

Free Minds Worksheet

Hey friend! We're thinking about you here at Free Minds and hope you're holding up alright while on lockdown. Stay strong! We put this worksheet together for you to help you keep your mind active, busy, and free while you pass the time. Reading and writing can be great ways to keep your spirits up and to make sure you're still growing and getting stronger even when times are hard. We hope this helps you stay inspired!

Writing prompts from *Pull*:

- David blames himself for the death of his mother. Have you ever felt guilty about something that was out of your control? How did you respond? How can you handle grief, loss, and other difficult situations without losing sight of what's in your control and what isn't?
- After losing his mother, David's priorities change: "Things that were once so all-important, like having a harem, winning the game, and being number one don't even count anymore." What is most important to you in your life? Is there anything that feels "all-important" that might actually take away from the things that really matter? Has there been a time when your priorities changed, and if so, what caused it?
- Throughout the book, David feels pulled between what he feels is right and how other people expect him to behave to "be a man." Have you ever felt like you were pressured to act in a way that you didn't want to or knew wasn't right? How did you respond? Why?

PULL Word Search

E K N E S T R E E T S E A Z H
J S O S C H O O L U W C I L K
M C O N S T R U C T I O N F K
B B G U D Y O L A N D A T E H
H A P Z Q J Z D R H M K Y I P
O I S P E R S E V E R A N C E
M S H K S E H L P B P K X T A
A R O G E T Q Y H C U F B C C
L Y M T O T C O L L E G E O E
I D E M E N B C J Q J P K U M
K A W A H Y O A R D D J U R P
X V O M X G S T L E T W M A F
X I R J X P Q Y U L W P M G I
D D K R U K S I D O T J L E L
H B C M D C H D M C T C T F D

BASKETBALL
COLLEGE
CONSTRUCTION
COURAGE
CREW
DAVID
HOMEWORK
MALIK
MOTHER
PEACE
PERSEVERANCE
SCHOOL
SISTER
STREETS
VOLANDA

It Couldn't Be Done
By Edgar A. Guest

Somebody said that it couldn't be done,
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it";
But he took off his coat and he took off his hat,
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.
There are thousands to tell you it cannot be done,

There are thousands to prophesy failure;
There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "cannot be done," and you'll do it.

Other Writing Prompts:

- Write an "I am from" poem. Start each line of the poem with "I am from.." and fill in something about your background, where you come from, and what makes you who you are. Think about things like your home, your family, your friends, major experiences, your beliefs, and anything else that you think is important in defining yourself and your past. Don't worry about rhyming or style, just write!
- Write a letter to the world. If you could tell the entire world anything at all, and everyone had to listen, what would you say? What message, advice, ideas, questions, or thoughts would you share? What do you think the world needs to know – about you, about your community, or about anything else? Don't hold back!
- "Ink." That's it. Let your mind go wherever the word "ink" takes you, and write whatever comes up! What sort of images come to mind, and what do they mean to you?
- If you could go anywhere in the world, where would it be? Go there in your mind. Imagine how it looks, sounds, smells, tastes, and feels. Write down all the images and feelings that come into your mind.



Obama Optical Illusion

**Stare at the center of the image for 45 seconds.
Then look at something bright. Hey, there he is.**

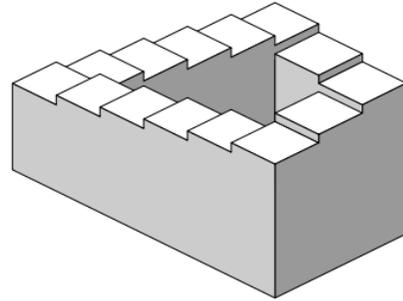
Ants Never Cry "Uncle"

Charles Ghigna
happens!

Consider the little ant.
He never says, "I can't."
And so it comes as no surprise,
He carries things ten times his size.

Impossible Staircase

Follow the stairs up and see what



Sudoku!

Give your brain a little workout. Fill in each space so that all the rows, columns, and squares have all of the numbers 1 through 9 only once.

	2	3	1		5	7	8	
4								2
		5	2		9	3		
3	4	1				6	7	5
8	9	2				1	4	3
		7	8		4	9		
1								7
	3	4	6		7	8	5	

		6	2	4			3	
	3						9	
2							7	
5			8				2	
		1				6		
	2				3			7
	5							3
	9						8	
	1			6	2	5		

Try this one to get started...
tricky!

