

Name: _____

Date: _____

Unit Introduction

We are going to read a book called *Who Moved My Cheese? for Teens* by Spencer Johnson, M.D. He wrote this book in 2002 for people who go through changes in their lives. That's pretty much everyone! He hopes this book will help us learn how to benefit from changes. Since change is something we can't avoid in life, the author also hopes that we will not fear it, but instead make change work for us so we can become the person we want to be.

Changes in Our Own Lives

To help us learn from *Who Moved My Cheese? for Teens*, we will be talking about changes in our own lives. Think about some changes you have experienced, big or small, which you would feel comfortable sharing in class. List them here.

Now, reflect on how you did or did not benefit from these changes:

Pick one change from list one and one reflection from list two and share them with the class.

Name: _____

Hour: _____

Who Moved My Cheese? for Teens by Spencer Johnson, M.D.
Pre-Introduction Vocabulary

Choose one: Who Moved My Cheese? for Teens is a:

1. proverb 2. parable 3. parody

After discussing these terms, give examples for each one:

1. proverb _____

2. parable _____

3. parody _____

Anticipation Guide:

Put a check mark next to the statements you think are true about Who Moved My Cheese? for Teens to help you anticipate the story. There is no need to guess correctly. Of course not, because you haven't read the book yet!

_____ 1. *Who Moved My Cheese? for Teens* is a proverb.

_____ 2. *Who Moved My Cheese? for Teens* is a parable.

_____ 3. *Who Moved My Cheese? for Teens* is a parody.

_____ 4. In this book, we will learn about change in our lives.

_____ 5. In this book, we will read about a cheese factory.

_____ 6. In this book, mice take over the world.

_____ 7. In this book, people get caught in a mousetrap.

_____ 8. In this book, we might learn how to find our cheese.

Name _____ Date _____

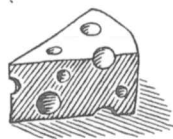
Change Events Recording Sheet

Record three Change Events from your cards and predict how each *Who Moved My Cheese?* character would react to it.

Change Event:	
Sniff	Hem
Scurry	Haw



Change Event:	
Sniff	Hem
Scurry	Haw

Change Event:	
Sniff	Hem
Scurry	Haw



Who Moved My Cheese? for Teens
Character Summary Table

Describe the personality of each character in the maze:

In the Maze	Character	Personality Traits
Mice		
	Sniff	
	Scurry	
Little People		
	Hem	
	Haw	

Name:

English 10

Ms. Myers

Quickwrite/Discussion Questions

Directions: Answer thoroughly the following questions as we read. Be sure to use complete sentences.

“A Gathering” pp. 19-22

1. Who are you most like in “A Gathering” - Chris, Melanie, Peter, Kerry, Ana, Carl or Josh? Why?

“The Story of Who Moved My Cheese?” pp.25-30

2. How did Hem and Haw act differently after they found the Cheese at Cheese Station C? Explain your answer.

3. Give an example of when you are *active*, when you really want to be *productive*.

4. Would you yell, “It’s not fair!” if someone “moved your cheese,” or would you be like the mice, and immediately start to look for New Cheese? Explain.

“Who Moved My Cheese? for Teens” pp. 47-68

5. Answer Hem’s question he wrote on the wall (p. 48): *What would you do if you weren’t afraid?*

6. Explain Hem’s thoughts on

p. 63: *The fear you let build up in your mind is worse than the situation that actually exists.*

“Who Moved My Cheese? for Teens” Vocabulary and Quick Writes for 4th Reading, pp. 69-96

7. Re-read p. 70. What did Hem do that made him change and want to find New Cheese? Explain why.

8. Why do you think it is important not to overanalyze or overcomplicate things?

“Who Moved My Cheese? pp. 79-94

9. Melanie says on p. 91 that, “old cheese is like old stuff you do all the time and don’t even think about...like old behavior that you need to stop.” What are some old behaviors (habits) or “cheese” that you want to stop doing?

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The Writing on the Wall

Directions: As you read, record what you think each of these metaphors mean.

- Having Cheese Makes You Happy
- The More Important Your Cheese Is To You The More You Want To Hold On To It
- If You Do Not Change, You Can Become Extinct
- What Would You Do If You Weren't Afraid
- Smell The Cheese Often So You Know When It Is Getting Old
- Movement In A New Direction Helps You Find New Cheese
- When You Stop Being Afraid, You Feel Good!

- Imagining Yourself Enjoying Your New Cheese Leads You To It.
- The Quicker You Let Go Of The Old Cheese, The Sooner You Find New Cheese.
- It is Safer To Search In The Maze Than Remain In A Cheeseless Situation.
- Old Beliefs Do Not Lead You To New Cheese.
- When you see that you can find and enjoy new cheese, you change course.
- Noticing small changes early helps you adapt to the bigger changes that are to come.
- Move with the cheese and enjoy it!