



# Rick Hansen

## • Reading Comprehension •

### Activity

1

### Stop and Think

.....  
Read the paragraphs.  
Stop and think as you read.

Rick likes to wheel 112 km every day.

**Stop and think:** Why?

Most people would find it hard to bike 112 km a day. It is much harder to push a wheelchair. Pushing with your arms is much harder than using your legs.

**Stop and think:** Is it harder to push with your arms?  
Or is it harder to use your legs?  
What do you think?

Imagine being Rick. You climb up a long, steep hill. A cold, strong wind blows in your face. Your upper body hurts. Your wrists feel as if they will explode. You feel awful.

**Stop and think:** Close your eyes.  
Imagine you are Rick wheeling up a hill.  
What do you feel?  
What keeps you going?

Good readers are active readers.  
Good readers stop and think about what they are reading. Active reading helps readers understand the ideas.



## Activity 2 Main Idea and Details



Good readers can find the main idea and details.

The main idea is the important idea. The details support the main idea.

The details help you understand and remember the main idea.

Check the details that support each main idea.

The first one is an example.

Main idea	Details
Rick plays a lot of sports.	<ul style="list-style-type: none"> <li>✓ Rick plays basketball.</li> <li>Rick wheels 70 miles a day.</li> <li>✓ Rick plays volleyball.</li> </ul>
1. As a boy, Rick loves the outdoors.	<ul style="list-style-type: none"> <li>(a)___ Rick plays table tennis.</li> <li>(b)___ Rick likes to fish.</li> <li>(c)___ Rick likes to hunt.</li> </ul>
2. The Man in Motion World Tour is very difficult.	<ul style="list-style-type: none"> <li>(a)___ Rick wheels in cold, strong winds.</li> <li>(b)___ Rick wheels 112 km a day.</li> <li>(c)___ Rick finishes the tour.</li> </ul>

## Activity 3 Invisible Messages



Writers do not always explain everything.

Sometimes, writers expect readers to read between the lines. Writers expect readers to figure out the invisible messages.

Read the writer's words.

Figure out the invisible message.

The writer's words	The invisible message
Rick tries to move his toes. His toes will not move.	Rick's back is broken. Maybe he can't walk.
1. Rick comes in third. Rick trains harder.	
2. Rick wears out 160 wheelchair tires on the tour.	

## Activity 4 Fact and Opinion



Read the sentences.

Write (F) for fact or (O) for opinion.

1. Rick hurts his spinal cord. \_\_\_\_  
Rick's injury changes him. \_\_\_\_
2. Rick's team has a lot of spunk. \_\_\_\_  
One person on the team cooks the meals. \_\_\_\_
3. Rick's courage and dreams make the world a better place. \_\_\_\_  
Rick raises over \$26 million dollars for research. \_\_\_\_

Good readers know the difference between facts and opinions.

Facts can be proven.

Opinions are personal beliefs.

## Activity 5 The Table of Contents



Read each question.

Look at the Contents page in your book.

Which chapter has the answer to the question?

Write the name of the chapter.

Find the answer to the question. Write the answer.

Good readers use the Table of Contents.

The Table of Contents helps readers find information quickly.

Question	Chapter	Answer
Where does Rick grow up?	Early Years	British Columbia
1. Why is Rick in a wheelchair?		
2. Where does the Man In Motion World Tour start?		
3. How many countries does the team visit?		

**Activity**

**6**

**Make a Connection**

Read the idea from the story.  
Make a connection to your life.

Reading is more than understanding the ideas on a page.

Good readers connect the ideas to their lives.

**Idea**



**Your Life**

The Man In Motion World Tour is hard.  
But Rick completes the tour.

What is the hardest thing you have ever done?

Why was it hard?

What kept you going?

How did you feel when you reached your goal?



© Courtesy of the Rick Hansen Foundation.



© Courtesy of the Rick Hansen Foundation.

