

GRADE 6
Reading
STAAR Alternate 2

Administered April 2019
RELEASED

READING

Yoga in the Classroom



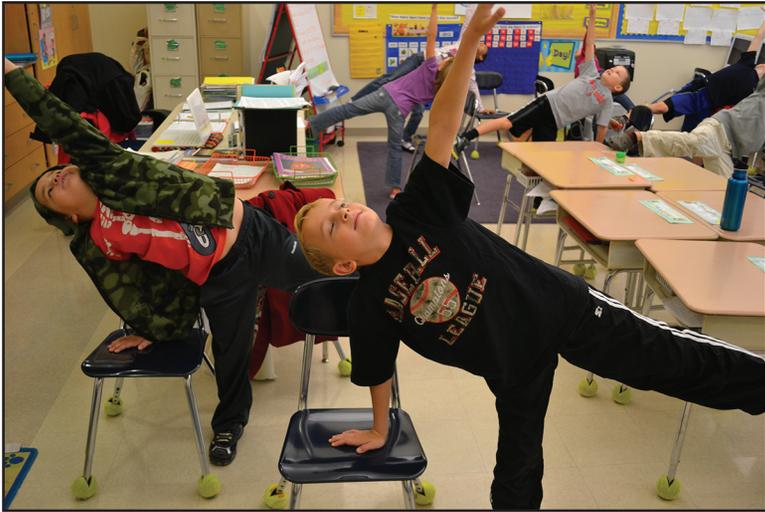
From the mountains of West Virginia to the big cities such as New York and Chicago, students are participating in yoga sessions in their classrooms.

2a



During classroom yoga sessions, teachers lead the students through yoga poses similar to adult yoga poses. The poses have been given new names, such as "Bunny Breath," "Shake Like Jelly," and "Ragdoll Ann and Andy." By the end of each session, the students are calmer and more relaxed.

2b



Courtesy of Sippican Week



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3a

Most yoga programs in schools are very small. Sometimes only a few teachers teach it. In 2012 a large school district in California established the largest public-school yoga program in the country. The district hired six yoga instructors to teach 30-minute yoga sessions to about 5,000 students, from kindergarten through sixth grade.



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The superintendent described yoga as physical education for the twenty-first century. "It's physical. It's strength building. It increases flexibility, but it also deals with stress reduction and focusing."

Yoga can be taught in a 30-minute session to a large number of students.

Yoga is taught by a few teachers in small and large school districts.

Yoga is exercise that helps students focus and also have less stress.

4a

Research studies support adding yoga to the classroom. In one study ninth graders were required to take a yoga class. Their stress level was measured before and after the class. After each yoga class their stress level had dropped.



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Yoga has many other benefits for students. Yoga helps students concentrate and sleep better. It helps students become more aware of nutrition and fitness. Yoga helps students get along with one another because they feel less stress.

4a

Yoga in the classroom is quickly spreading across the country, and it's easy to see why. Yoga instruction is easy for schools to add. It takes very little space and equipment. Teachers can easily stop during class and have students do a few exercises and then go back to work. With its simple requirements and so many positive effects, it is a trend that should definitely continue!

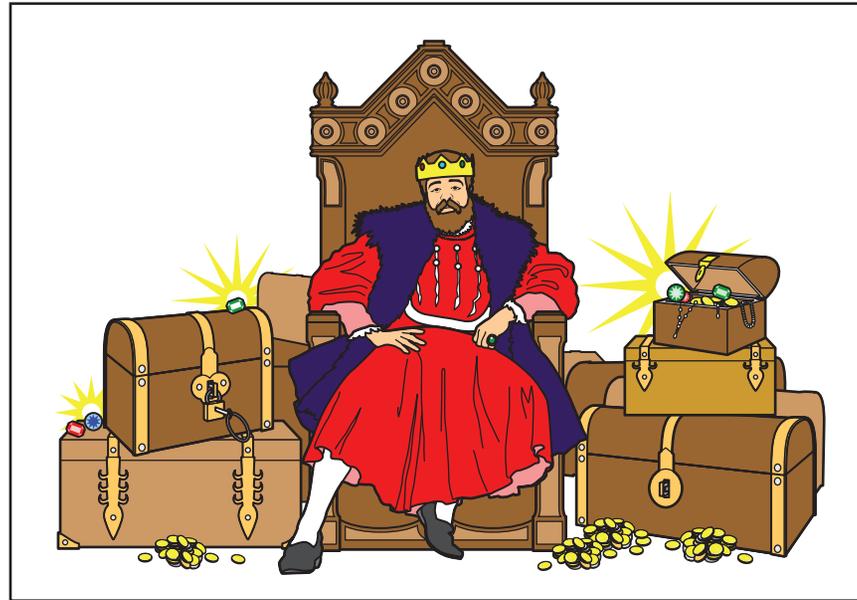
The author wants yoga added to all classrooms because —

