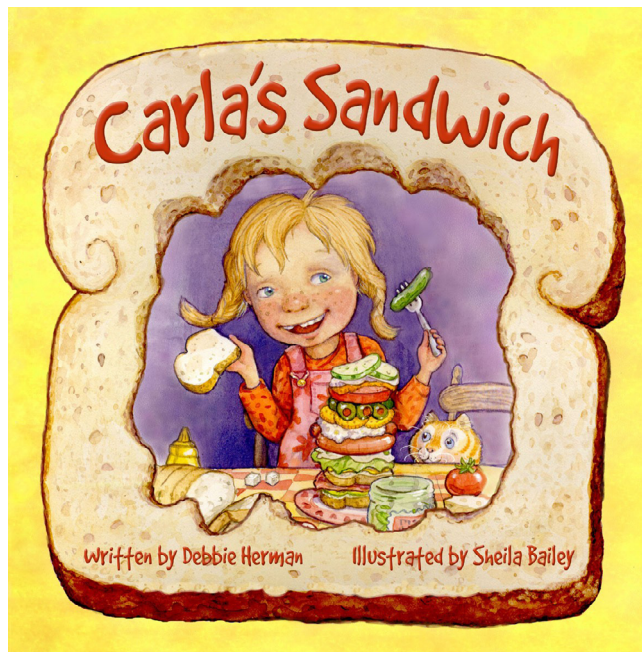




ACTIVITY GUIDE

ACTIVITIES RECOMMENDED FOR CHILDREN AGES 8-10



CARLA'S SANDWICH

WRITTEN BY DEBBIE HERMAN
ILLUSTRATED BY SHEILA BAILEY

Watch the video of actor
Allison Janney
reading this story at
storylineonline.net



ABOUT THIS STORY

SYNOPSIS

When Carla brings weird sandwiches to school, her classmates have plenty to say about them. “That’s sick!” says Leslie. “That’s disgusting!” says Natie. But Carla thinks otherwise. “It’s unique. It’s creative.” - Just like Carla.

THEMES IN THE STORY

Acceptance, tolerance, individuality, peer pressure

TALK IT UP!

Use the following questions to discuss the themes of the story:


- Carla brought very weird sandwiches to school. Her classmates find the sandwiches “gross”, but Carla likes to be different. In what ways are you different from your friends? Your family? Your classmates?
- Many of Carla’s classmates find her sandwiches “disgusting”. If your classmates said that a certain behavior of yours was “sick”, would you change it? Why or why not?
- Carla’s classmates make fun of her sandwich choices. Tell about a time when you or someone you know was being made fun. How did that experience make you feel?
- On the day of the picnic, Buster forgot his lunch. Carla is the only person to offer half of her sandwich to Buster. Share a time when you did something to help a friend? Would you help someone who has not treated you very nicely in the past? Why or why not?
- Buster eventually accepts Carla’s sandwich and finds it to be “the best sandwich I ever ate”! Tell about a time when you tried something new and were pleasantly surprised.

FRUIT STAMP LUNCH BAG

Carla and her classmates make a variety of “different” sandwiches throughout the story. Design a lunch bag to carry your own unique sandwiches to picnics, the park and school!

MATERIALS —

Fabric lunch bag (eco-friendly blank cotton bags may be purchased online or at your local craft store), Fabric Paint, Foam brushes, Fruit*, Knife, Scratch paper, Tablecloth or newspaper

 **Google It:** Oranges, apples and pears are suggested, but you may search for food stamping projects that use other fruits and vegetables.

PREPARATION TIME —

None

LENGTH OF ACTIVITY —

45 minutes

DIRECTIONS FOR ACTIVITY —

Step 1: Lay out your paint and fruit with paper underneath to contain the mess.

Step 2: Cut your oranges, apples and pears in half.

Step 3: Use foam brush to cover each half of the fruit entirely with paint. Press fruit on scratch paper to test how much or how little paint to dab on the fruit.

Step 4: Next, still using scratch paper, create the pattern of fruit you would like to do on your bag.

Step 5: When you are ready, re-create your pattern on your bag

Step 6: Once you have added all your prints, see if any need another stamping for a stronger print.

