

Growing Into Life

ONE DEGREE AT A TIME



Welcome! You are about to start on a life journey where you are the main character. Everyone has a story and everyone has a life journey. You may have noticed that lots of things are changing at this time in your life. Some of you are experiencing growth spurts. Your friendships may be getting stronger and you may experience more peer pressure. You may start to understand others better than you used to. You may feel you can concentrate a bit better, and some of you are finding that, at times, you are more emotional than you have been in the past. All of you have a desire to know yourself and to find a place in life where you can be happy and appreciated by others. This course is designed to help you understand your story and to map your unique journey through life. You already know a lot about yourself, and your story, so we're going to start with what you already know. Along the way we will meet new friends, tackle tough problems, face fear, celebrate our gifts and meet special helpers.

Meet the Characters

It's time to meet the ten main characters, who will accompany you on your journey. In addition to the students, there is Willie the dog, friends of the characters, and *Sketch* – our mascot.

Through stories you will get to know the characters as they learn to stand up to bullying, work through disagreements with friends and celebrate their unique personalities. You may find that some of the characters are like you and others are very different.

Most of these characters are acquainted with each other because each summer they attend **Camp 180 Degrees** located on a farm outside of the city of Salem, Oregon. Some of the characters are new as they have moved from other places and it is their first year being part of the 180 Degrees Program.

INTRODUCTION



Akio came to the United States from Japan when he was eight years old because his dad was offered a great job with Boeing in Seattle, Washington, where he now works on flight simulators. Through his dad's work, Akio is developing an interest in game development and technical design. He excels at schoolwork and particularly loves math. He also loves music and plays the piano. He is not very interested in sports, but likes fishing. He is quiet, caring and a good listener, but Akio gets teased for not being very sporty.



Dean lives in Salem, Oregon with his grandfather, who raised him. Dean and his family are originally from Oakland, California. Dean met Austin in first grade, and they have been best friends ever since. Dean is crazy about cooking. He loves to watch the food change and make it taste good, and he loves to serve it to others. He wants to become a police officer or fire fighter when he is old enough.



Ayana was born in Ethiopia and was adopted when she was 2 years old by Austin's family. She is 4 years old. Ayana enjoys being an American and loves her new family. She is proud of being Ethiopian. She has some memories of the language and orphanage there. She is taking gymnastics and is getting pretty good at it.



Austin lives in Salem, Oregon, the capitol city. He lives with his mom, his step-dad and his adopted sister, Ayana, who he adores. He is compassionate and understanding. He loves to play computer games and wants to study physics. He thinks being an astronaut must be amazing. He also loves sports, especially playing basketball, football and running. His best friend is Dean, who is his constant companion. His grandpa Dee is an important part of his life, someone who he and Dean spend as much time as possible with because he is so wise about life.



Willie is Austin's dog. His parents got him Willie when he was in kindergarten. Willie is a golden retriever, who loves to frolic and play with Austin and his friends. Willie gets very excited when he gets to go to the dog park and on long walks with Austin and Ayana.

INTRODUCTION



Hayden-Miguel was born in Mexico and came to the US with his mom and dad when he was very little. They live in Phoenix, Arizona, and Hayden now has two younger sisters who were both born in America. He likes all kinds of sports, and wants to be strong and athletic. He has a lot of friends and spends a lot of time with them. He has a new curiosity about Parkour, which is a physical discipline that conditions the body and the mind by maneuvering over obstacles with speed and efficiency, a little like the skateboarding he has been practicing. He is interested in martial arts too for the spiritual and mindful aspect of it. He likes to read and write stories, and dreams of traveling the world.



Lily lives in San Francisco, California with her mom and dad. She is an only child, but would love to have a sister. She doesn't like PE much, but loves to read and draw.

She is good at all things artistic including drama, music, art and pottery. School is easy for her so she sometimes draws during class time. She is curious about costume design and make-up art, and plays with the idea of herself as an actress, set-designer or make-up artist in the theater world. She wonders if she can because she is a bit reserved by nature. She practices on her friends, and she also tries to practice dancing with her girl friends since she has not gotten the hang of it yet.



