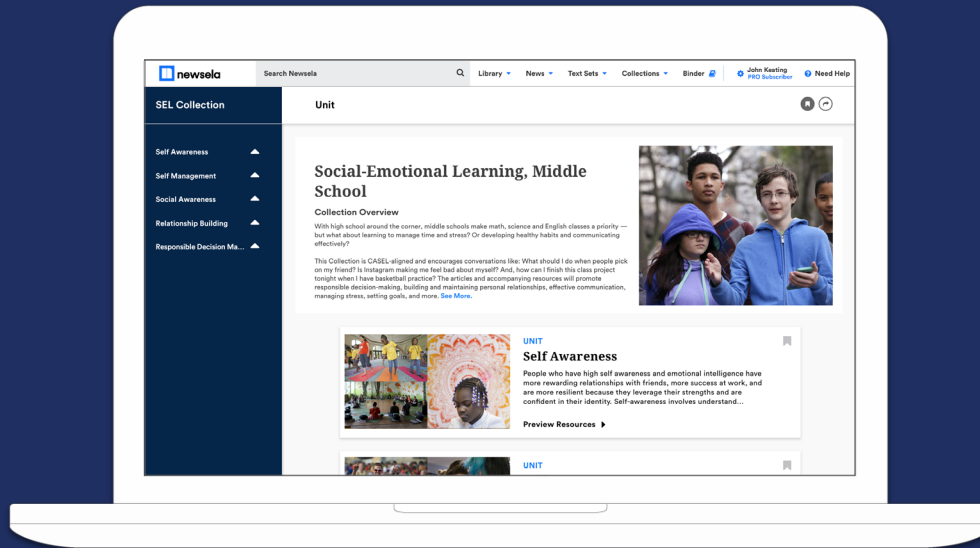




Social-Emotional Learning Collection

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"Inside Out" shows that people can be happy and sad at the same time

Lexile®: 500L

By: Washington Post, adapted by Newsela staff

This article is available in the SEL Collection at 5 reading levels, with embedded activities and multiple choice quiz aligned to literacy standards.



When you're little, emotions are simpler. You may feel happy or sad. You may be really angry. When people get older, their feelings change. They may feel different emotions at the same time.

"Inside Out" is a movie about a girl named Riley. She is 11 years old. Her family moves from Minnesota to San Francisco, California. Her life goes through big changes.

Riley's Emotions Change When She Moves To California

Riley's emotions are the main characters. There are five of them. They are Joy, Sadness, Disgust, Fear and Anger. They are in charge of Riley's brain. Sometimes, Riley feels many emotions at the same time. Adults know what that's like.

Older people are more likely to have mixed emotions. They may have a happy moment. They may feel sad at the same time. The happy moment can end at any point. Adults know this, so they feel more grateful.

In the movie, Riley was happy in Minnesota. Most of her memories were joyful. The emotion Joy was

in charge. But moving to San Francisco was sad. It changes Riley's emotions.

Movie Explains How Emotions Work Together

In the movie, Riley's memories are colored balls of light. The best ones are golden. Her memories are stored far away in her brain. Sometimes, they are brought back. That way, Riley can watch them again.

Scientists say the movie does a good job. It shows how emotions grow and change. Kids may feel sad about growing up. The movie's director said growing up is hard. He also said it's OK to be sad about it.

Laura Carstensen is a scientist at Stanford University. It is in California. Carstensen studies people's emotions. She found that older people have more mixed emotions than younger people.

"Inside Out" shows what mixed emotions are like. That is why adults like it too. It shows what it means to feel happy or sad. Sometimes, you can be both.

Example Lesson Spark:

Lesson Sparks give teachers ideas for how to use the content in the classroom. Every article in the SEL Collections comes with a Lesson Spark.

Before Reading

Show [the trailer for Inside Out](#). Then ask your students to [write-pair-share](#) about this question: What emotion do you feel most often?

Reading Strategy

Annotate the text with 3 text-to-self connections you can make between this article and your own life.

Custom Write Prompt: Explain one text-to-self connection you made between this article and your own life. Why did you make that connection?

After Reading

Tell students it's their turn to think about all the emotions they feel each day. Pass out the [Emotion Puzzle](#).