# • Writing •

## Activity **1** Write Your Ideas

Complete these paragraphs about challenges.  
Use your ideas from page 8.

Your instructor will help you with spelling.

### Paragraph 1

The hardest thing I have ever done is \_\_\_\_\_  
\_\_\_\_\_. It was hard  
because \_\_\_\_\_.  
But \_\_\_\_\_ kept me going.

### Paragraph 2

When I reached my goal, I felt \_\_\_\_\_. I also  
felt \_\_\_\_\_. The hard work was worth it.

Read each paragraph out loud.  
Which paragraph do you like better?  
Copy the paragraph on the lines.

Check for capital letters and end punctuation.

---

---

---

---

Good writers know that writing is a process.  
Good writers think of ideas before they write.  
Good writers check their writing.



© iStockphoto/Adam Dodd.

# Activity 2 Organize Ideas

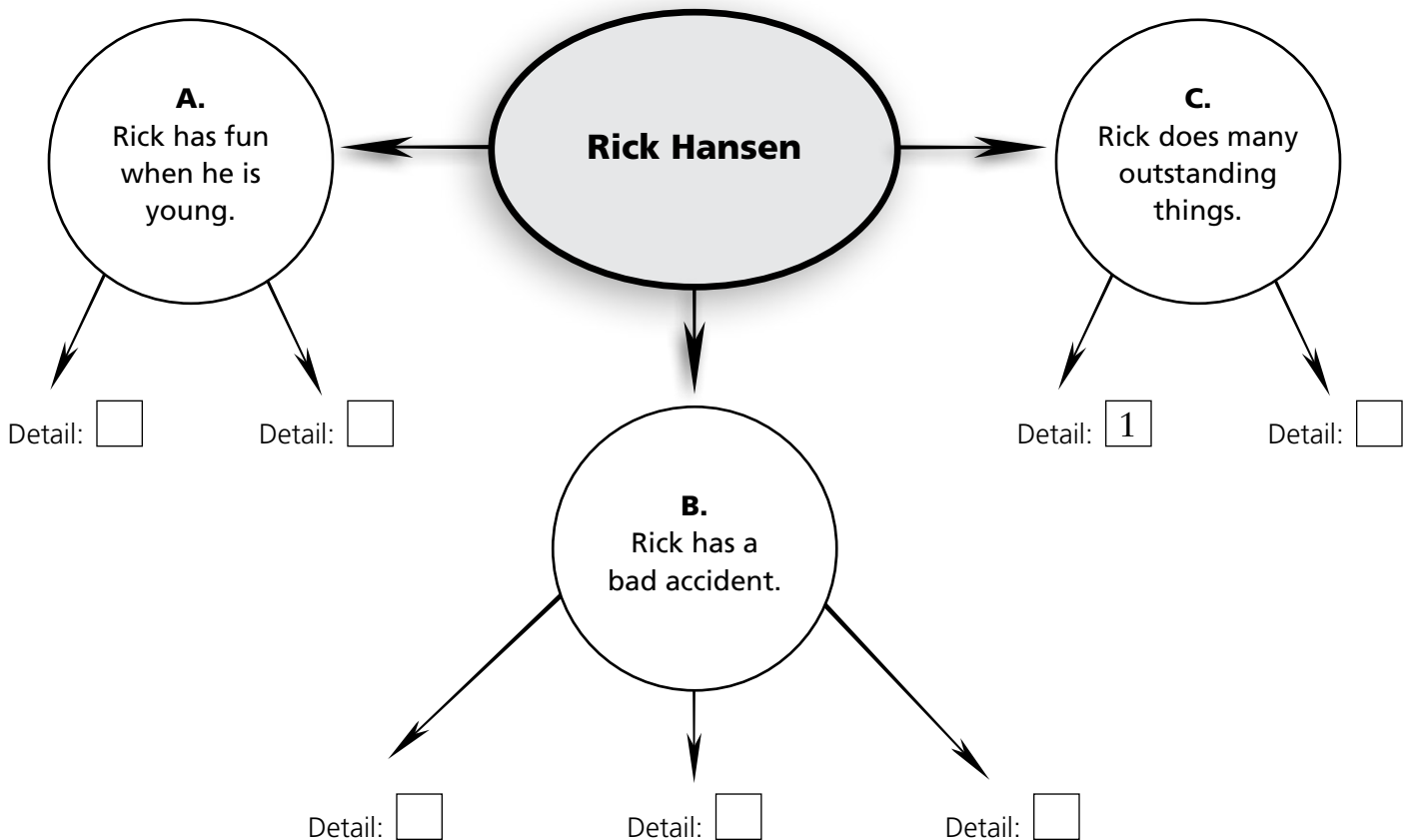


Look at the idea map.  
What is the topic of the idea map?  
What are the 3 main ideas?

Add these details to the idea map.  
Put the number in the correct box.

Good writers know that writing is a process.  
Good writers organize their ideas before they write.  
One way to organize ideas is to use a main idea and details.

- ✓ 1. Rick goes on a world tour.
- 2. Rick is tossed from a truck.
- 3. Rick raises millions of dollars.
- 4. Rick hunts and fishes with friends.
