

# Summer Reading

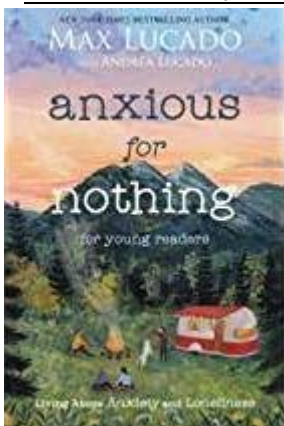
## 7th Grade English Summer Reading Assignment

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This summer, you will be required to read the book *Anxious for Nothing: Living Above Anxiety and Loneliness*. I have provided a list of questions that will be useful for this assignment. While reading, keep notes that you can use later when writing your answers to each question. You need text evidence for your response questions, so make sure you are marking down page numbers and direct quotes. There will be a test over the material in this book on Tuesday, August 15th.

### Literary Questions

1. Have you ever felt worried about something big in your life? Or something small? If your answer is yes, what were you worried about, and how did you deal with your anxiety? If your answer is no, after reading this book, how would you deal with that type of anxiety should it arise in the future?
  2. If you're ever feeling anxious, there are some things you can do to C.A.L.M. yourself down. How can you do this if you are anxious? What are some techniques you can use when/if you become anxious?
  3. Do you have an overactive amygdala? If yes, name a time when your amygdalae overreacted to something. What did your brain think was dangerous, and how did you overcome this danger? If no, name a time when your amygdalae protected you? What was the danger?
  4. Sometimes we have worries that last a long time. These worries are like the roots of a tree: they run deep down inside of us. Write down your biggest worries. Have you asked God for help?
  5. Peace happens when people pray. What are some prayer tips you learned after reading this book? Where can you pray, and about what can you pray?
  6. How are some ways that gratitude can benefit your life? What are some ways we can express our gratitude to God? How does gratitude affect other people?
  7. Have you ever been in a bad situation because you didn't listen to God? What happened? What were God's instructions?
  8. What did you learn about anxiety in your life from this book? What did you learn about yourself while reading this book? What did you learn about God from this book?
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**Our kids are under tremendous stress and pressure, with a rapidly changing culture demanding more and more from them. More attention, more screens, more intensity, more fear. *Anxious for Nothing* helps young people overcome the anxiety and pressures of today's world and come to a deeper understanding of God's loving presence as promised in Philippians 4:6-7, drawing on content from Max Lucado's bestselling book of the same name.**

In this chaotic age of social media, packed schedules, and an increasing awareness of the world's problems, it's normal for kids to feel overwhelmed sometimes. But the good news of the gospel has not changed. This encouraging book will help tweens and teens take control of their feelings, develop emotional understanding, and choose to focus on God's truth.