yoga has many benefits for students of all ages

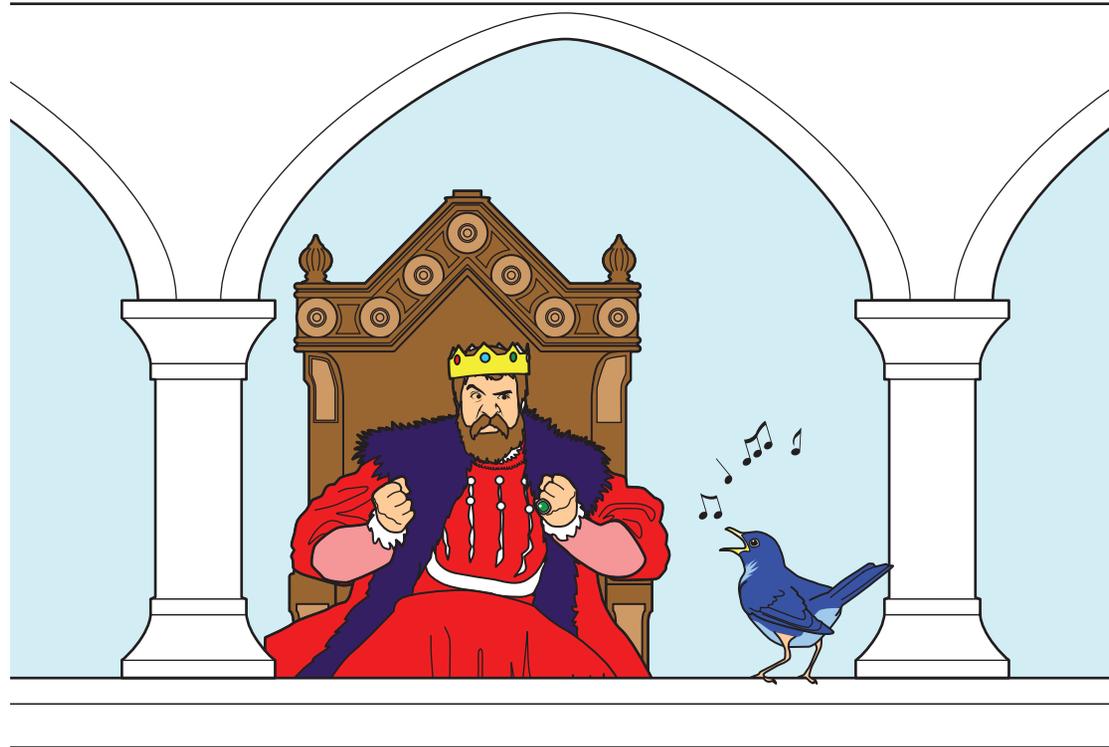
yoga is a required class for ninth graders

yoga needs a lot of equipment and space

The Song of the Nightingale

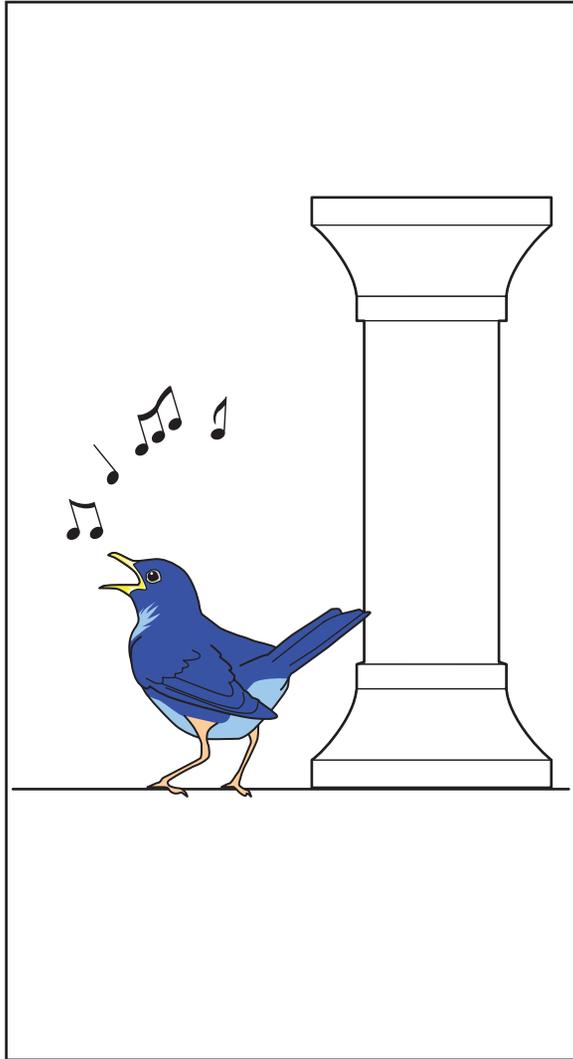


Once upon a time there was a very rich king, but he was very unhappy. He had treasure chests filled with money and jewels that he kept for himself.



