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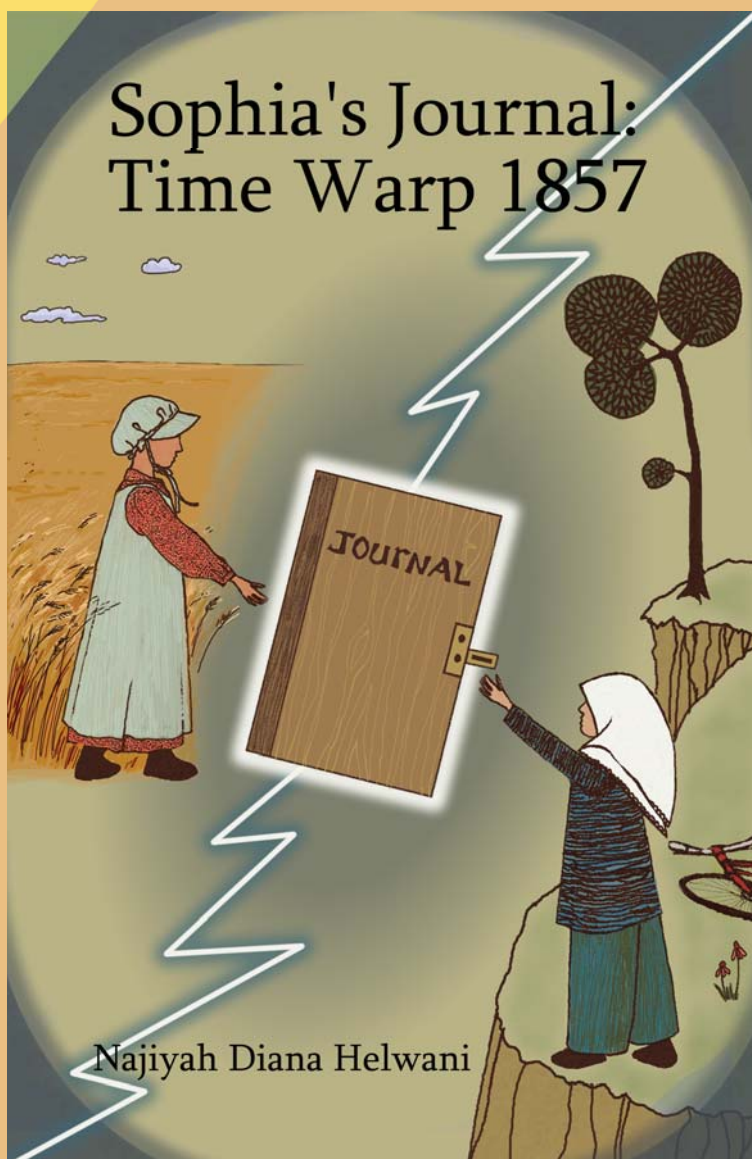


A TEACHER'S GUIDE FOR

SOPHIA'S JOURNAL TIME WARP 1857

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GUIDE AND LESSONS PREPARED BY SABAH NEGASH



- *Key Curriculum Connections*
- *Engaging Islamic Integrated Activities*
- *Critical Thinking and Reading Comprehension*
- *Internet Research and Projects*
- *Multicultural Themes*
- *Vocabulary and Quizzes*

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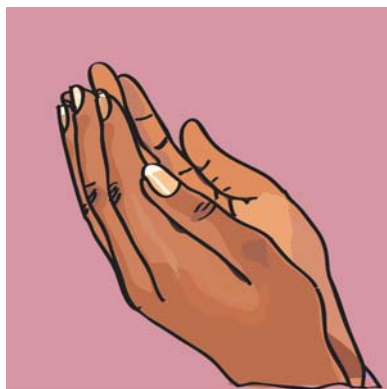
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Section I



Questions from the book: Fears and Phobias (Chapters 1– 4)

1. Describe the members of Sophia's household.
2. Who are Sophia's best friends?
3. What does she like about her friend Amaani?
4. Sophia is of mixed ethnicity, what are they?
5. What is the difference between fear and phobia?
6. What are some of Sophia's phobias?
7. Where did Sophia and her family go for the Memorial Day weekend?
8. What was the name of the river Sophia fell into?
9. What supplies had Sophia packed in her backpack?
10. What do you pack in your emergency bag?

