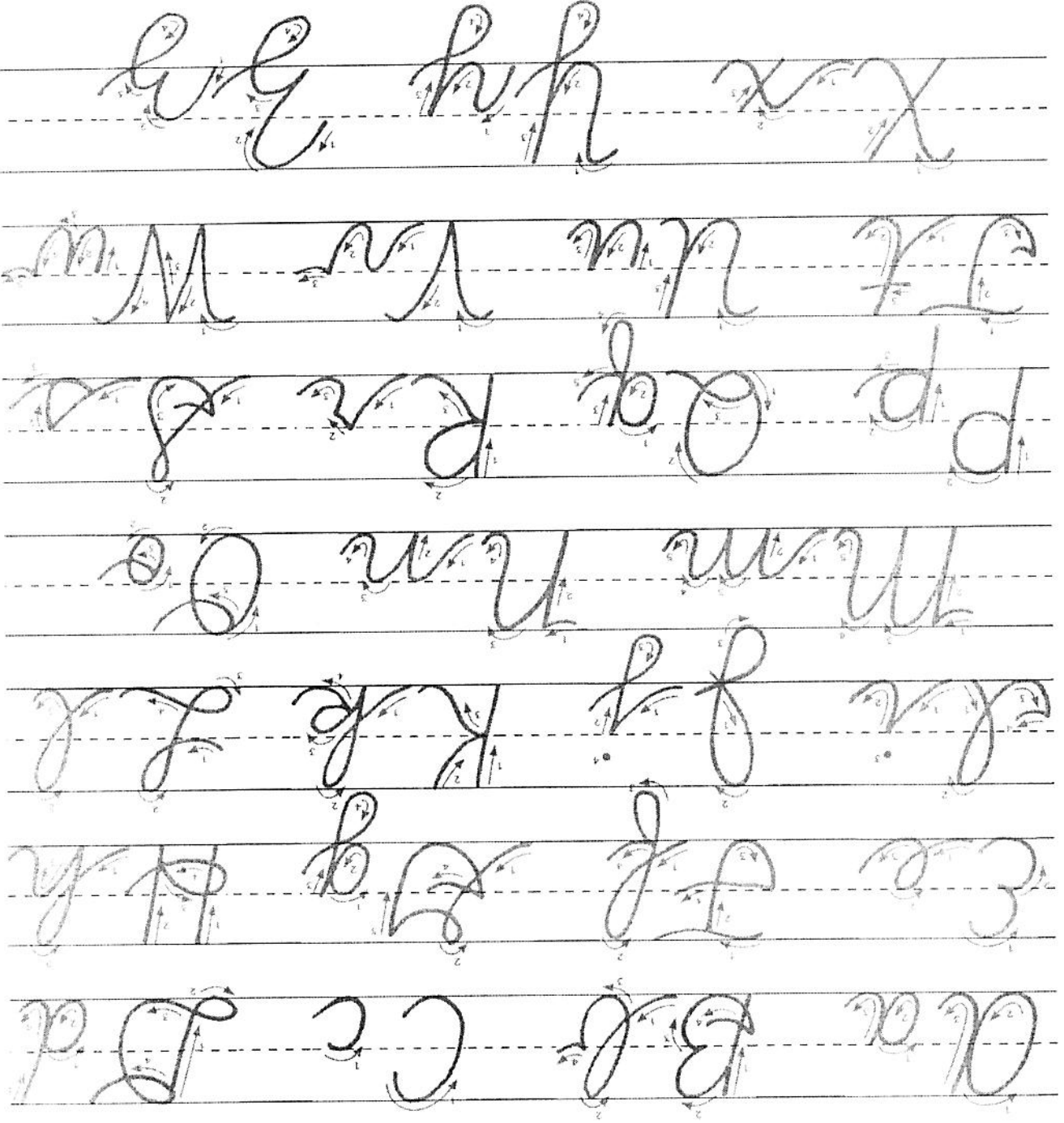
Cursive Writing Practice

Name: _____

Date: _____



Uppercase & Lowercase Cursive Alphabet Guide



Name: _____

Dr. Martin Luther King, Jr.

by Cynthia Sherwood



Every January, we honor the man who dreamed of equality for all Americans. Martin Luther King, Jr. fought for civil rights for people of every race. In his most famous speech given in 1963, Dr. King spoke these powerful words:

I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

His inspiring speeches and the non-violent protests he led touched the hearts of many Americans and pushed Congress into action. Lawmakers passed the Civil Rights Act of 1964 banning racial segregation in schools, offices, and public places.

Dr. King was born in Georgia in 1929. He attended black-only schools, where he excelled and finished high school at age fifteen. Dr. King continued his education in college and graduate school, and later became pastor of a Baptist church in Atlanta.

He used his leadership to work for civil rights. In 1955, Dr. King helped organize the first large-scale protest by black Americans who were tired of being forced to sit in the back of public buses. The bus boycott lasted more than a year, until the U.S. Supreme Court declared segregation on buses illegal.

"I Have a Dream"

Dr. King traveled millions of miles to head up other massive protests against unequal treatment for black Americans. He directed the peaceful march of a quarter-million Americans on Washington, DC, where he delivered his "I Have a Dream" speech. At age thirty-five, Dr. King received the Nobel Peace Prize. Dr. King was hated by some who opposed his message. He was arrested twenty times, attacked at least four times, and his home was fire-bombed. In 1968 at the age of thirty-nine, Dr. King was assassinated in Memphis, Tennessee. It was a tragic, violent end to a man who preached the importance of peaceful protest. In recognition of this great civil rights leader, Congress has named the third Monday in January as Martin Luther King Day, a national holiday.