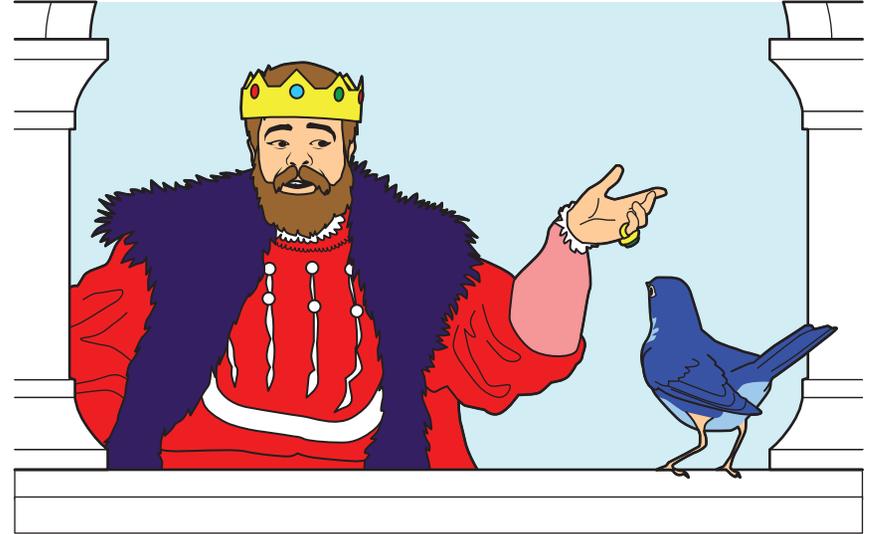
One night the king was sitting alone on the balcony. He had no friends because everyone was afraid of him. The king became very angry when a small, ugly bird landed on the railing. The king tried to chase the bird away, but the ugly little bird began to sing a beautiful song.

6b



Beautiful music filled the air as the little bird sang.

"What are you?" asked the lonely king with tears in his eyes.

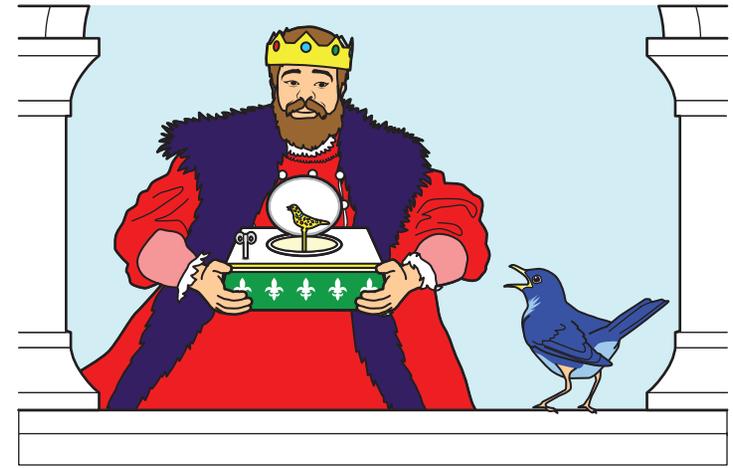


"I am a nightingale," said the bird kindly. "I may seem plain on the outside, but what matters is what is inside. I heard you were very unhappy. I have come to the palace to bring you joy."

Every night after that, the nightingale came to the king's balcony and sang. The king's sadness started to go away.

7a

One day the king received a music box with a beautiful golden bird covered with jewels on the top. When the king turned a key, the music box played a song.



That night the king showed the music box to the nightingale. The nightingale was sad that the king liked the music-box bird better than he liked her.

The king was so interested in the music box that he did not see the nightingale fly away.

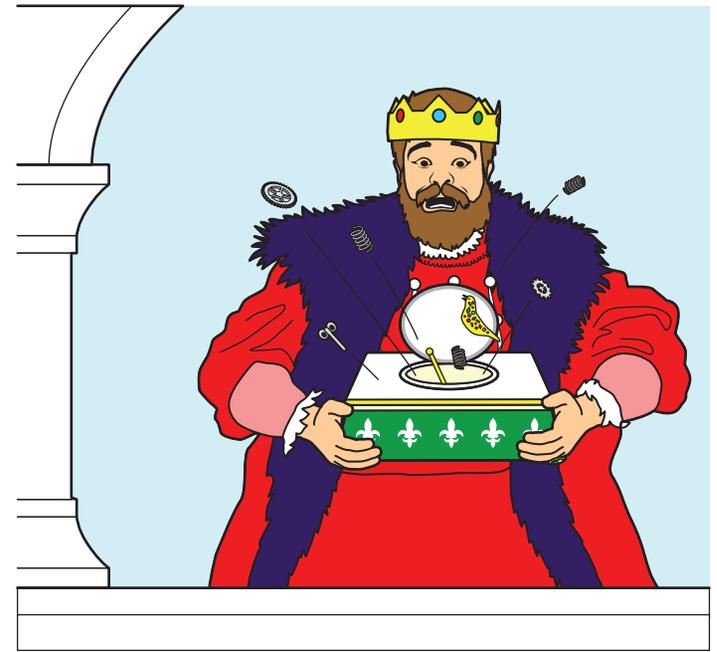
The nightingale decides to live in the castle.

The nightingale learns a new song to sing for the king.

The nightingale becomes very sad and flies away.

The king listened to the music from the golden bird on top of the music box every night on his balcony. After several weeks the king forgot about the little nightingale.

