Match the words with their meaning:

gust	a set of straps and fittings by which a horse or other draft animal is fastened to a cart, plow, etc. and is controlled by its driver.
hoist	the route or direction followed by a ship, aircraft, road, or river.
lead	a sudden brief rush of wind
course	lift, raise.
harness	a rhythmical throbbing of the arteries as blood is propelled through them, typically as felt in the wrists or neck.
pulse	cause (a person or animal) to go with one by holding them by the hand, a halter, a rope, etc. while moving forward.

LIVEWORKSHEETS

gust	hoists	harness
lead	pulse	course

Ada Falls

Today, on the final day of summer camp, Ada and Lilly stand below The Bear Crawl, the camp's highest, hardest rope course. They watch the rope ladder, with its wooden rungs and rope sides, sway in the wind between two tall pines.

Ada's pulse is racing, and her hands feel clammy, but she is relieved to hear Lilly volunteer to go first. Pauline, the camp counselor who always wears a purple jacket, purple hat and purple pants, nods and helps Lilly get ready.



Pauline tugs on Lilly's harness and makes sure her helmet is snug. The safety cable runs from Lilly's harness up to a pulley and then back down to Pauline's purple harness.

LIVEWORKSHEETS

Ada watches Lilly grow smaller and smaller as Pauline hoists her up to the wooden platform at one end of the Bear Crawl. Then, hands before feet, Lilly begins her frightening crawl across the rope ladder. The wind blows Lilly's ponytail back and forth and the ladder sways, but Lilly grips tight.

"Go, Lilly, go! You're a champion. You've got this!" Ada cheers from below. When Lilly makes it all the way across, completing the challenge, Ada feels relieved for her friend but also nervous: it is her turn now. Pauline checks Ada's helmet and harness, and she hoists Ada up to the platform.

On the platform, Ada surveys the whole camp. Lilly and Pauline look so tiny down below! Ada stretches her arms out to the first rung on the rope ladder. Her arms feel shaky as she feels the ladder twist a little under her weight. She carefully walks her hands forward to the next rung.



About halfway across the Bear Crawl, Ada is starting to feel a little more confident. She can hear the wind whistling down into the valley and over the lake. The delicate hairs at the nape of her neck rustle in the strong breeze, tickling her. With every rung, she is getting closer to the opposite platform. She can do this!

LIVEWORKSHEETS

Ada purposefully reaches out for the next rung with her left hand, just as a stronger gust of breeze makes the rope ladder sway. Ada's hand does not grasp the wood rung. Instead, her hand hits only air and continues downward, followed by her arm, her shoulder and the rest of her body!

Almost immediately, the harness catches her. Pauline slowly lowers Ada to the ground, letting the rope out bit by bit. Ada can see all the other kids staring up at her. Ada's face burns from embarrassment; she feels like a red traffic light dangling above an intersection with everyone's eyes on her. When she finally reaches the ground, she looks at her sneakers and the ground around them.

"Can I try again?" Ada whispers, laboring to hold in hot tears.

Pauline glances at her watch. "I'm sorry, Ada, we don't have time."



On the bus home, Ada rests her forehead against the window watching trees flash by as the bus leaves camp. Her body feels slow and heavy, like lead. Beside her, Lilly sits silent and thoughtful.

LIVEWORKSHEETS

"Hey Ada?" Lilly says. "I couldn't have made it across the ladder without you. I got so terrified in the middle, but then you shouted my name and I kept going."

"You got scared?"

Lilly nods vigorously, her eyes widening. "Super scared. I'm surprised I didn't faint or throw up on everybody below."

Ada smiled a little.

"You were just unlucky such a big wind came up. It felt like a hurricane or something. I thought all the trees were going to fall over and squish us like pancakes," continued Lilly. "Can you imagine what a Pauline pancake would look like?"



Ada giggled.

"Pauline the purple pancake," Lilly said softly

Ada burst out laughing. She knew her friend was just trying to cheer her up, but suddenly falling off the ladder did not seem so important anymore. Having good friends was more important.

LIVEWORKSHEETS

Ada Falls (exercises)

1. Multiple Choice.

Why does Ada fall?

a. A knot forms in her throat.
b. She tries to swat a fly and misses.
c. Lilly pushes her.
d. Her hand misses the rung of the ladder.

How does Lilly cheer Ada up?

a. She convinces Pauline to let her try again.
b. She watches the trees flash by the bus window.
c. She starts a food fight at lunch.
d. She makes her laugh.

Where are Ada and Lilly when they try The Bear Crawl?

a. On a field trip
b. At a family reunion
c. At summer camp
d. Lost in the woods

LIVEWORKSHEETS

2. **True or False.**

Lilly and Ada sit together on the bus ride home.	True	False
Pauline is the bus driver.	True	False
Lilly is kind and thoughtful to her friend.	True	False

3. **An old expression is that "laughter is the best medicine." What do you think that means?**

LIVEWORKSHEETS