- 5. Rick injures his spine.
- 6. Rick plays a lot of sports.
- 7. Rick must use a wheelchair.



Choose details from the idea map to complete the paragraphs.  
Copy the details into the paragraphs.

**Paragraph A**

Rick has fun when he is young. He \_\_\_\_\_  
with friends. He \_\_\_\_\_ .

**Paragraph B**

Rick has a bad accident. He \_\_\_\_\_ .  
He injures his spine. He \_\_\_\_\_ .

**Paragraph C**

Rick does many outstanding things. Rick goes \_\_\_\_\_  
\_\_\_\_\_. He \_\_\_\_\_ .

**Activity 3** Use Capital Letters and Punctuation



Read these sentences.  
Circle the capital letters and end punctuation.

1. Rick grows up in British Columbia.
2. He wheels around the world.
3. What are Rick's two goals?

Read these sentences.  
Add capital letters and end punctuation.

4. where does rick grow up
5. his wife's name is amanda reid
6. rick and his team arrive in canada in august 1986
7. how does rick's life change

**In this activity...**

**use capital letters**

at the beginning of a sentence,  
with names of people and places, and  
with dates.

**use punctuation**

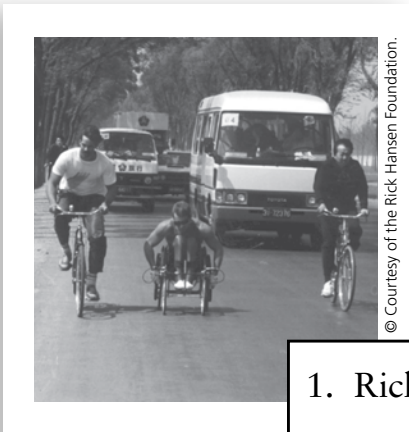
at the end of a sentence.

# • Word Attack Skills •

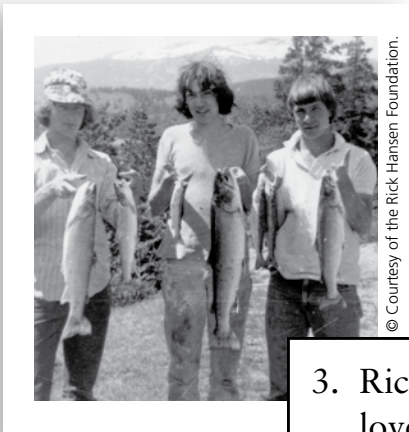
## Activity 1 Predict the Word



Complete each sentence.  
Use the pictures to predict the word.