Have students complete the Emotion Puzzle for themselves so that they can demonstrate and better understand their emotions.

Netflix's new baking show focuses on having fun and not giving up

Lexile®: 1080L

By: Kelly Lawler, USA Today, adapted by Newsela staff

This article is available in the SEL Collection at 5 reading levels, with embedded activities and multiple choice quiz aligned to literacy standards.



There are many popular baking and cooking shows. Most of them are about skilled, professional chefs competing against each other. They have beautiful creations at the end.

“Nailed It!” on Netflix, is different. The show is more about bakers who try hard and fail.

“Nailed It!” is named for a popular Internet trend. Bakers will post pictures of what they made on social media sites, like Instagram. One picture will be a beautiful baked good. Next to it is the same baked good, but the failed version. Under the failed baked good, the text says, sarcastically, “Nailed It!”

In the Netflix show, three inexperienced bakers compete. They try to quickly make flashy baked treats. The treats include emoji cakes, or ones shaped like President Trump’s face.

The Show Is Silly And Fun

Most of the show’s inexperienced bakers come up with crumpled messes. The “winner” is the person who does the job least terribly. That person gets \$10,000.

This might sound like a cruel show. It is actually very sweet and fun. “Nailed It!” knows it has a silly concept. It even celebrates this.

“Nailed It!” does not celebrate failing. It celebrates trying. It often feels like the episodes are baking parties, with a prize.

Most of us are not expert bakers. Still, many of us love sweets and we love making food. I am one of those people. I have cookbooks, a dough mixer tool and a good attitude. I bake in my free time. My creations do not always turn out right. Sometimes people love my cinnamon buns. Sometimes things don’t go so well.

An “A” For Effort

The bakers in the show make similar mistakes. They frost cupcakes while they are hot, which is not a good idea. Sometimes they overload cake pans, leading to a hot mess in the oven.

However, sometimes they can still win. As the show’s judges say, they tried, they did not give up and they learned something. They feel good even though what they made is bad. They present their final creations with the joking phrase “nailed it!” The bakers laugh right alongside the judges.

The show inspired me to bake in a way that no other baking show ever has. After watching all six episodes, I tied to make some cupcakes. The icing drooped. I got sprinkles everywhere. Still, I tried. So, I won.

Example Lesson Spark:

Lesson Sparks give teachers ideas for how to use the content in the classroom. Every article in the SEL Collections comes with a Lesson Spark.

Before Reading

Watch the following video entitled “[Nailed it! Trailer](#)” and discuss these questions in pairs after watching:

- What do you notice about what the contestants say and do during the show?
- Are the judges expecting perfection in this game? How do they treat mistakes?
- Based on the trailer, what is the mood of this show?

Reading Strategy

As you read, highlight in GREEN ways that a contestant can win the show “Nailed It!” Create three annotations with questions or reactions that you have while reading.

Custom Write Response: How does the Netflix show “[Nailed It!](#)” treat mistakes? Cite two details from the article to support your response.

After Reading

Have students watch a clip from the show “Nailed it!” and have students complete the [Image Analysis](#). Ask students to note these three components of the video:

- How the judges react to the creation
 - How the contestants react to the judges
 - How the contestants show that they have a growth mindset
- Debrief the questions as a class.

Grammarians are cringing: No periods at end of text message?

Lexile®: 1240L

By: Nicki Lisa Cole, Ph.D., ThoughtCo.com, adapted by Newsela staff

This article is available in the SEL Collection at 5 reading levels, with embedded activities and multiple choice quiz aligned to literacy standards.



It turns out certain punctuation in text messages might not be a good idea. Period.

A team of psychologists at Binghamton University in New York conducted a study among the school's students. They found that text message responses to questions that ended with a period were perceived as less sincere than those that did not.

The study titled "Texting Insincerely: The Role of the Period in Text Messaging" was published in *Computers in Human Behavior*, a journal for psychologists, in December 2015. It was led by Celia Klin, a professor of psychology.

