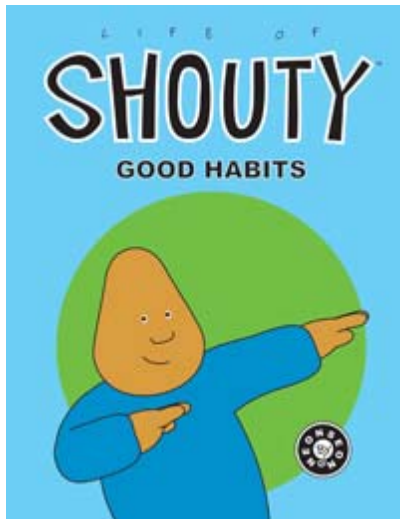


L I F E O F

SHOUTY

GOOD HABITS

Lesson Plan & Discussion Guide



ISBN: 9780984206902 · \$14.95 · HC

Author NeonSeon wrote and illustrated *Life of Shouty: Good Habits* with learning in mind, and has shared some creative ways teachers can use the book in their curriculum to inspire and engage students. Parents can also use this guide.

Subject area
Language Arts

Reading level
Based on the Flesch-Kincaid readability test, *Life of Shouty: Good Habits* is suitable for third grade and up.

Summary

Children will use reading and viewing skills to understand and interpret literary text and illustrations. Through reading *Life of Shouty: Good Habits*, students begin to understand the deeper messages conveyed through Shouty's journey, and how the lessons learned can make a powerful impact on their own lives. Because Shouty is older, his example shows children that poor decisions made as a child can follow you as you mature.

The book explores Shouty's personal struggles with habits he wants to change. Early on, he doesn't believe his decisions will have adverse consequences, but he finds the results of these decisions eventually begin to haunt him. Shouty tries to overcome his negative behavioral patterns and must take a stand to start on a new path.

Lesson objectives

- To demonstrate that the choices we make today determine where we will be tomorrow
- To underscore the importance of prioritizing and completing goals
- To acknowledge the bad habits and little excuses that keep us from being our best and affect how we view ourselves
- To learn methods that help us establish good habits

Vocabulary

Introduce these words and have students discuss and extrapolate their meaning in the book.

“Easy street”	Surrender	¡ Atención!
Priorities	First-rate	Inertia
Bait	Procrastination	Pattern
Plight	Fare-thee-well	Goals

Questions before reading

- Have you ever put off doing something that you know you should do? What ends up happening when you do this? What could you have avoided if you had done what you needed to do without hesitation?
- Have you ever wanted to take action but didn’t because you felt you couldn’t?
- Do you believe you can accomplish anything? If not, why not?

Questions after reading

- What themes and lessons come up in this book? Does the story have a moral? (Sample themes: immediate gratification, discipline, procrastination, laziness, productivity)
- How do you feel about the main lessons in this story? Do you agree or disagree that these lessons are important?
- What do you think the book cover symbolizes? Is it after Shouty makes changes, or before?
- Why do you think the man who gave Shouty advice looks the way he does? Could it be to show us that people can give valuable advice regardless of how they look? See if students notice that the man who gave advice was only called “wise” retrospectively. Sometimes we get advice from folks who may not look wise (the man’s loud pants and under tank) but are imparting wisdom.
- What are the visual clues that show us Shouty is lazy? (Getting up late, not putting sheets on his mattress, putting off important tasks on his calendar, not cleaning his room, or mowing his lawn)
- When your room is messy, what items might be found on your floor?
- What are some common excuses you use to keep from doing tasks or chores?

