

Resources for *Breathing Underwater*

Created by Michelle Dam

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Journal Questions

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Previewing the Novel

We will start our reflection journal with a preview of the novel.

Look over the cover and read the book description. Predict how you think the story will go? What will the characters be like? How will their relationships be affected? What do you think the pictures will be like?

Chapters 1-4

1. Which character do you relate to most? Describe why and give examples from the novel. Do any characters remind you of anyone you know? Describe who and how they are similar and/or different.
2. What hobbies do characters in the book have? How do those hobbies add to them as a character? What hobbies do you have? How do your hobbies reflect your personality?
3. If you could take a trip across the country what cities or places would you like to visit? Describe each place and why you would want to visit there.
4. Olivia and Ruth shared a treasure hunt together as children. What are some memories or adventures you had with family or friends when you were younger? Imagine you have all the time and money needed, how would you recreate that memory or adventure?

Chapters 5-8

1. Draw a picture of Something New you have experienced recently. Add a caption like Olivia does in the story.
2. Olivia can often tell Ruth's moods by her music choice? What music do you listen to when you are upset, happy, or sad? Why those songs? Give specific examples.
3. When Ruth decides to get a tattoo, Olivia feels betrayed. Which sister can you relate to more? Describe a situation where you have felt similar emotions? How did you work through them?
4. Olivia feels comfortable talking to her mom and Ellie makes Ruth open-up more easily. What relationships in your life help you cope with stress or difficult experiences? Who helps you work through difficult situations?

Chapters 9-12

1. Olivia consistently deals with plans changing when it comes to her ideas for the pictures. How does she feel about these changes? How do you deal with changes to your plans or ideas?
2. Draw an image of the picture you would want to take for Something Old. Add a caption like Olivia does in the story.
3. At the bottom of page 126 Olivia says, "Even then I wanted to be the sunshine person." What does she mean by this? Can you relate? Describe why.
4. Olivia tells Darcy that her "superpower is making people feel relaxed" (145). What is your superpower or what is the superpower of someone you know well? Describe why.

Chapters 13-16

1. On page 165, Ellie discusses learning to find the little jewels and gems of life. What are some jewels and gems in your life?
2. Draw an image of the picture you would want to take for Something Magic or Something Gold. Add a caption like Olivia does in the story.
3. Pick one of the four: Something New, Something Old, Something Magic, or Something Gold. Make a five song playlist for that theme and explain why you chose those songs.
4. The title is explained on page 208. What does Olivia mean when she says she is breathing underwater? How would you title your current emotional condition? Explain why.

Project Menu

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| <p><u>Social Media Page for a Character:</u> Create a social media profile with at least 10 posts for one character from the novel. Do not repeat any posts already written in the novel, these should be your own creations.</p> | <p><u>Soundtrack for the movie:</u> Imagine <i>Breathing Underwater</i> is being made into a movie. Create a soundtrack for major events in the movie. You should have a minimum of 12 songs with a 2-3 sentence description for when each song would play in the movie and why you chose that song.</p> | <p><u>Short story</u> Your short story should be 3-5 pages typed and double spaced. Option 1: Write a short story about one of the characters in the text either before or after the novel takes place. Make sure to create your own events but keep the characters the same. Option 2: Write a short story that shares a similar theme to <i>Breathing Underwater</i>. Make sure you can explain how the two stories share a theme.</p> |
| <p><u>Book in a Bag:</u> Pick 12 items that correlate to major events, people, or concepts in the novel. You will present each item so be prepared to show the item and give a 2-3 description of what it is and how it relates to the novel.</p> | <p><u>Map of journey with plot points:</u> Create a map that shows the journey Olivia and Ruth take during the novel. Use symbols to mark locations and describe key parts of the plot. Your map should be in color and have at least 7 events from the story.</p> | <p><u>Character Bookmarks:</u> Create four bookmarks based on four of the characters. On one side draw a picture of the character and on the other side write a poem. The poem can be written about the character or be a poem that you have written from the perspective of that character.</p> |
| <p><u>Comic Strip</u> Choose a major scene from the novel and create a comic strip of that scene. It should have ten scenes and be in full color.</p> | <p><u>Video trailer:</u> Imagine the book is being made into a movie. Make a video trailer for the film that is between 1-3 minutes.</p> | <p><u>PowerPoint or Prezi:</u> Create a PowerPoint or Prezi that has 15 slides and covers the main characters, themes, plot, and resolution of the text. Make sure to include titles and quotes from the text with correct citations.</p> |

Level Up: Have students cite their sources for why they made those choices using quotes or paraphrasing and correct in-text citations.

Social Emotional Learning Research Essay

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In *Breathing Underwater* by Sarah Allen, Ruth struggles with clinical depression. Write a research paper about a topic related to mental health by using the following steps.

1. Come up with a research question or use one provided below.
2. Find three scholarly sources about that topic.
3. Write an outline that incorporates all your sources.
4. Write a 5-7 paragraph essay that includes a works cited page and fully answers your research question.

Example/Optional questions:

1. What are the signs you should be aware of in case someone you know is struggling with depression or anxiety?
2. What are some local resources for someone who struggles with depression or another mental health concern?
3. What is _____ (depression, anxiety, schizophrenia, Multiple Personality Disorder, OCD, ADHD, Tourette syndrome, etc.) and how does it affect the person who has it?
4. What are some healthy practices to deal with the stress and emotional struggles of daily life?
5. What are some of the benefits of counseling and how can we combat negative stereotypes?

Research Paper Grading Rubric

| | A | B | C | D | F |
|--|---|--|---|---|--|
| <u>Organization and Focus</u> | Essay has a strong clear thesis and is organized clearly to support the thesis. The research question being answered is clear and fully answered. | Essay has a somewhat clear thesis and is organized mostly to support the thesis. The research question is mostly answered. | The thesis is confusing or unclear and the essay is somewhat organized clearly. The research question is somewhat answered. | The thesis is missing or confusing and the essay lacks organization. The research question is unclear from the essay. | No essay is submitted, or essay is off topic. |
| <u>Evidence and Commentary</u> | The thesis is fully supported by evidence and each piece of evidence is explained clearly and concisely. | The thesis is mostly supported by the evidence given and the evidence is explained well. | The thesis is supported by little evidence and/or the evidence is not connected back to the thesis. | The evidence is confusing or unclear and does not connect to the thesis. | No evidence or commentary is written in the essay. |
| <u>Language and Conventions</u> | Academic language is used, and the tone matches a formal research paper. Standard conventions of grammar are followed. | Academic language is mostly used, tone is mostly formal, and standard conventions of grammar are followed. | Language is somewhat academic and standard conventions of grammar are mostly followed. | Writing is informal and there are numerous grammar issues. | Writing is difficult to understand and there are numerous grammar issues. |
| <u>Research and Citations</u> | Three scholarly articles are used in the paper and are cited correctly in the works cited page and in the in-text citations. | Three scholarly articles are used and there are some issues with the works cited page and in-text citations. | Two scholarly articles are used and there are some issues with the works cited page and in-text citations. | One scholarly article is used and there are substantial issues with the works cited page and in-text citations. | No scholarly articles are used, and no works cited page or in-text citations are included. |