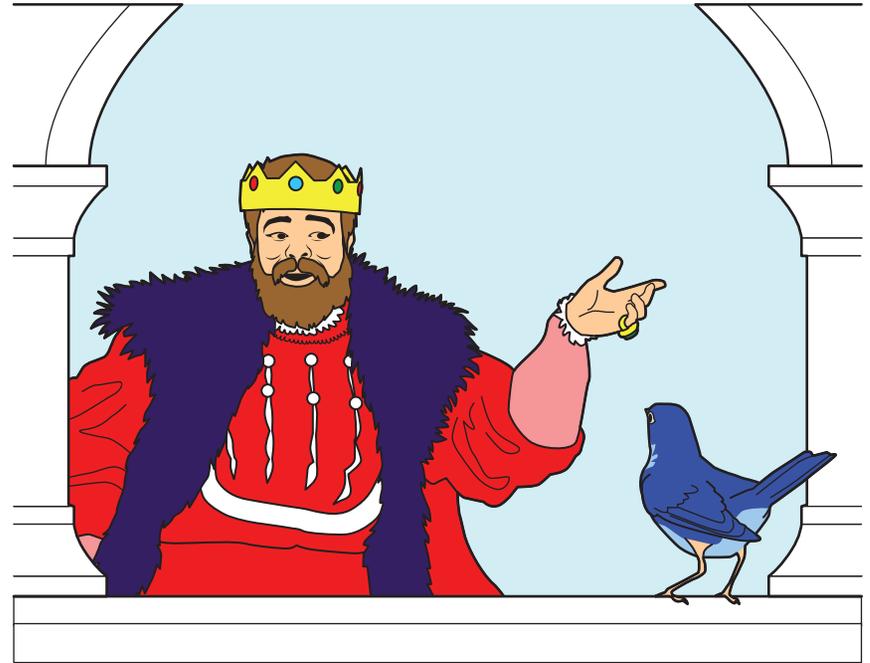
One night when the king turned the key on the music box, it broke. Without the music from the music box, the palace was silent. As he sat alone on the balcony, he remembered that the nightingale had flown away months ago. He looked at the music box in his hand and felt very lonely. The king realized that the little nightingale was more beautiful than anything made of gold or jewels.



Then one night he heard a song he had not heard in a long time. The king looked up to see the little nightingale on the railing.

"Nightingale," the king called out, "please forgive me."

As the little bird sang, the king closed his eyes and listened. The king was happy.



The king listened to the music from the golden bird on top of the music box every night on his balcony.

The king realized that the little nightingale was more beautiful than anything made of gold or jewels.

The king looked up to see the little nightingale on the railing.



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It takes courage to climb a rock wall.

10a



© Tom Lester/Shutterstock.com

It takes courage to climb a rock wall.



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Mr. Harris works at the coffee shop in Jared's neighborhood. Mr. Harris asks Jared about his day. Mr. Harris is friendly and kind, always remembering to thank Jared for coming in to order coffee.

11b

forgetful

tall

rude



© Sergey Novikov / Shutterstock.com

Jared loves science and was excited to enter the school's science fair. Jared used a microscope to look at ordinary liquids he found in his refrigerator. Then he studied the changes in the liquids over time and created his own illustrations of each change. Jared did such a magnificent job on his project that it was not a surprise to anyone when he won first prize.

science, microscope

ordinary, magnificent

studied, created

Skyscraper Window Washers



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Every day all around the world, thousands of brave window washers begin their mornings by dropping from the tops of skyscraper walls.

14a



Cleaning all the windows on a large skyscraper can take several months to finish. Skyscraper window washers use buckets of soapy water and squeegees to clean the windows.

14b



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When skyscrapers were first built, window washers would stand on the window ledges of tall buildings and hold on to the window frames while they cleaned. Later these

window washers started wearing safety belts attached to the building.

In the 1950s a new style of skyscrapers was built in large cities all around the world. These new skyscrapers became known as glass "curtainwall" buildings. The new skyscrapers looked like smooth glass towers. The window washers could not step out onto window ledges to do their work. They had to begin their day at the top of buildings and then clean their way down the glass sides.



To do their job, skyscraper window washers needed new equipment. The Otis Elevator Company designed the first scaffold for skyscraper window washers. A scaffold is a platform that can be raised and lowered by cables attached to a machine on top of a building. Once the workers are finished, the machine on top of the building lowers them to the next level of windows below.

The safety belts that workers wore were old and needed to be replaced.

New skyscrapers were made of all glass and did not have window ledges.

The Otis Elevator Company designed a scaffold that could move up and down.

At first all skyscrapers had to have a flat roof so that the scaffolding could lower the window washers down the glass sides of the building. If a building was not built like a box, such as the Empire State Building, it could not use scaffolds for window washing. Because skyscrapers needed regular window washing, they were built with flat roofs only.





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The Hearst Tower in New York City is an odd-shaped building with windows that cannot be cleaned using a scaffold. A company made a special platform that could move up and down in any direction. The new equipment let window washers with buckets and squeegees reach any window of this odd-shaped building.

Someday, robot window washers will probably replace people because humans are always finding easier and less expensive ways of doing jobs. But until that day, washing skyscraper windows is a great job for people who like the excitement of hanging from ropes and working close to the sky.