1. Rick wheels down a \_\_\_\_\_ street.



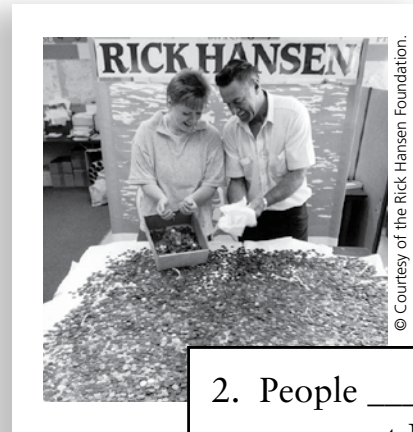
3. Rick and his friends love \_\_\_\_\_ .

Readers see new words all the time. They need to decode the new words.

Good readers decode words in different ways.

They use pictures to predict words. They use meaning clues to predict words.

These are two ways to decode words.



2. People \_\_\_\_\_ money at Expo 86.

Complete each sentence.  
Use meaning clues to predict the word.

4. Rick loves \_\_\_\_\_. He likes to play volleyball and table tennis.
5. Rick wheels in many \_\_\_\_\_. He wheels in Canada, China and France.
6. Rick's team needs \_\_\_\_\_. They need to pay for gas and food.

## Activity 2 Find Common Patterns

Look at each word in the box.  
Each word has a common pattern.  
Group the words under the correct pattern.

<i>table</i> ✓	<i>back</i>	<i>cable</i>	<i>able</i>
<i>stack</i>	<i>crack</i>	<i>stitch</i>	<i>ditch</i>
<i>stable</i>	<i>hitch</i>	<i>track</i>	<i>pitch</i>

Good readers look for common patterns in words.  
This is another way to decode words.

**able**

**ack**

**itch**


*table*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Read the sentences in the box.  
Circle the words that have one of these patterns:

**able    ack    itch**

**Find the Common Patterns** 

1. Rick likes to play table tennis.
2. He is able to wheel around the world.
3. Rick snaps his back.
4. Does he crack the spinal cord?
5. Rick and his friends hitch a ride.
6. Does Rick land in a ditch?

Many words have common patterns.  
The patterns look and sound the same.

## Activity

# 3

## Divide and Conquer



Read these words.

Look for common endings.

Write the base word on the line.

trains            train

lower            low

1. loves        \_\_\_\_\_

2. stronger    \_\_\_\_\_

3. fishing      \_\_\_\_\_

4. friends      \_\_\_\_\_

5. changes     \_\_\_\_\_

6. tossed      \_\_\_\_\_

7. cheated     \_\_\_\_\_

Many words have a base word with a common ending.

Good readers look for base words and common endings

This is another way to decode words.

8. finishes    \_\_\_\_\_

9. harder      \_\_\_\_\_

10. pushing   \_\_\_\_\_

Read each sentence out loud.

Circle the words with common endings.