- Shouty elects to watch TV and not read books. Why can this be a problem?
- Why do you think the author decided to personify the “bad habits,” “negative thoughts,” or “excuses”? How does this contribute to the story? Why do you think the bad habits are not unattractive and look rather harmless?
- When Shouty looks in the mirror, he is not pleased: “I have this great vision of who I could be! As I look in the mirror, that’s not what I see.” Is it because of his actual appearance, or because he is disappointed in his behavior?
- What can we learn from Shouty’s to do list on the April calendar?
- When Shouty checks out of Inaction Inn, the receipt lists the daily rate as 0.00001 of his soul. What might this mean? Did he really check out of a hotel? Why do you think the inn is located in Ertia?
- Shouty keeps a list of goals to help focus on the habits he wants to adopt. What other tools could you use to reinforce good habits you want to integrate? List methods.
- What obstacles and setbacks did Shouty encounter and how did he confront them?
- Why do you think Shouty is throwing away garbage at the end of the book? What can taking out the trash symbolize?
- Author NeonSeon says Shouty’s cupcake at the end is a hint about the next book in the series. What do you think this book could be about?

Activities

1. Put these events from *Life of Shouty: Good Habits* in the proper sequence. (Answers are in the middle column and can be covered with masking tape.)

a. Shouty’s at the bottom of Kilimanjaro	(d)	1. ___
b. Shouty prefers to watch TV instead of reading books	(j)	2. ___
c. The couch starts talking	(g)	3. ___
d. Shouty’s eating a candy bar	(f)	4. ___
e. Shouty writes a list of goals	(b)	5. ___
f. Shouty’s sock is on the floor	(a)	6. ___
g. Soccer’s on TV	(h)	7. ___
h. Shouty’s washing the windows	(c)	8. ___
i. Tug-of-war!	(i)	9. ___
j. Snooze at noon	(l)	10. ___
k. Shouty has a cupcake	(e)	11. ___
l. Shouty checks out of Inaction Inn	(k)	12. ___
2. Have students develop a timeline that explores the arc of Shouty’s journey in the book.
3. Have students share the wise advice they’ve received in their lives, and how they’ve heeded the advice with real-life examples. This provides an opportunity for students to learn from their classmates.
4. Have students list other businesses one might find on “easy street,” and explain why.

5. Have students list the feelings that Shouty could be experiencing in each stage where he'd "start, then quit, and procrastinate."
6. On the metaphorical wall of excuses or bad habits, have the students identify one they might have used. Have them draw their own bad habit, and then replace it with a good habit they would like to create. Encourage them to make the good habit appealing (e.g., colorful).
7. Shouty wrote, "Think positively (YOU CAN DO IT!)" on his list of goals. Have students think of a time they did this and it worked out. Share with the class.
8. This story is about a personal struggle. Have students write goals for themselves and collect them in envelopes for later distribution at end of the year so they can reflect on their progress.

Writing Assignments

1. Pick one (or more) of the following quotations from the book and brainstorm about what it means to you. Write a short story or a personal anecdote.
 - "I'll take easy street now, and life I'll outsmart."
 - "Though he wanted success and to be first-rate, he'd start, then quit, and procrastinate."
 - "Hoping to leave old patterns behind, negative thoughts Shouty cleared from his mind."
 - "A list of goals he viewed each day. Shouty Mack was on his way!"
2. Write a journal entry from Shouty's point of view at the end of one of these events mentioned in the book.
 - a. Man gives young Shouty advice
 - b. Shouty chooses "easy street"
 - c. Shouty stands in the middle of his lawn
 - d. Shouty checks out of Inaction Inn
 - e. Shouty confronts the wall of bad habits
 - f. Shouty writes a list of goals
 - g. Shouty takes out the trash
3. Ever feel capable of doing more? Write your own list of goals. Where will you post it?
4. Choose 4-5 page background colors found in the book and write about how these correlate to the literary text on the page and Shouty's larger journey.

Extension Ideas

Mathematics. Explain binary code and its usages and meaning. Have students convert words into binary code on a "binary code to text calculator" on the Internet. On the receipt from Inaction Inn, these binary codes correlate to the following symbols: 11011000 = Ø 00100001 = !

Creative License. Explain this term and point out where this is used throughout the book.

Taxes. Explain why Shouty has "tax return" listed on his calendar in April and provide overview.

Geography. Mount Kilimanjaro is in Tanzania. Explore country.