16a



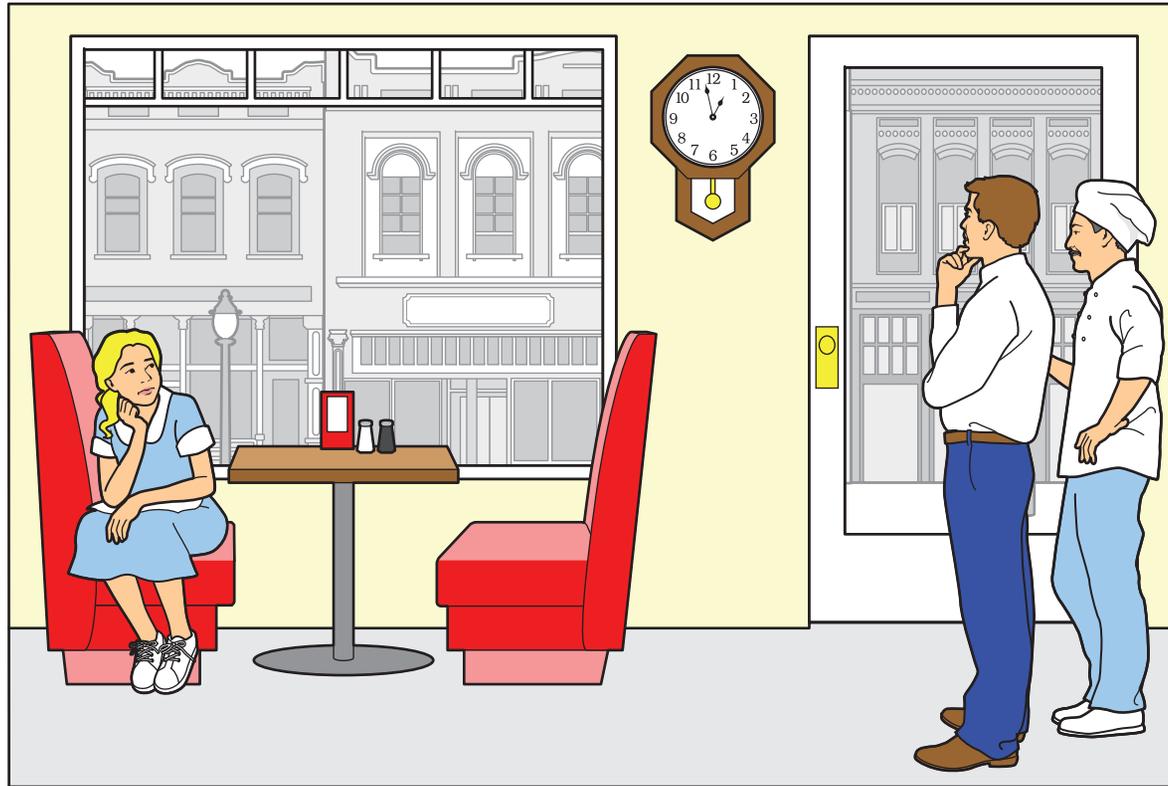
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A company made a special platform that could move up and down in any direction.

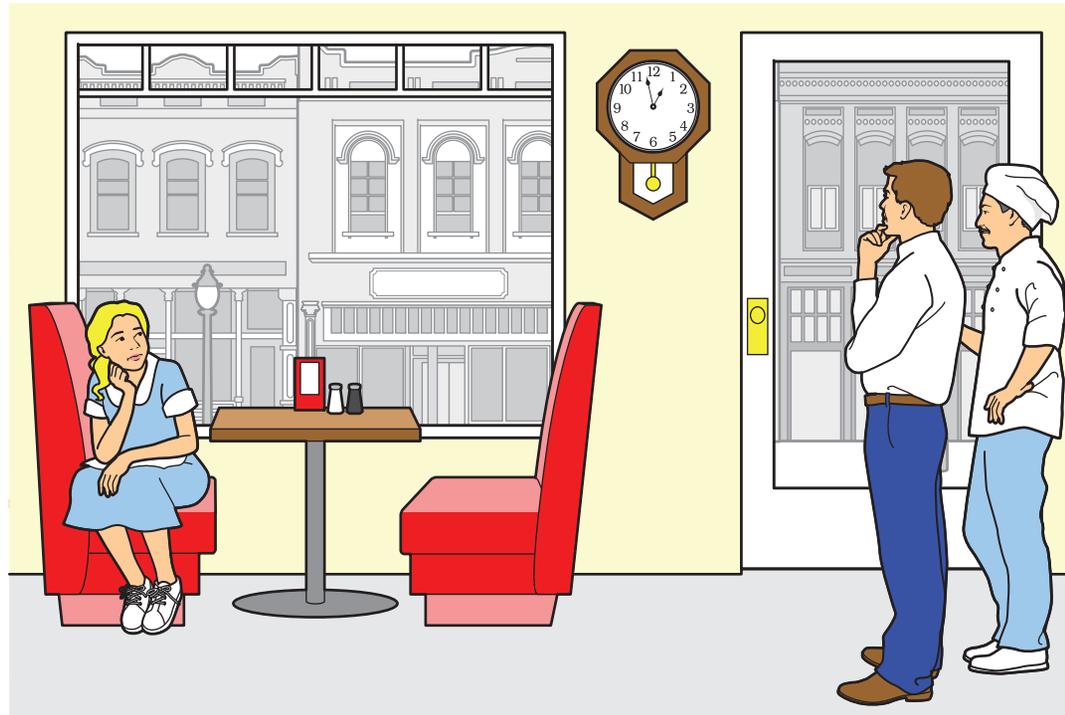
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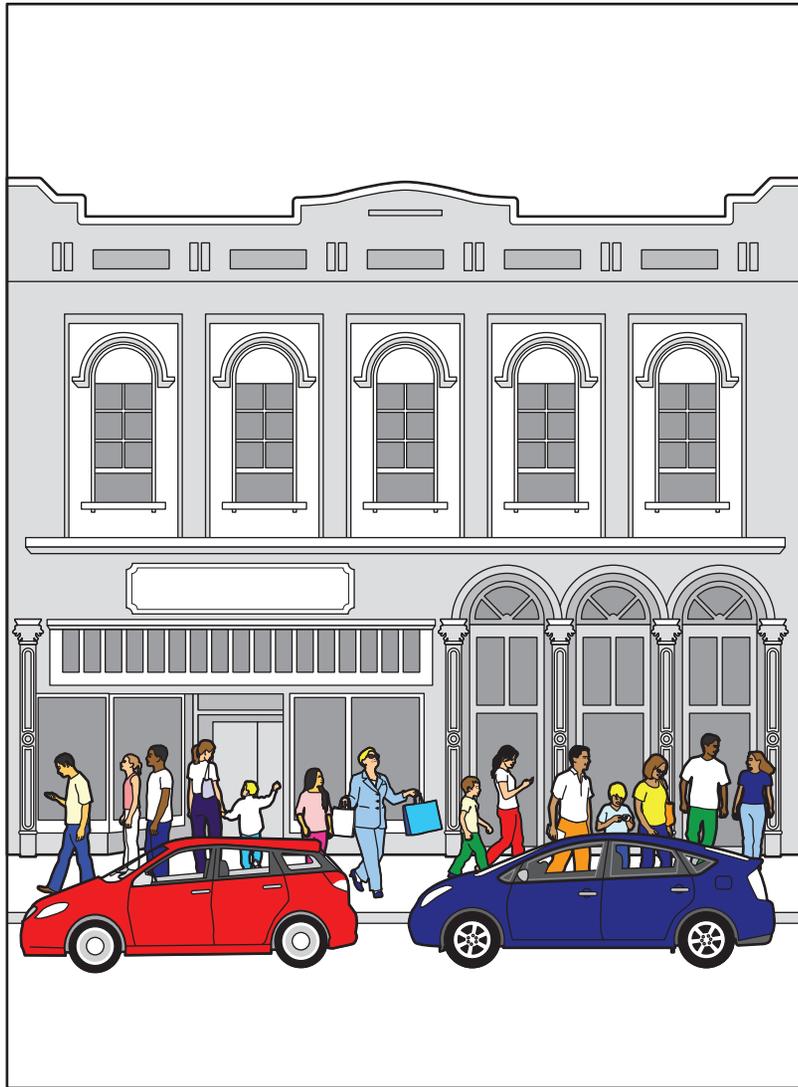
Main Street Makeover