11. Rick loves fishing.

12. Rick and his friends go fishing.

13. Rick is tossed from a truck.

14. His accident changes his life.

15. Rick will not feel cheated.

16. He finishes university.

17. He trains very hard.

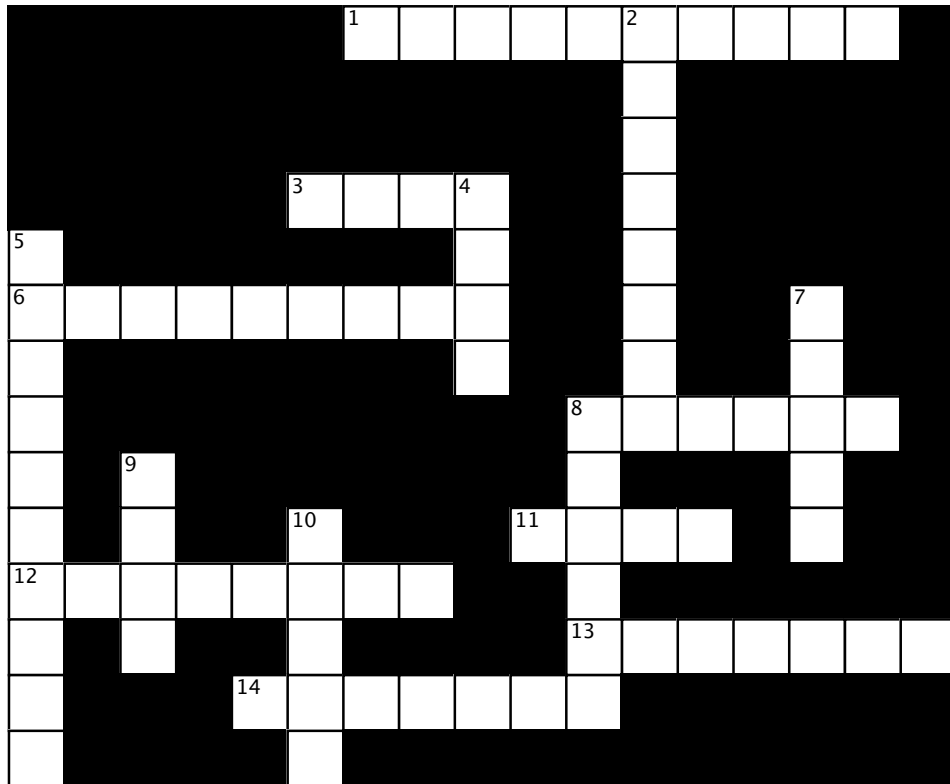
18. Rick is stronger than ever.

19. He finishes the Man In Motion tour.

20. Rick loves pushing himself to be the best.

# • Crossword •

Rick Hansen



## Crossword Clues

All the answers to the clues are from Rick Hansen's biography.

### ACROSS

1. we go here to put gas in our car (2 words)
3. shoot and kill animals
6. get a free car ride from a stranger
8. Superman is this
11. prepare a meal
12. sick people go here
13. we carry tools in this
14. people we like

### DOWN

2. a car crash
4. fingers and \_\_\_\_\_
5. a chair with wheels
7. we need this to buy things
8. basketball, table tennis, volleyball
9. we do this with a hook, line, and rod
10. opposite of finish

# • ANSWER KEY •



## Rick Hansen

- Main Idea and Details:** (1) b, c (2) a, b
- Invisible Messages\*:** (1) Rick has a strong will. He wants to be the best in the world. He is competitive. (2) The tour is long.
- Fact and Opinion:** (1) F/O (2) O/F (3) O/F
- Table of Contents:** (1) Rick's Life Changes / Rick snaps his back (2) Man In Motion World Tour / Vancouver (3) Man In Motion World Tour / 34
- Organize Ideas:** **Main Idea A** with details 4, 6 **Main Idea B** with details 2, 5, 7 **Main Idea C** with details 1, 3 **Paragraph A:** hunts and fishes / plays a lot of sports **Paragraph B:** is tossed from a truck / must use a wheelchair **Paragraph C:** on a world tour / He raises millions of dollars
- Use Capital Letters and Punctuation:** (1) Rick grows up in British Columbia. (2) He wheels around the world. (3) What are Rick's two goals? (4) Where does Rick grow up? (5) His wife's name is Amanda Reid. (6) Rick and his team arrive in Canada in August 1986. (7) How does Rick's life change?
- Predict the Word\*:** (1) big; busy (2) give; donate; count; raise (3) fishing; the outdoors (4) sport (5) countries (6) money; cash
- Find a Common Pattern:** (1) table (2) able (3) back (4) crack (5) hitch (6) ditch
- Divide and Conquer:** (1) love (2) strong (3) fish (4) friend (5) change (6) toss (7) cheat (8) finish (9) hard (10) push (11) loves / fishing (12) friends / fishing (13) tossed (14) changes (15) cheated (16) finishes (17) trains (18) stronger (19) finishes (20) loves / pushing

\*Accept any answer that makes sense.

### Crossword Solution