Step 7: Optional: Using marker, add tiny details to your fruit, such as a stem to your apple and white lines for orange slices.



WRITING ACTIVITY: IT'S A CINQUAIN (SIN-CANE) ABOUT SANDWICHES!

Carla makes so many different sandwiches that it's hard to know which one is her favorite! Choose two of her sandwiches in the story and write a cinquain poem about each one.

Rules for writing your cinquain poems:

1. Each poem is 5 lines long
2. Each poem has 2 syllables in the first line, 4 in the second line, 6 in the third line, 8 in the fourth line, and 2 in the last line.
3. Your poem does not need to rhyme, but you can include rhymes if you like.

MATERIALS —

Paper/pencil or tablet

PREPARATION TIME —

None

LENGTH OF ACTIVITY —

30 minutes

DIRECTIONS FOR ACTIVITY —

Both the adult and child pick a sandwich from the story and work together to write poems!

1. Brainstorm ideas about your sandwich. Write down as many things you can to describe your sandwich. Be sure to include all of your senses!
2. Next, decide on what story you want to tell and start counting syllables. If a line has too many syllables or not enough, can you change the words to get it just right?
3. Once you are done, be sure that the poem says what you want it to say. Make edits, if necessary.

Sample poem about Ice Cream:

Ice cream.
Cold and yummy.
I love its sweet richness
as it finds its way into my
tummy.

COOKING ACTIVITY: CARLA'S COMBO DELUXE

Buster says, "That was the best sandwich I ever ate!" Carla's friends find the Combo Deluxe "terrific", too.

Use this recipe to make your own Combo Deluxe and see if it's "yum".


INGREDIENTS —

2-slices of bread (white, wheat, rye, sourdough, sprouted)
Shredded lettuce
Sliced tomatoes
Raisins
Bean sprouts
Pretzels
Mayonnaise
Salt & Pepper

PROCEDURE —

1. Spread mayonnaise on two slices of bread (toasted or not)
2. On one slice, place layers of lettuce, tomatoes, raisins, bean sprouts and pretzels.
3. Add some salt and pepper
4. Decorate with a fancy toothpick!

Add a little math to your recipe:

- This sandwich includes some healthy ingredients. How many calories are in one sandwich? How many calories are there altogether if you made one sandwich for everyone in your family?
-  **Google It:** Research calories. How many calories are recommended daily for someone your age? Add up all of your calories for the day. Are you over or under your recommended daily calories?

EXPERIMENT: CUCUMBER CHEMISTRY

Carla makes a chopped liver, potato chip and cucumber sandwich. In this fun experiment, you will use a cucumber to explore how different substances can absorb water from their environments. You may be surprised how the cucumber will change when exposed to salt, sugar or baking powder.

MATERIALS —

Cucumber, Sugar, Baking powder, Salt, Kitchen scale (optional), Knife, 4 small plates, teaspoon, watch/clock/timer

PREPARATION TIME —

10 minutes

LENGTH OF ACTIVITY —

40 minutes

PROCEDURE FOR EXPERIMENT —

Step 1: Take the unpeeled cucumber and with the help of an adult, cut four equal size pieces with a knife. The slices should be about 0.5 centimeter thick.

Step 2: Observe

- What does the cucumber slice look like? Is it very wet?
- How does it feel when you touch it? Does it feel crisp, hard or squishy?
- When you pick it up, does it keep its stiffness?

Step 3: Put each slice on a different plate; each slice will now get a different treatment.

Step 4: First, measure out one teaspoon of salt. For the first slice, carefully pour the teaspoon of salt into a pile top of the cucumber slice.

Step 5: Next, measure out one teaspoon of sugar. Build a little pile with the sugar on top of the second cucumber slice.

Step 6: Then, measure out one teaspoon of baking powder. Pile the baking powder on top of the third cucumber slice.

Step 7: Cucumber slice four will be your control. This means that it receives no treatment and is the one you will compare results. Leave it on the plate as it is.

Step 8: Observe all four cucumber slices for 30 minutes. Watch closely what happens to the different substances you have put on each slice. You can also use the teaspoon to gently press the pile onto the cucumber occasionally. *(Be sure to clean the teaspoon between touching it to each substance.)*

- Do you notice any texture change of the different substances?
- What happens to them over time?

