

Madge is Stressed Out

Pre-reading

Questions:

- What does it mean to be “stressed out”?
- How does it feel?



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Definitions:

- Stressed out – feeling tired, worried and unhappy
- Headache – pain in the head or neck

Reading

Madge is a **single** mom. She has three children. She parents them by herself.

14 Plus, Madge works full time. She is busy.

22 Madge is tired. She has headaches. She works long hours. Her job is hard.

36 After work Madge cooks dinner. Then she cleans the kitchen. Her kids need help
50 with homework. She helps them.

55 Madge reads each child a short book. She tucks them into bed. Then Madge
69 phones her friend Paige. “I am stressed out. What can I do?” Madge asks. Paige
84 says, “Take a short walk. Do a work-out video on your TV. Try daily exercise.
99 This will make you less tired. Eating less junk food will help too.”

112 “Thanks, Paige,” Madge said. “I’ll try some of those things. Talking with a
125 friend helps me feel less stressed out.”

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Understanding

1. What does the word **single** mean in this story? _____

2. Why is Madge stressed out? _____

3. How does Madge feel? _____

4. Who does Madge call? _____

5. How can Madge be less stressed out? (List at least two ways.) _____

Writing

Option A: When have you been stressed out?

Option B: What do you do when you feel stressed out?
