

Lesson #1 Instructional Resources

The resources that follow should be printed out in hard copy on separate sheets for Lesson #1 Group Work.

- ◆ **Resource #1:** The Charge of the Light Brigade - Alfred, Lord Tennyson¹
- ◆ **Resource #2:** What is love? Science kinda has the answer - Bonnie Christian²
- ◆ **Resource #3:** I felt a Funeral in my Brain - Emily Dickinson³
- ◆ **Resource #4:** Civil Rights Movement (Legal Dictionary excerpt)⁴
- ◆ **Resource #5:** I Love You - Ella Wheeler Wilcox⁵
- ◆ **Resource #6:** Tree (Simple Wikipedia excerpt)⁶
- ◆ **Resource #7:** I, Too - Langston Hughes⁷
- ◆ **Resource #8:** Trees - Joyce Kilmer⁸
- ◆ **Resource #9:** Panic attacks and panic disorder (Mayo Clinic excerpt)⁹
- ◆ **Resource #10:** The Charge of the Light Brigade (Wikipedia excerpt)¹⁰

¹ Tennyson, Alfred. "The Charge of the Light Brigade." *Poetry Foundation*, 8 Jan. 2019: <https://www.poetryfoundation.org/poems/45319/the-charge-of-the-light-brigade>

² Christian, Bonnie. "What is love? Science kinda has the answer." *Wired*, 8 Jan. 2019: <https://www.wired.co.uk/article/what-is-love>

³ Dickinson, Emily. "I felt a Funeral, in my Brain, (340)." *Poetry Foundation*, 8 Jan. 2019: <https://www.poetryfoundation.org/poems/45706/i-felt-a-funeral-in-my-brain-340>

⁴ Farlex, Inc. "Civil Rights Movement." *The Free Dictionary*, 8 Jan. 2019: <https://legal-dictionary.thefreedictionary.com/Civil+Rights+Movement>

⁵ Wilcox, Ella Wheeler. "I Love You." *Poetry Foundation*, 8 Jan. 2019: <https://www.poetryfoundation.org/poems/50334/i-love-you-56d22d5628559>

⁶ "Tree." *Simple English Wikipedia*, 8 Jan. 2019: <https://simple.wikipedia.org/wiki/Tree>

⁷ Hughes, Langston. "I, Too." *The Collected Poems of Langston Hughes*, Ed. Arnold Rampersad. New York: Knopf, 1994.

⁸ Kilmer, Joyce. "Trees." *Poetry Foundation*, 8 Jan. 2019: <https://www.poetryfoundation.org/poetrymagazine/poems/12744/trees>

⁹ Mayo Foundation for Medical Education and Research. "Panic attacks and panic disorder." *Mayo Clinic*, 8 Jan. 2019: <https://www.mayoclinic.org/diseases-conditions/panic-attacks/symptoms-causes/syc-20376021>

¹⁰ "Charge of the Light Brigade." *Wikipedia*, 8 Jan. 2019: https://en.wikipedia.org/wiki/Charge_of_the_Light_Brigade

Resource #1

I

Half a league, half a league,
 Half a league onward,
 All in the valley of Death
 Rode the six hundred.
 "Forward, the Light Brigade!
 Charge for the guns!" he said.
 Into the valley of Death
 Rode the six hundred.

II

"Forward, the Light Brigade!"
 Was there a man dismayed?
 Not though the soldier knew
 Someone had blundered.
 Theirs not to make reply,
 Theirs not to reason why,
 Theirs but to do and die.
 Into the valley of Death
 Rode the six hundred.

III

Cannon to right of them,
 Cannon to left of them,
 Cannon in front of them
 Volleyed and thundered;
 Stormed at with shot and shell,
 Boldly they rode and well,
 Into the jaws of Death,
 Into the mouth of hell
 Rode the six hundred.

IV

Flashed all their sabres bare,
 Flashed as they turned in air
 Sabring the gunners there,
 Charging an army, while
 All the world wondered.
 Plunged in the battery-smoke
 Right through the line they broke;
 Cossack and Russian
 Reeled from the sabre stroke
 Shattered and sundered.
 Then they rode back, but not
 Not the six hundred.

V

Cannon to right of them,
 Cannon to left of them,
 Cannon behind them
 Volleyed and thundered;
 Stormed at with shot and shell,
 While horse and hero fell.
 They that had fought so well
 Came through the jaws of Death,
 Back from the mouth of hell,
 All that was left of them,
 Left of six hundred.

VI

When can their glory fade?
 O the wild charge they made!
 All the world wondered.
 Honour the charge they made!

Resource #2

Both scientists agreed that love is not something that can be controlled, curated or switched on or off. Instead, it arises from the depths of our subconscious. “Our subconscious mind has about ten times more information than our rational brain,” Toleikyte told WIRED. “So when we actually fall in love with a person it might seem like quite a momentary experience, however the brain is working really hard to compute and to produce that feeling.” This is what Fisher labels romantic love, something she somewhat unromantically describes as “a basic drive that evolved millions of years ago in order to enable us and focus our attention on just one partner and start the mating process.” So it’s a complex series of computations of the subconscious brain that gives us an emotional experience we can’t control.