Step 9: During the same 30 minutes, touch the salt, sugar and baking powder every five minutes with your fingers. *(Be sure you rinse your fingers off between each.)*

- How do they feel?
- Do they start to change over time?

Note: If the substances become wet, take a clean spoon and carefully remove the pile of sugar, salt or baking powder and replace it with the same amount of fresh sugar, salt or baking powder. Make a note of how often you changed the pile for each substance.


- Which of the substances became wet first?
- How often do you think you will have to replace the salt, sugar or baking powder?

Step 10: After 30 minutes remove all the sugar, salt and baking soda from the cucumbers (keep track of which slice had what substance). Use your fingers to clean the cucumber slices of any remaining substance. When touching the different cucumber slices, how do they feel?

Step 11: Once all your cucumber slices are clean, if you have a kitchen scale, you can weigh each cucumber slice and note any changes. Compare this value with the number you wrote down in the beginning. What happened to the cucumber slice during the activity? Did it become heavier or lighter? Comparing the different substances, which one resulted in the biggest change? Can you think of a reason why?

Step 12: Finally, cut your cucumber slices in half and compare the texture and thickness of each slice with that of your control. Did their texture and appearance change? If yes, how? Did the slice thickness change? Which substance had the most noticeable effect? What does that tell you about the substance's ability to attract water?

Extra: During your test of some of these substances, the cucumber lost a lot of water. Do you think you could rehydrate the cucumber again? Try placing each cucumber slice into a clean cup of fresh water and let it sit overnight. Do the cucumber slices look different in the morning?

 **Google It:** Find out what "Hydroscopic" means.

PHYSICAL ACTIVITIES

Carla's class has a picnic at the park. Try these games at your next picnic:

FRISBEE ROUNDERS

MATERIALS —

1 Frisbee, minimum of 4 players

PREPARATION TIME —

None

LENGTH OF ACTIVITY —

25 minutes

DIRECTIONS FOR ACTIVITY —

The playing field is set-up like baseball. The “batter” throws the Frisbee as far as he/she can before running around the bases, while the fielding team aims to retrieve it and stump the player out. Baseball rules apply. Better yet, create your own rules for your group!

FRUIT BOWL

MATERIALS —

None, minimum of 8 players

PREPARATION TIME —

None

LENGTH OF ACTIVITY —

20 minutes

DIRECTIONS FOR ACTIVITY —

Players stand in a circle. Each player gets labeled with one of four fruits (*it's okay to have 4 bananas, 3 oranges, 2 pears and 2 apples*). A caller shouts out a fruit at random. Anyone labeled with that fruit has to run and switch places with another person with the same label. If the caller shouts out ‘fruit bowl’ EVERYONE has to run and find a new place.

Field trips are a great way to make a real world connection to the story.

VISIT A CHEF

Carla's sandwiches are definitely unique, but perhaps her sardine, mustard and sunflower seeds sandwich is really delicious! Schedule a visit with local chef to learn the magic of food combinations.

A VIRTUAL TOUR

Carla and her classmates climb on a lion statue while at the park. According to Greek society, lions represent power and bravery. Do your local parks have lion statues? What is the historical significance? Take a virtual tour and find more lion statues and their meaning. 🔍 **Google It:** Bryant Park in New York City

DO SOMETHING

Carla's Sandwich is about lots of different sandwiches. Sadly, many people are without nutritious sandwiches and go to sleep hungry every day. Collect nonperishable sandwich items and donate to your local food bank. Next, volunteer with a local organization that feeds the homeless in your community.

ABOUT STORYLINE ONLINE

The SAG-AFTRA Foundation's children's literacy website *Storyline Online* streams imaginatively produced videos featuring celebrated actors to help inspire a love of reading. Storyline Online receives millions of views every month in hundreds of countries. Visit Storyline Online at storylineonline.net.

ABOUT THE SAG-AFTRA FOUNDATION

The SAG-AFTRA Foundation provides vital assistance and educational programming to the professionals of SAG-AFTRA while serving the public at large through its signature children's literacy program. Founded in 1985, the Foundation is a national non-profit organization that relies solely on support from grants, corporate sponsorships, and individual contributions to fund our programs. Visit sagaftra.foundation.

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