Anna sat at a table in her family's restaurant with a sad frown on her face. The only people in the restaurant with Anna were her father and Carlo, the chef.



The restaurant used to be so busy, but now it was empty. Even the sidewalks on Main Street were empty. Anna told her father and Carlo about all the people shopping and eating at the new mall.



"We can't run businesses on Main Street with no customers," Anna said. "Mrs. Betty hasn't sold a pair of shoes this weekend. And Mr. Peterson, the barber, gave only two haircuts."

The bells over the restaurant door rang as Mrs. Betty, from the shoe store, entered with a big smile.

"Hi, Anna!" Mrs. Betty said as she handed Anna a gift. "I wanted to give you this yellow hair bow to thank you for cleaning my windows yesterday. Those windows made my store sparkle like new! Anyone who walks down Main Street will surely want to come inside and shop."

"That's it!" Suddenly Anna had an idea. "We can make Main Street shine so that people want to shop and eat downtown instead of at the mall!"

Mrs. Betty and Anna's father looked at each other. "What's wrong?" Anna asked.

"It's just that Main Street needs a lot of fixing up," Anna's father explained.

"It's too big a job for us to handle," said Mrs. Betty.

"We won't have to," Anna explained. "I'm going to ask everyone to help. We'll have a Main Street makeover!"