Resource #3

I felt a Funeral in my Brain,
And Mourners, to and fro
Kept treading - treading - till it seemed
That Sense was breaking through -

And when they all were seated,
A Service like a Drum -
Kept beating - beating - till I thought
My mind was going numb -

And then I heard them lift a Box
And creak across my Soul
With those same Boots of Lead, again,
Then Space - began to toll,

As all the Heavens were a Bell,
And Being but an Ear,
And I, and Silence some strange Race,
Wrecked, solitary, here -

And then a Plank in Reason, broke,
And I dropped down, and down -
And hit a World, at every plunge,
And Finished knowing - then -

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Resource #4

The civil rights movement was a struggle by African Americans in the mid-1950s to late 1960s to achieve Civil rights equal to those of whites, including equal opportunity in employment, housing, and education, as well as the right to vote, the right of equal access to public facilities, and the right to be free of racial discrimination.

No social or political movement of the twentieth century has had as profound an effect on the legal and political institutions of the United States. This movement sought to restore to African Americans the rights of citizenship guaranteed by the Fourteenth and Fifteenth Amendments, which had been eroded by segregationist Jim Crow Laws in the South. It fundamentally altered relations between the federal government and the states, as the federal government was forced many times to enforce its laws and protect the rights of African American citizens. The civil rights movement also spurred the reemergence of the judiciary, including the Supreme Court, in its role as protector of individual liberties against majority power. In addition, as the Reverend Martin Luther King Jr., and other leaders of the movement predicted, the movement prompted gains not only for African Americans but also for women, persons with disabilities, and many others.

Resource #5

I love your lips when they're wet with wine
And red with a wild desire;
I love your eyes when the lovelight lies
Lit with a passionate fire.
I love your arms when the warm white flesh
Touches mine in a fond embrace;
I love your hair when the strands enmesh
Your kisses against my face.

Not for me the cold, calm kiss
Of a virgin's bloodless love;
Not for me the saint's white bliss,
Nor the heart of a spotless dove.
But give me the love that so freely gives
And laughs at the whole world's blame,
With your body so young and warm in my arms,
It sets my poor heart aflame.

So kiss me sweet with your warm wet mouth,
Still fragrant with ruby wine,
And say with a fervor born of the South
That your body and soul are mine.
Clasp me close in your warm young arms,
While the pale stars shine above,
And we'll live our whole young lives away
In the joys of a living love.

Resource #6

A tree is a tall plant with a trunk and branches made of wood. Trees can live for many years. The oldest tree ever discovered is approximately 5,000 years old. The four main parts of a tree are the roots, the trunk, the branches, and the leaves.

The roots of a tree are usually under the ground. One case for which this is not true are the roots of the mangrove tree which are often under water. A single tree has many roots. The roots carry food and water from the ground through the trunk and branches to the leaves of the tree. They can also breathe in air. Sometimes, roots are specialized into aerial roots, which can also provide support, as is the case with the banyan tree.

The trunk is the main body of the tree. The trunk is covered with bark which protects it from damage. Branches grow from the trunk. They spread out so that the leaves can get more sunlight.

The leaves of a tree are green most of the time, but they can come in many colours, shapes and sizes. The leaves take in sunlight and use water and food from the roots to make the tree grow, and to reproduce.

Resource #7

I, too, sing America.

I am the darker brother.
They send me to eat in the kitchen
When company comes,
But I laugh,
And eat well,
And grow strong.

Tomorrow,
I'll be at the table
When company comes.
Nobody'll dare
Say to me,
"Eat in the kitchen,"
Then.

Besides,
They'll see how beautiful I am
And be ashamed—

I, too, am America.

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Resource #8

I think that I shall never see
A poem lovely as a tree.

A tree whose hungry mouth is prest
Against the earth's sweet flowing breast;

A tree that looks at God all day,
And lifts her leafy arms to pray;

A tree that may in Summer wear
A nest of robins in her hair;

Upon whose bosom snow has lain;
Who intimately lives with rain.

Poems are made by fools like me,
But only God can make a tree.

Resource #9

A panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause. Panic attacks can be very frightening. When panic attacks occur, you might think you're losing control, having a heart attack or even dying. Although panic attacks themselves aren't life-threatening, they can be frightening and significantly affect your quality of life. But treatment can be very effective.

Panic attacks typically begin suddenly, without warning. They can strike at any time-when you're driving a car, at the mall, sound asleep or in the middle of a business meeting. You may have occasional panic attacks, or they may occur frequently. Panic attacks have many variations, but symptoms usually peak within minutes. You may feel fatigued and worn out after a panic attack subsides.

Panic attacks typically include some of these signs or symptoms:

- ◆ Sense of impending doom or danger
- ◆ Fear of loss of control or death
- ◆ Rapid, pounding heart rate
- ◆ Sweating
- ◆ Trembling or shaking
- ◆ Shortness of breath or tightness in your throat
- ◆ Chills
- ◆ Hot flashes
- ◆ Nausea
- ◆ Abdominal cramping
- ◆ Chest pain
- ◆ Headache
- ◆ Dizziness, lightheadedness or faintness
- ◆ Numbness or tingling sensation
- ◆ Feeling of unreality or detachment

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Resource #10

The Charge of the Light Brigade was a charge of British light cavalry led by Lord Cardigan against Russian forces during the Battle of Balaclava on October 25, 1854 in the Crimean War. Lord Raglan, overall commander of the British forces, had intended to send the Light Brigade to prevent the Russians from removing captured guns from overrun Turkish positions, a task well-suited to light cavalry.

However, there was miscommunication in the chain of command, and the Light Brigade was instead sent on a frontal assault against a different artillery battery, one well-prepared with excellent fields of defensive fire. They reached the battery under withering direct fire and scattered some of the gunners, but they were forced to retreat immediately. Thus, the assault ended with very high British casualties and no decisive gains.