Discussion Topics:

1. When does one shorten prayers? Which prayers can be shortened?
2. What are the rules for making up prayers?
3. What is the difference between fear and phobias?
4. Do you have a phobia to anything?
5. What are some ways to overcome fears and phobias?
6. Emergency! What is an emergency?
7. Have you ever been in an emergency situation? How did you handle it?
8. Make a list of 5 emergency tips for each of the following situations:
 - a. If you get lost or separated from family or friends.
 - b. If you are threatened or approached by a stranger.
 - c. If you are stranded in a strange place.
 - d. If someone is choking
 - e. If someone has a high fever or unconscious

True or False

[Note to teacher, for answers that are false, allow students to discuss the correct answers]

1. Sophia is a pack rat.
2. Sophia goes to public school.
3. Amaani constantly gives Sophia a hard time about her phobias
4. Sophia suffered a concussion from her fall.
5. Sophia lied to Amaani about her Memorial Day weekend.
6. Sophia does not like sleepovers.
7. Sophia met Mr. Jacques Bodine on the bike trail.
8. Mr. Bodine was a strange man.
9. Sophia missed the Maghrib and Isha prayers.
10. Mr. Bodine took Sophia to Westport.

Fears and Phobias (Chapters 1– 4)

Vocabulary: Word Search

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



fear
 phobia
 irrational
 arachnophobia

anthropophobia
 agoraphobia
 neophobia
 pathophobia

claustrophobia
 cynophobia
 zoophobia
 coulrophobia

dentophobia
 mysophobia
 acrophobia
 aerophobia

What do these phobias mean?

- a. Arachnophobia (fear of spiders)
- b. Anthropophobia (fear of people, society)
- c. Bacteriophobia (fear of bacteria)
- d. Claustrophobia (fear of being locked in an enclosed space)
- e. Cynophobia (fear of dogs or rabies)
- f. Agoraphobia (fear of crowds)
- g. Pathophobia (fear of diseases)
- h. Neophobia (fear of anything new)

Fear is an emotional response to threats and danger. It is a survival mechanism, one of several basic, innate human emotion. This means everyone has a fear of something. Many people are good at masking their fears. They can act or respond despite being afraid, this is what it means to be courageous. A phobia is an irrational, intense, persistent fear of certain situations, activities, things, or people. Most people with a phobia tend to avoid the feared subjects.

Match these phobias to their meaning:

1. ophidiophobia - snakes
2. aichmophobia - needles
3. aerophobia - flying
4. acrophobia - heights
5. mysophobia - germs
6. coulrophobia - clowns
7. dentophobia - dentists or receiving dental care
8. zoophobia - animals
9. social phobia - public speaking

Discussion Questions:

1. What phobias do you think the settlers may have had?
2. What phobias do you think the natives may have had?
3. Do you think it was an irrational fear that made the settlers mistreat the natives and enslave Africans?

Phobias at a Glance

- A phobia is the unrelenting fear of a situation, activity, or thing that causes one to want to avoid it.
- Three classes of phobias are: Social phobia, agoraphobia, and specific phobias.]
- The number of people who suffer from phobias is estimated at more than 6 million people.
- Women tend to be twice as likely to suffer from a phobia compared to men.
- Phobias tend to run in families, are influenced by culture, and can be triggered by life events.
- If left untreated, a phobia may worsen to the point where the person's life, friendships, work and studies may seriously be affected.



A TEACHER'S GUIDE FOR

SOPHIA'S JOURNAL TIME WARP 1857

As a Muslim publisher of quality English language Islamic fiction and a pioneer in the field, Muslim Writers Publishing would like to contribute to Islamic schools by providing you with engaging, non-preachy, fun novels using Islamic morally accepted themes. Not only are MWP's novels "kid and teen approved," but MWP has now made it even easier by creating corresponding cross-curricular teacher study guides:

- Key Curriculum Connections
- Engaging Islamic Integrated Activities
- Critical Thinking and Reading Comprehension
- Internet Research and Projects
- Multicultural Themes
- Vocabulary and Quizzes

A Teacher's Guide for Sophia's Journal: Time Warp 1857 provides valuable support to schools using the print book and (TSG) for their Language Arts program. It is a comprehensive cross-curricular resource that allows your students to explore the novel in an exciting and hands-on way, and includes activities for cross-curricular integration in Language and Writing, Science, Social Studies, Health, Art, Second Language Learning, and Religious Studies

Muslim Writers Publishing
Linda D. Delgado, Publisher

