

Good Inside Reading Guide

Directions:

Good Inside by Dr. Becky Kennedy is a profoundly influential text targeting parents and their relationships with their kids. However, it is much more about relationships as a whole (especially between authority figures and children) than it is just a parenting book. (1) Read the sections assigned (1 per day). Afterwards, (2) summarize the chapter. You can summarize using bullet points, or by writing a paragraph. Next, (3) 'translate' your notes by revising them to focus on teacher-student relationships, rather than parent-child. Finally, (4) write a personal connection between 75-150 words. It is best that your personal connection is in strong alignment OR opposition to the material of the chapter; you are NOT graded through agreement, but rather through reflection and effort.

Optional: have your parent or guardian read that chapter with you and talk to them about the reading. You can include their comments in the 'personal connection' portion of this graphic organizer.

Summary of Chapter	'Translated' into Teacher-Student Relationships	Personal Connection
Chapter 7: Behavior is a Window		
Chapter 21: Frustration Tolerance		

Chapter 6: Resilience over Happiness

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Chapter 25: Building Confidence

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Chapter 26: Perfectionism

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Your Choice:

Explore the unit page, pick another text of your choice, and please complete the 3 boxes below.

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Final Reflection

For this final box, please complete a reflective journal on what you have learned. You want to ideally focus on yourself, your thought patterns, your desires, and other elements associated with your own mental processes. If you don't know where to start, here is an important question: *What do you want?*

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