... and this one if you want something more

Obama's Inaugural Address

This is the speech given by President Obama to start his second term as president of the United States. What do you think of the speech? Do any lines stick out in particular? If you could talk to President Obama, what would you tell him? What do you think is the most important issue he should focus on during the next four years?

Thank you. Thank you. Thank you so much. Vice President Biden, Mr. Chief Justice, members of the United States Congress, distinguished guests, and fellow citizens, each time we gather to inaugurate a president, we bear witness to the enduring strength of our Constitution. We affirm the promise of our democracy. We recall that what binds this nation together is not the colors of our skin or the tenets of our faith or the origins of our names. What makes us exceptional, what makes us America is our allegiance to an idea articulated in a declaration made more than two centuries ago. We hold these truths to be self-evident, that all men are created equal.

That they are endowed by their creator with certain unalienable rights, and among these are life, liberty and the pursuit of happiness. Today we continue a never ending journey to bridge the meaning of those words with the realities of our time. For history tells us that while these truths may be self-evident, they've never been self-executing. That while freedom is a gift from God, it must be secured by his people here on earth.

The patriots of 1776 did not fight to replace the tyranny of a king with the privileges of a few, or the rule of a mob. They gave to us a republic, a government of, and by, and for the people. Entrusting each generation to keep safe our founding creed. And for more than 200 years we have. Through blood drawn by lash, and blood drawn by sword, we noted that no union founded on the principles of liberty and equality could survive half slave, and half free.

We made ourselves anew, and vowed to move forward together. Together we determined that a modern economy requires railroads and highways to speed travel and commerce, schools and colleges to train our workers. Together we discovered that a free market only thrives when there are rules to ensure competition and fair play. Together we resolve that a great nation must care for the vulnerable and protect its people from life's worst hazards and misfortune. Through it all, we have never relinquished our skepticism of central authority, nor have we succumbed to the fiction that all society's ills can be cured through government alone. Our celebration of initiative and enterprise, our insistence on hard work and personal responsibility, these are constants in our character. For we have

always understood that when times change, so must we, that fidelity to our founding principles requires new responses to new challenges, that preserving our individual freedoms ultimately requires collective action. For the American people can no more meet the demands of today's world by acting alone than American soldiers could have met the forces of fascism or communism with muskets and militias. No single person can train all the math and science teachers we'll need to equip our children for the future. Or build the roads and networks and research labs that will bring new jobs and businesses to our shores.

Now, more than ever, we must do these things together, as one nation, and one people.

This generation of Americans has been tested by crises that steeled our resolve and proved our resilience. A decade of war is now ending. And economic recovery has begun.

America's possibilities are limitless, for we possess all the qualities that this world without boundaries demands: youth and drive, diversity and openness, of endless capacity for risk and a gift for reinvention. My fellow Americans, we are made for this moment and we will seize it, so long as we seize it together.

For we, the people, understand that our country cannot succeed when a shrinking few do very well and a growing many barely make it.

We believe that America's prosperity must rest upon the broad shoulders of a rising middle class. We know that America thrives when every person can find independence and pride in their work, when the wages of honest labor will liberate families from the brink of hardship. We are true to our creed when a little girl born into the bleakest poverty knows that she has the same chance to succeed as anybody else because she is an American, she is free, and she is equal not just in the eyes of God but also in our own.

We understand that outworn programs are inadequate to the needs of our time. So we must harness new ideas and technology to remake our government, revamp our tax code, reform our schools, and empower our citizens with the skills they need to work hard or learn more, reach higher. But while the means will change, our purpose endures. A nation that rewards the effort and determination of every single American, that is what this moment requires. That is what will give real meaning to our creed. We, the people, still believe that every citizen deserves a basic measure of security and dignity. We must make the hard choices to reduce the cost of health care and the size of our deficit.

But we reject the belief that America must choose between caring for the generation that built this country and investing in the generation that will build its future. For we remember the lessons of our past, when twilight years were spent in poverty and parents of a child with a disability had nowhere to turn. We do not believe that in this country freedom is reserved for the lucky or happiness for the few. We recognize that no matter how responsibly we live our lives, any one of us at any time may face a job loss or a sudden illness or a home swept away in a terrible storm. The commitments we make to

each other through Medicare and Medicaid and Social Security, these things do not sap our initiative. They strengthen us. They do not make us a nation of takers. They free us to take the risks that make this country great.

We, the people, still believe that our obligations as Americans are not just to ourselves, but to all posterity. We will respond to the threat of climate change, knowing that the failure to do so would betray our children and future generations.