Name: _____

Dr. Martin Luther King, Jr.

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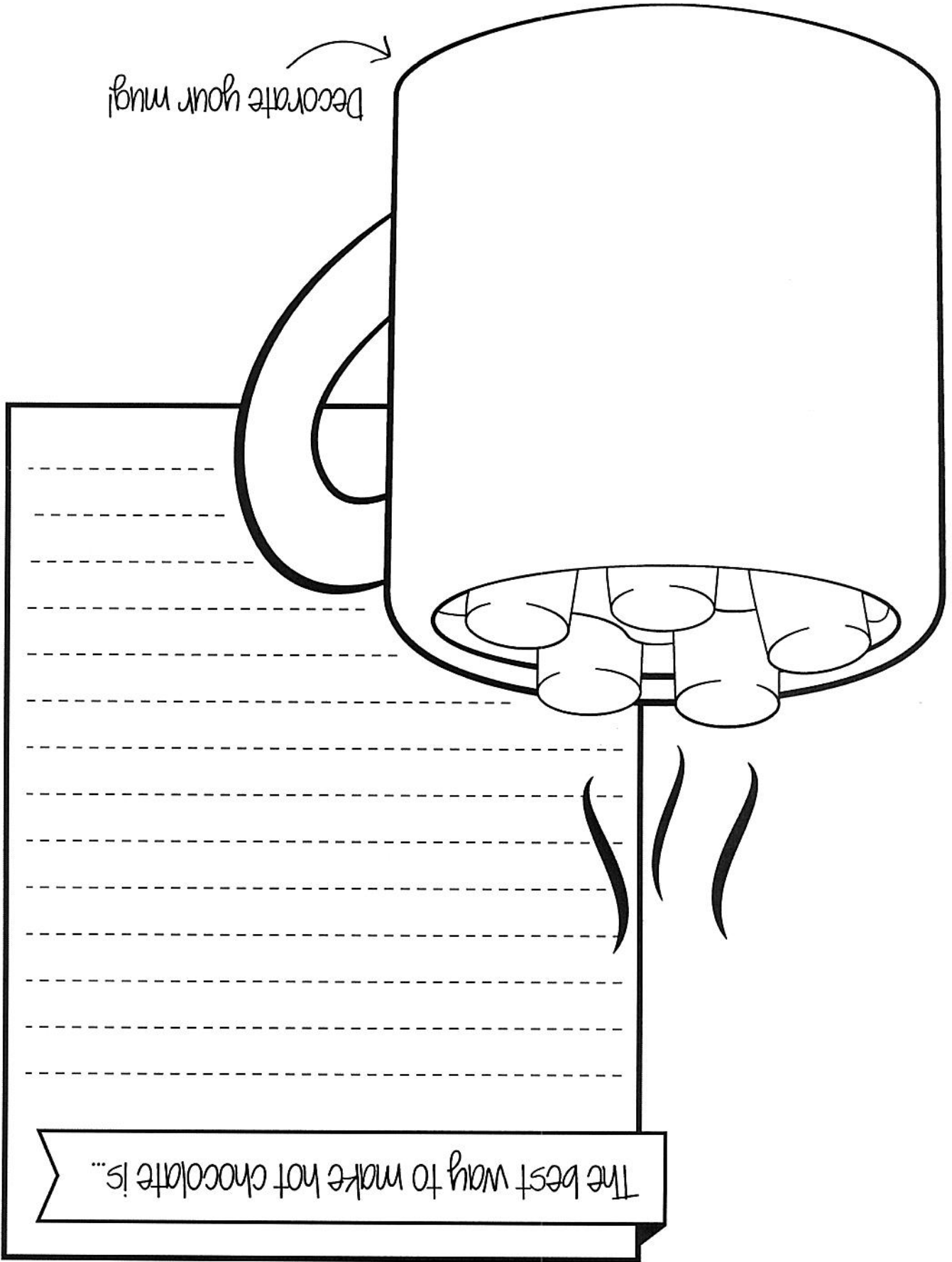
1. In 1956, the U.S. Supreme Court declared that segregation on buses was illegal. What does this mean?
- a. The court said that white people were now required to sit in the back of the bus.
 - b. The court said that bus companies could not tell passengers where to sit, based on the color of their skin.
 - c. The court required black people and white people to sit next to each other on buses.

2. What type of Civil Rights protests did Martin Luther King Jr. support?
- a. violent protests
 - b. protests in support of racial segregation
 - c. protests against higher taxes
 - d. peaceful protests without violence

3. How many people attended Martin Luther King Jr.'s "I Have a Dream" speech?
- a. 100,000
 - b. 250,000
 - c. 500,000
 - d. 1,000,000

4. When is Martin Luther King Jr. Day celebrated?
- a. in the beginning of January
 - b. on the third Sunday in January
 - c. about mid-January
 - d. the last Monday in January

5. In what year did Martin Luther King Jr. receive the Nobel Peace Prize?
- a. 1962
 - b. 1964
 - c. 1966
 - d. 1968



Decorate your mug!

The best way to make hot chocolate is...

