

# The Week Junior Teacher's Guide

**In this issue we will** learn how exercise can help people feel like they have a purpose in life. Students will form an opinion about whether or not reducing waste is better than recycling. Finally, we will discover how a saliva test can detect injuries in athletes.



## This week at a glance

Page	News	Discussion points	Article type
3	New study on benefits of exercise	What did researchers discover about the connection between exercise and meeting goals? Use details in the article to explain your response.	Big News
4	Children ages 12 to 15 begin receiving vaccine	Explain the significant steps that occurred in May for vaccine distribution.	National News
12	The protectors of our nation	Write a one- to two-paragraph summary explaining why the US military was started and what the different branches are today.	All About
14	Saliva test can protect injured athletes	What did you learn from this text about concussions and how the saliva test can help? Support your answer with details from the article.	Science & Technology
18	WNBA season begins	How is this year's WNBA season different from last year's?	Sports

### THIS WEEK'S BIG DEBATE: IS REDUCING WASTE BETTER THAN RECYCLING?

**YES**—reducing is the best strategy | **NO**—it's super important to recycle

#### ACTIVITY:

1. Challenge students to use their critical-reasoning skills in a think, write, pair, and share activity. Have them conduct the think and write steps independently, then work in pairs to finish.
2. Think: Is reducing waste better than recycling? Encourage students to conduct further research using print and digital sources.
3. Write: Students write a bulleted list of reasons, examples, and facts to support their argument.
4. Pair: Students pair off to talk through their arguments with each other and take notes.
5. Share: Together, each pair writes a one-paragraph answer that they will share with the class.

Have your students visit [theweekjunior.com/polls](http://theweekjunior.com/polls) to vote. We'll publish the results next week.

### What you need to know

- The average American creates nearly five pounds of trash a day (about 1,642 pounds per person per year).
- About 75% of US waste could be recycled or composted (breaking down food and yard waste, like leaves, into soil). We are only doing so for about 34% of it, according to the Environmental Protection Agency.
- In 2017, about 66% of discarded paper and cardboard, 27% of glass, and 8% of plastics in the US were recycled.

#### NOTES

## This week's big news

### New study on benefits of exercise

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#### Let's Discuss

1. What are some of the benefits of being active?
2. Explain what "sense of purpose" means.
3. What did study participants who stayed active say about their lives?

#### Vocabulary

Exercise  
Scientific study  
Stress

#### TWJ Kids Take Action

*In school or remote*

Think about a physical activity you do that makes you feel good. Then create a 5-minute workout you can share with your classmates, or create a poster with visuals, labels, and captions that explain your workout.

### Children ages 12 to 15 begin receiving vaccine

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#### Let's Discuss

1. According to the article, why is it important to vaccinate adolescents?  
Identify two reasons, using evidence from the text to support your answer.
2. Explain how adults and children feel about receiving the vaccine.
3. Which age groups are Pfizer and Moderna testing next, and why are the tests important?

#### Vocabulary

Herd immunity  
Virus  
Advisory

#### TWJ Kids Take Action

*In school or remote*

According to the article, many children embraced the vaccine news. Write a comic strip or poem expressing how you feel about kids getting vaccinated.

### Last Week's Poll

Last week we asked you if kids should have to learn another language in school. Many of you (63%) said yes, but quite a few of you (37%) said no.

### Virtual Activity

Share your screen and invite students to participate in a mindfulness [Chin Up](#) exercise.

### Brain Booster

Invite students to read the article "The Protectors of Our Nation" on page 12 of this issue.

Then have them choose two branches of the armed forces to compare and contrast by writing a blog post or creating a Venn diagram. Encourage them to do research on the following:

- A) How to join
- B) Training
- C) Job responsibilities
- D) Uniform
- E) Special equipment

#### NOTES

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