



Staying Calm in Busy Traffic



I sat in the car with Mom. We were going to the store.



The cars around us were moving slowly. I felt a little nervous.



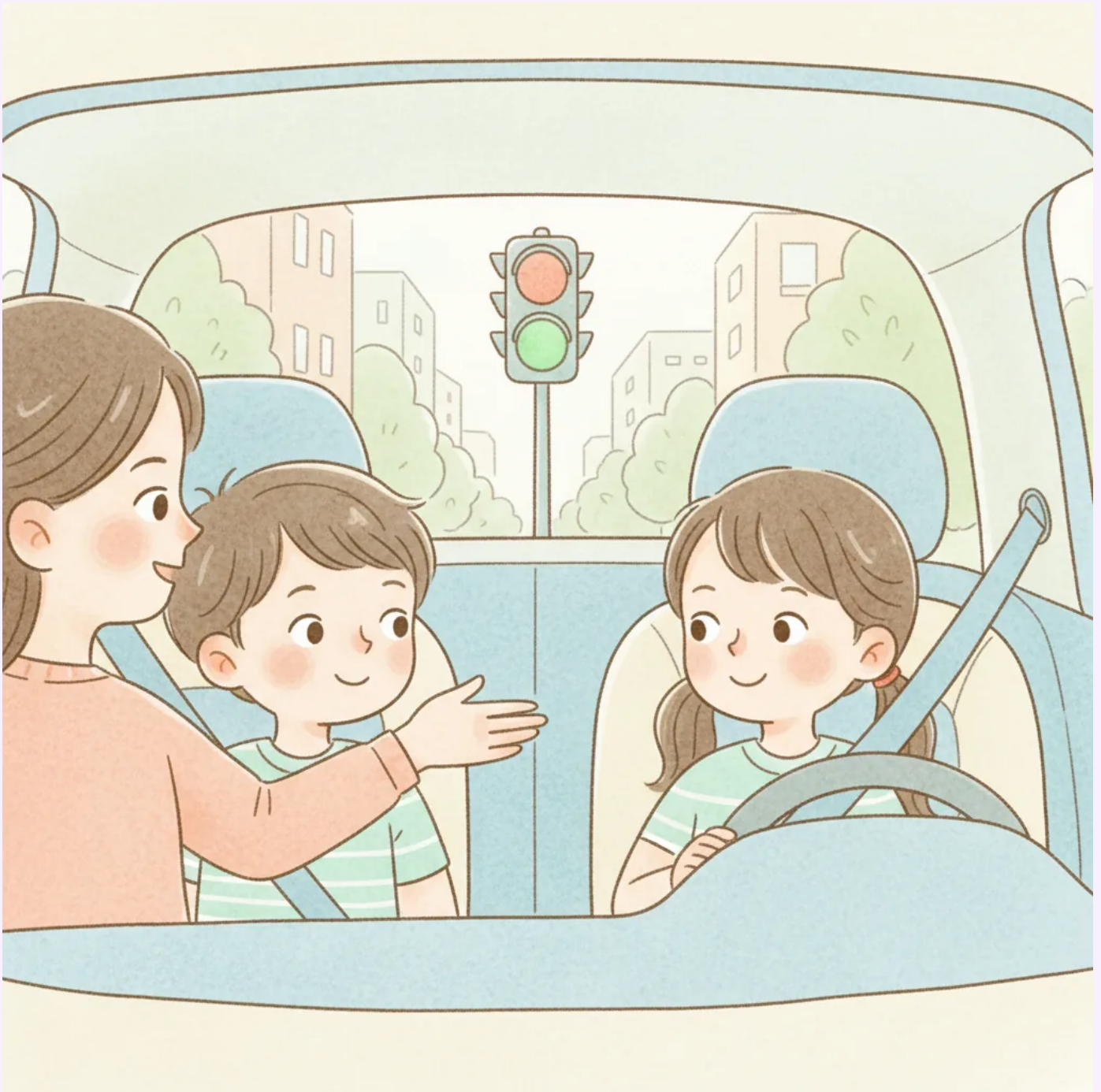
I asked, "Why aren't we moving fast?"
Mom smiled at me.



She said, "There is a lot of traffic. It's okay to go slow."



I took a deep breath. I tried to stay calm.



Mom told me, "The traffic light helps us know when to go."



I watched the lights change colors.
Red means stop. Green means go.



I felt curious. I asked, "What does yellow mean?"



Mom explained, "Yellow means get ready to stop."



I nodded. I liked learning about the lights.



Cars honked, and it was loud. I covered my ears.



Mom said, "It's okay. The noise will go away soon."



I looked out the window. I saw people walking and riding bikes.



I remembered to breathe slowly. It helped me feel better.



Soon, the cars moved faster. I felt happy and safe.



I learned that staying calm makes traffic okay. I can do it again!

Vocabulary

⇒ ■ Vocabulary:

1. Traffic

- Many cars and vehicles on the road

2. Nervous

- Feeling a little scared or worried

3. Calm

- Feeling relaxed and not upset

4. Breathe

- Taking air in and out of your lungs

5. Light

- A signal that helps cars know when to stop or go

6. Curious

- Wanting to learn or know more about something

7. Honk

- A loud noise cars make to alert others

8. Safe

- Feeling protected and not in danger

Spellings

A: Traffic

B: Trafic

A: Nervous

B: Nervas

A: Calm

B: Calme

A: Breath

B: Breth

A: Curious

B: Curios

A: Noise

B: Nois

A: Window

B: Windoe

A: Light

B: Ligt

Comprehension Questions

1. Why were the cars moving slowly?

A: There was a lot of traffic

B: The cars were broken

2. What can you do to feel better when traffic is slow?

A: Take a deep breath and stay calm

B: Yell and get upset

3. What does the green light mean?

A: Stop

B: Go

4. What should you do when you hear loud noises in traffic?

A: Cover your ears and remember it will go away soon

B: Scream and cry

5. What did Mom say yellow light means?

A: Get ready to stop

B: Go very fast

6. How did the child feel when the cars started moving faster?

A: Happy and safe

B: Angry and scared

7. What did the child learn about staying calm in traffic?

A: It helps make traffic okay

B: It doesn't matter

Open-Ended Questions

1. How do you feel when the car is moving slowly in traffic?
2. What can you do to help yourself stay calm when it's noisy?
3. Why do you think it's important to stay calm in busy traffic?
4. How does taking deep breaths help you when you feel nervous?
5. What else can you look at or think about to feel better while waiting in the car?