Sophia lives on an Indian reservation in Wishram, Washington. She is of American-Indian heritage, and her family still honors some of their tribes' rituals and ways of living. She loves to play outside and especially climbing on the rocks in the Columbia River Gorge near her home. That has earned her the nickname Lizard. She lives with her parents, grandparents and her three siblings. She loves sports. She is interested in geology and earth sciences. She wants to preserve the environment and wants to travel everywhere to do it. She is science-minded and not so interested in art. She is a bit of a tomboy, but bubbly-happy most of the time.



Jamal lives in St. Louis, Missouri with his parents, his uncle, and his older sister, Yolanda. Jamal also has a much older brother, who has moved to Compton, California, near Los Angeles to find opportunities for himself and his hip-hop band. Jamal listens to all his brothers' music and is practicing steps for cool dance moves. Jamal often plays basketball with his friends in the park down the

street after school. Yolanda sometimes plays with them too. Jamal likes Yolanda's friends, he learns a lot from them. Jamal spends most of his free time with his friend Caleb.



Chloe lives with her dad, grandmother and her older brother in New Orleans. Her mom passed away when she was very young. She is tall for her age, has a big smile, and a great sense of humor. Most kids like her. Chloe loves to sing and makes friends easily. She loves to run and jump and often plays basketball with the boys in her neighborhood. Sometimes she plays soccer too. She is really into history because she feels like there is a lot of history in New Orleans and wants to learn more about history and places around the world. She likes to collect things as memories because they represent her own history, and she also likes to read and write about what she learns to create her own story. She does a lot of volunteer work in her neighborhood because that way she gets to listen to other people's stories. She tries to learn French words. She has a cat named Polly and a dog named Licorice.



Maya comes from Jaipur, India, which is located in the Rajasthan Desert. Her family moved from Jaipur when she was 6 years old because her father was offered to transfer to San Jose, California working for a big phone company. Maya's baby brother, Raja, was born in the US and is two years old. Her grandparents, who used to live with the family, stayed back in India and still live in the Pink City, as Jaipur is called. Her grandfather owns a shop there, where he sells turbans and saris, and Maya has always felt drawn to all the bright colors. Sometimes they all wear traditional Indian clothing, but mostly they only dress that way when they are in India. Each year since they left, the family has traveled to India in October to be with her grandparents for Divaali – the festival of Lights. Maya misses the food and the flavors of India. She loves it when her friends in her new school want to know about her country.



Sketch, the Mascot

Sketch is a lively little pencil, who helps us try out things and show us feelings as we go through the lessons. You will see him jump around the pages in the book, sometimes messing with the letters. Sketch is a very special pencil and friend.

Using the Workbook

There are times when you feel like keeping things to yourself and there are times when you want to share with your friends. As you move through the activities there will be times that you will be asked to share with a partner or the class, and there will be times when the writing is designed only for you. Of course, you can share whatever you want from your workbook with your friends and family. At the end of the journey, you will have a portfolio of activities that you can share for your graduation. Icons throughout the book will help you decide what you want to share in certain activities.



When you see Sketch sitting tall, it is time to be quiet and do your breathing exercise. Your teacher will lead you.



When you see this icon (activity) this means your teacher will be leading you through a class activity where you will be writing, drawing or responding to something.



When you see this icon (share) the activity is either done together with a few others in your class or the whole class, or you are asked to share what you write with the class.



When you see this icon (lock) the writing is designed to be private. You will not be asked to share it in class.



When you see this icon (portfolio) the activity is designed to be placed in your portfolio. Your Portfolio will be a collection of work that you will share with your friends and family at the graduation ceremony at the end of the program.



When you see this icon (word list) it signals a new word to learn. The word is defined and explained in the curriculum word list.

Welcome to the Program!



Making Your Portfolio

"Ok, students, today is our first day of the 180 Degrees Program. For your first activity, you will decorate the cover of a portfolio folder. This will be your personal file on your journey. It will hold your final certificate and any art you create that is not in your student workbook. You can also collect stories from newspapers or small objects from home in this file. For instance, you may have a concert ticket that you treasure, or a picture of a loved one that you don't want to glue into your workbook. At the end of the program, you will create a final portfolio of all of your work and you can add these kinds of things if you like."