Previous studies, and your own daily observations, might show that most people do not include periods at the end of final sentences in text messages, even when they included them in the previous sentences. Klin and her team suggest that this occurs because the rapid back-and-forth exchange enabled by texting resembles talking. So, our use of the medium is closer to how we speak to each other than to how we write with each other. This means that when people communicate by text message they must use other methods to include the social cues that are included by default in spoken conversations, like tone, physical gestures, facial and eye expressions, and the pauses we take between our words.

In sociology — the study of human relationships — we analyze all the ways our daily interactions are loaded with communicated meaning. This framework of ideas is known as the symbolic interaction perspective.

Add Emojis To Provide Meaning

There are many ways that we add these social cues to our textual conversations. Most obvious among them are emojis, which have become a common part of our daily communicative lives. Oxford English Dictionary named the "Face with Tears of Joy" emoji as its 2015 word of the year.

But of course, we also use punctuation like asterisks and exclamation points to add emotional and social cues to our texted conversations. Repeating letters to add emphasis to a word, like "soooooo tired," is also commonly used to the same effect.

Klin and her team suggest that these elements add "pragmatic and social information" to the literal meaning of typed words, and so have become useful and important elements of conversation in our digitized, 21st century lives. However, a period at the end of a final sentence stands alone.

In the context of texting, other language researchers have suggested that the period reads as final — as shutting down a conversation. They say that it is more commonly used at the end of a sentence that is meant to convey unhappiness, anger, or frustration. Still, Klin and her team wondered if this was really the case, and so they conducted a study to test this theory.

Klin and her team had 126 students at their university rate the sincerity of a variety of exchanges, presented as images of text messages on mobile phones. In each exchange, the first message contained a statement and a question, and the response contained an answer to the question. The researchers tested each set of messages with a response that ended with a period, and with one that did not.

Period Or No Period?

One example read, "Dave gave me his extra tickets. Wanna come?" followed by a response of "Sure" — punctuated with a period in some instances, and not in others.

The study also contained 12 other exchanges using different forms of punctuation, so as to not lead participants on to the intent of the study. Participants rated the exchanges from very insincere (1) to very sincere (7).

The results show that people find final sentences that end with a period to be less sincere than those that are ended without punctuation (3.85 on the scale of 1-7, versus 4.06). Klin and her team observed that the period has taken on a particular function and social meaning in texting because its use is optional in this form of communication. That participants in the study did not rate use of the period as indicating a less sincere handwritten message seems to back this up.

Only In Texting

Our interpretation of the period as signaling a not entirely sincere message is unique to texting.

Of course, these findings do not suggest that people are using periods intentionally to make the meaning of their messages less sincere. But regardless of intent, receivers of such messages are interpreting them that way.

Consider that during an in-person conversation, a similar lack of sincerity might be communicated by not looking up from a task or other object of focus while responding to a question. Such behavior signals a lack of interest in or engagement with the person asking the question. In the context of texting, the use of a period has taken on a similar meaning.

So if you want to ensure that your messages are received and understood with the level of sincerity you intend, leave the period off the final sentence. You might even consider adding more sincerity with an exclamation point. Grammar experts are likely to disagree with this recommendation, but it's we social scientists who are more adept at understanding the shifting dynamics of interaction and communication. You can trust us on this, sincerely.

Nicki Lisa Cole, Ph.D., is a sociologist who has more than a decade of experience in university research and teaching. Cole has taught a wide range of sociology courses at the University of California-Santa Barbara and at Pomona College, covering topics including research methods, theory, race and ethnicity, gender and sexuality, consumer culture, and globalization.

Example Lesson Spark:

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Before Reading

Show students this [video hook](#) (3 mins.) about passive-aggressive texts. Then have them [write-pair-share](#): How important are things like emojis and punctuation when you're texting someone? Give an example.

Reading Strategy

Highlight in YELLOW details that show how people add emotional and social cues to texted conversations. Use the ANNOTATE tool to make at least one personal connection.

Custom Write Response: How is texting like talking, in terms of communication? Why are social cues important in texted conversations and what are some social cues we use when texting? Support your answer using at least TWO details from the article.

After Reading

Have students create a text conversation that demonstrates purposeful use of the social cues they read about in the article. Debrief by having students share their conversations and discuss.