Some may still deny the overwhelming judgment of science, but none can avoid the devastating impact of raging fires, and crippling drought, and more powerful storms. The path towards sustainable energy sources will be long and sometimes difficult. But American cannot resist this transition. We must lead it.

We cannot cede to other nations the technology that will power new jobs and new industries. We must claim its promise. That's how we will maintain our economic vitality and our national treasure, our forests and waterways, our crop lands and snow capped peaks. That is how we will preserve our planet, commanded to our care by God. That's what will lend meaning to the creed our fathers once declared.

We, the people, still believe that enduring security and lasting peace do not require perpetual war. Our brave men and women in uniform tempered by the flames of battle are unmatched in skill and courage. Our citizens seared by the memory of those we have lost, know too well the price that is paid for liberty. The knowledge of their sacrifice will keep us forever vigilant against those who would do us harm. But we are also heirs to those who won the peace, and not just the war. Who turn sworn enemies into the surest of friends. And we must carry those lessons into this time as well. We will defend our people, and uphold our values through strength of arms, and the rule of law. We will show the courage to try and resolve our differences with other nations peacefully. Not because we are naive about the dangers we face, but because engagement can more durably lift suspicion and fear.

America will remain the anchor of strong alliances in every corner of the globe. And we will renew those institutions that extend our capacity to manage crisis abroad. For no one has a greater stake in a peaceful world than its most powerful nation. We will support democracy from Asia to Africa, from the Americas to the Middle East, because our interests and our conscience compel us to act on behalf of those who long for freedom. And we must be a source of hope to the poor, the sick, the marginalized, the victims of prejudice.

Not out of mere charity, but because peace in our time requires the constant advance of those principles that our common creed describes; tolerance and opportunity, human dignity and justice. We the people declare today that the most evident of truth that all of us are created equal -- is the star that guides us still; just as it guided our forebears through Seneca Falls and Selma and Stonewall; just as it guided all those men and women, sung and unsung, who left footprints along this great mall, to hear a preacher say that we

cannot walk alone; to hear
a King proclaim that our individual freedom is inextricably bound to the freedom of
every soul on Earth.

It is now our generation's task to carry on what those pioneers began, for our journey is
not complete until our wives, our mothers and daughters can earn a living equal to their
efforts.

Our journey is not complete until our gay brothers and sisters are treated like anyone else
under the law, for if we are truly created equal, then surely the love we commit to one
another must be equal, as well.

Our journey is not complete until no citizen is forced to wait for hours to exercise the
right to vote.

Our journey is not complete until we find a better way to welcome the striving, hopeful
immigrants who still see America as a land of opportunity, until bright young students
and
engineers are enlisted in our workforce rather than expelled from our country.

Our journey is not complete until all our children, from the streets of Detroit to the hills
of Appalachia to the quiet lanes of Newtown, know that they are cared for and cherished
and always safe from harm. That is our generation's task, to make these works, these
rights, these values of life and liberty and the pursuit of happiness real for every
American. Being true to our founding documents does not require us to agree on every
contour of life. It does not mean we all define liberty in exactly the same way or follow
the same precise path to happiness. Progress does not compel us to settle century's long
debates about the role of government for all time, but it does require us to act in our time.

For now, decisions are upon us and we cannot afford delay. We cannot mistake
absolutism for principle or substitute spectacle for politics, or treat name-calling as
reasoned
debate.

We must act. We must act knowing that our work will be imperfect. We must act
knowing that today's victories will be only partial, and that it will be up to those who
stand here
in four years and 40 years and 400 years hence to advance the timeless spirit once
conferred to us in a spare Philadelphia hall. My fellow Americans, the oath I have sworn
before you today, like the one recited by others who serve in this Capitol, was an oath to
God and country, not party or faction. And we must faithfully execute that pledge during
the duration of our service. But the words I spoke today are not so different from the
oath that is taken each time a soldier signs up for duty, or an immigrant realizes her
dream. My oath is not so different from the pledge we all make to the flag that waves
above and that fills our hearts with pride. They are the words of citizens, and they
represent our greatest hope. You and I, as citizens, have the power to set this country's

course. You and I, as citizens, have the obligation to shape the debates of our time, not only with the votes we cast, but the voices we lift in defense of our most ancient values and enduring ideas.

Let us each of us now embrace with solemn duty, and awesome joy, what is our lasting birthright. With common effort and common purpose, with passion and dedication, let us answer the call of history and carry into an uncertain future that precious light of freedom.

Thank you. God bless you. And may He forever bless these United States of America.