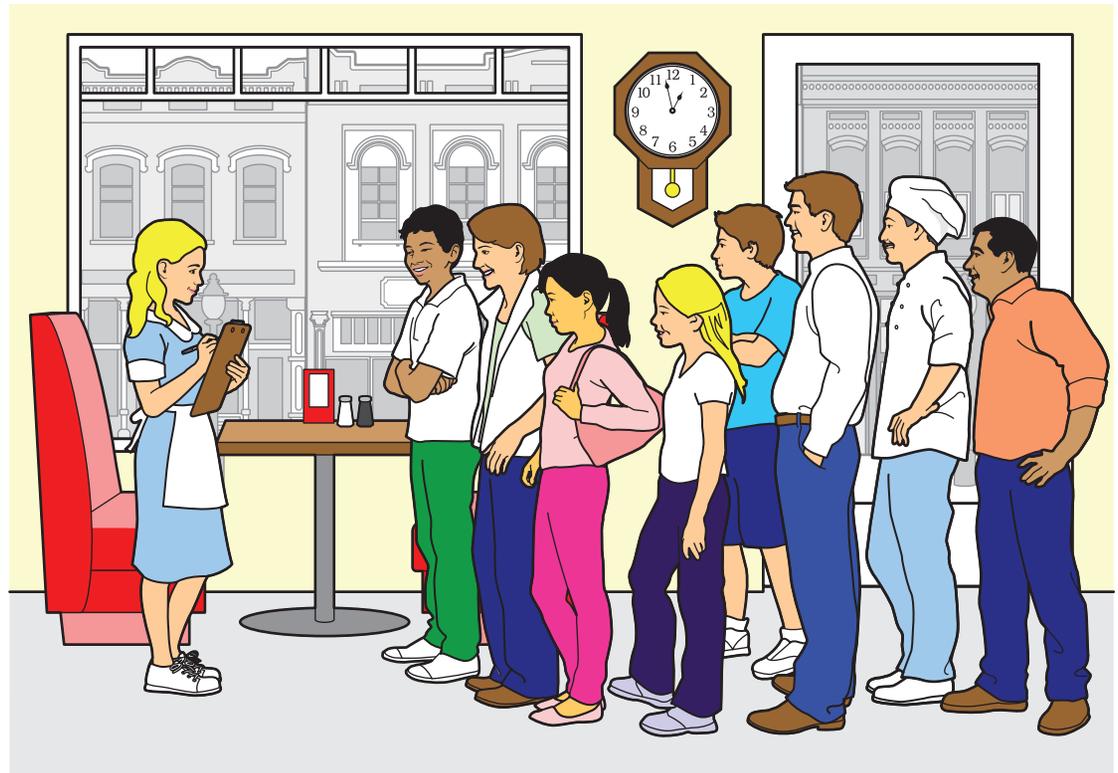


Anna realizes that Mrs. Betty has not sold a pair of shoes and Mr. Peterson has given only two haircuts all weekend.

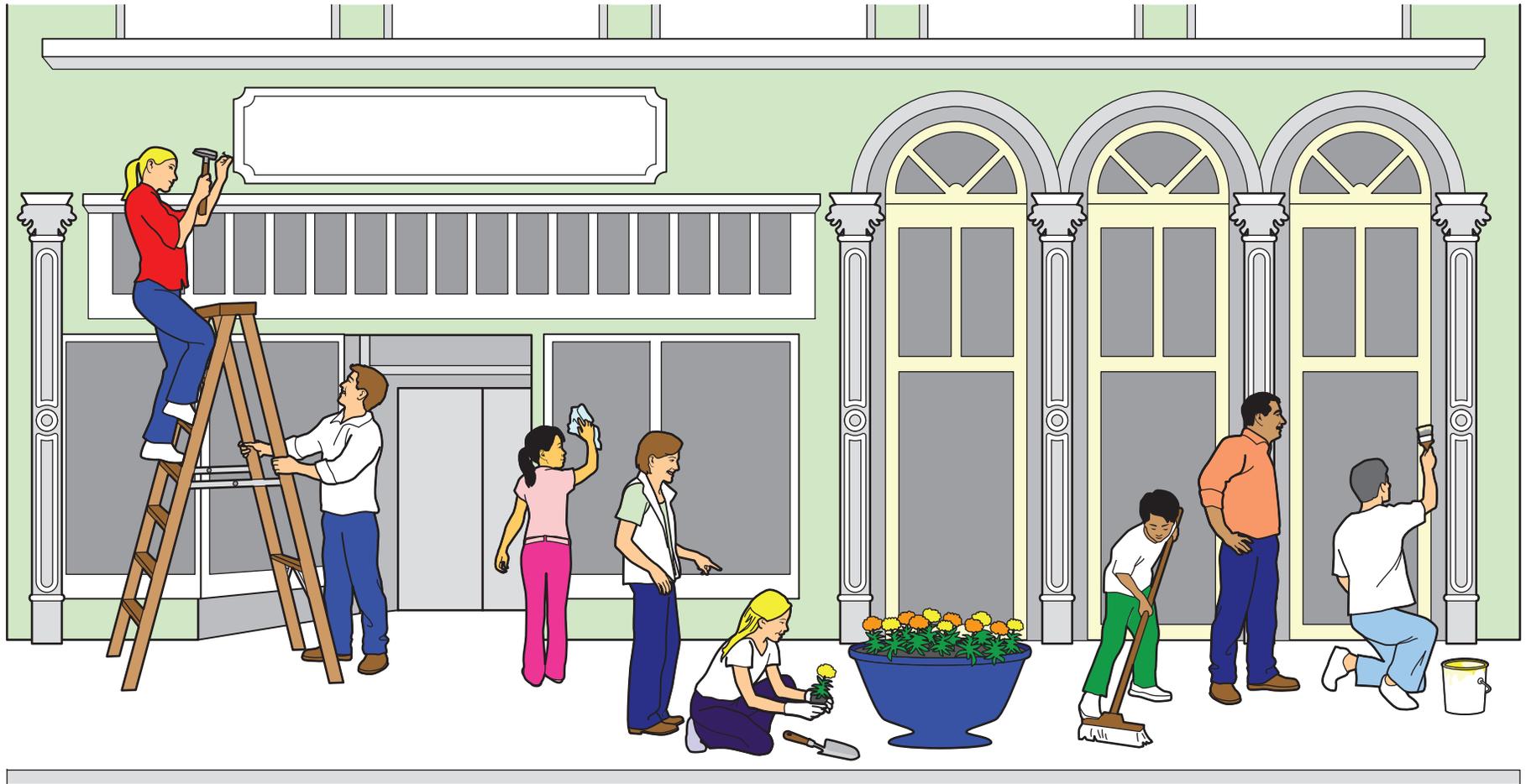
Mrs. Betty thanks Anna for making her windows sparkle so much that people will want to come inside and shop.

