

Screen Jean

Questions

1. Identify a theme for the poem.

2. Tell the meaning of this phrase in verse 3: **“legs turn to rubber”**

3. In which verses did you learn how Jean’s body responds to little physical exercise? Explain what you learned in each verse.

4. Who convinced Jean to make a change?

5. Verse 8 is the concluding verse. What can be learned about Jean from verse 8?

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Jean is speaking to her friends in verse 8. What does she want her friends to know? Explain what Jean is telling her friends sentence by sentence.

“Use it or lose it!” Jean proclaims to her friends.

What is Jean telling her friends in this sentence?

**“Our bodies need exercise, so we should not pretend
That a sedentary lifestyle poses no threats.”**

What is Jean telling her friends in this sentence?

“Get up and get moving so you have no regrets.”

What is Jean telling her friends in this sentence?