Anna hears the bells over the restaurant door ring.

Anna made posters advertising her idea for a Main Street makeover. The next Saturday, Anna sat at a table in the restaurant again. One by one, shop owners and family members came into the restaurant to help with the Main Street makeover. Even Anna's friends from school came to help.



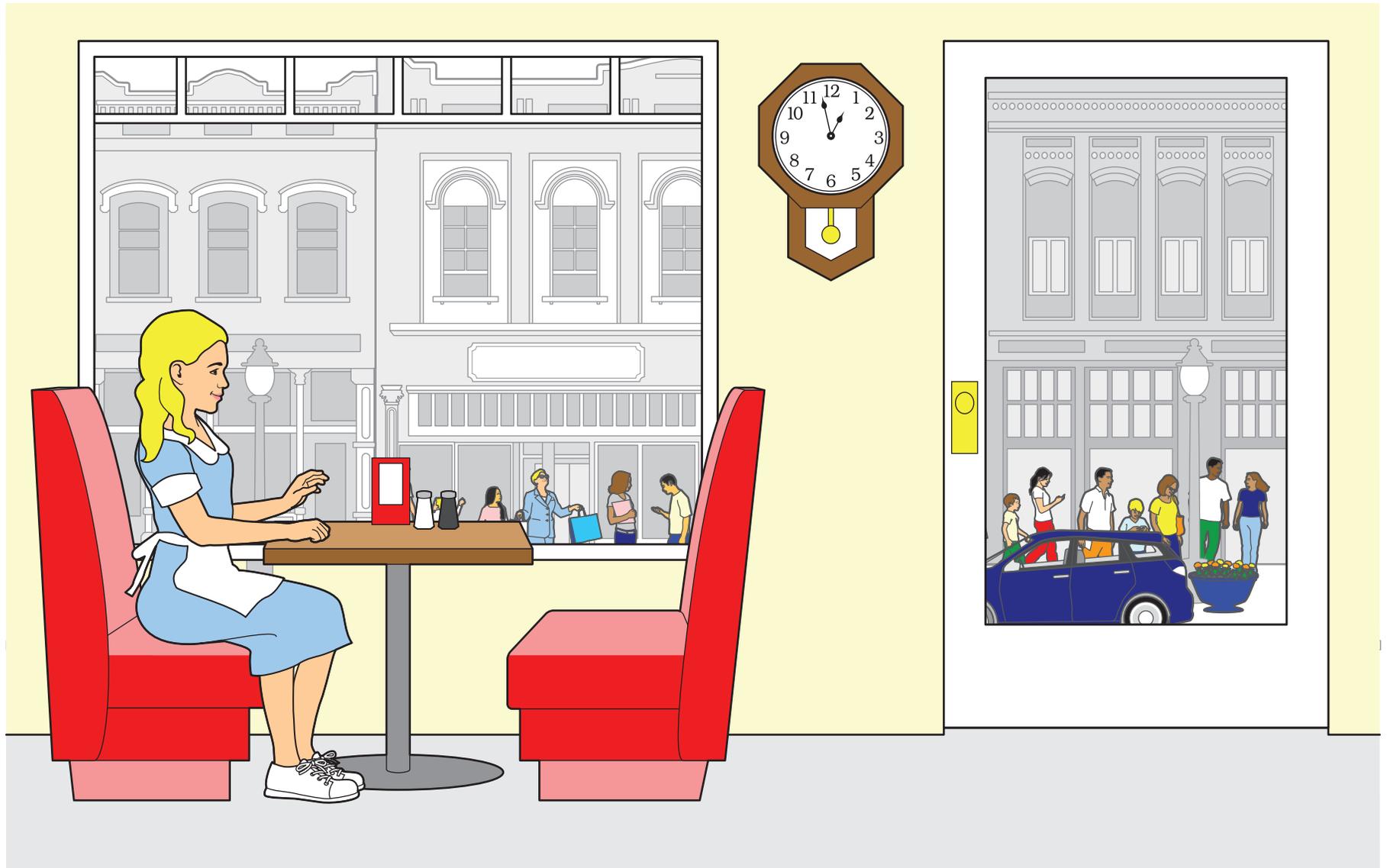
Anna organized groups. Mr. Peterson led the painting crew. Mrs. Betty's group replanted the big flower pots on the sidewalks. Anna's father and Carlos led the group repairing old boards on the buildings. Finally, Anna's friends from school shined windows and washed the sidewalk. The Main Street makeover had begun.



Three weeks later Mr. Peterson came into the restaurant for his coffee and said, "You look busy, Anna."

"I'm never too busy to get your coffee," Anna said.

"I have to hurry because I have someone coming in for a haircut in a few minutes," Mr. Peterson said with a smile. "Business sure is better on Main Street, thanks to your makeover!"



Anna made posters advertising her idea for a Main Street makeover.

"I'm never too busy to get your coffee," Anna said.

"Business sure is better on Main Street, thanks to your makeover!"

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