



**“Most mornings, I follow the same routine, and it feels comfortable.”**



**“But sometimes my morning routine can change.”**



**“One change might be waking up earlier than usual.”**



**“Waking up earlier can feel different at first.”**



**“My body might feel tired or slow when I get up.”**



**“It’s okay to feel this way. My body is learning something new.”**



**“I can start my morning by taking a deep breath and moving slowly.”**



**“I can follow my new routine one step at a time.”**



**“Even if it feels different, I can still do each step.”**



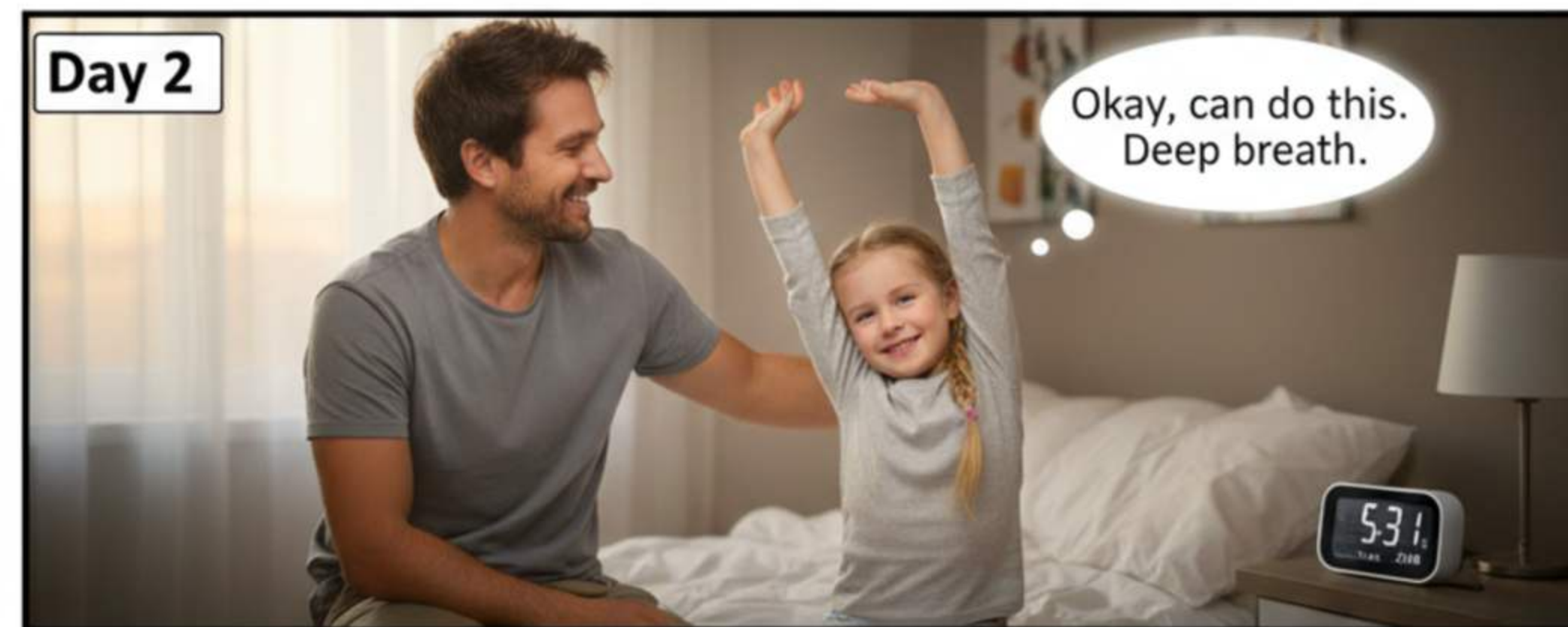
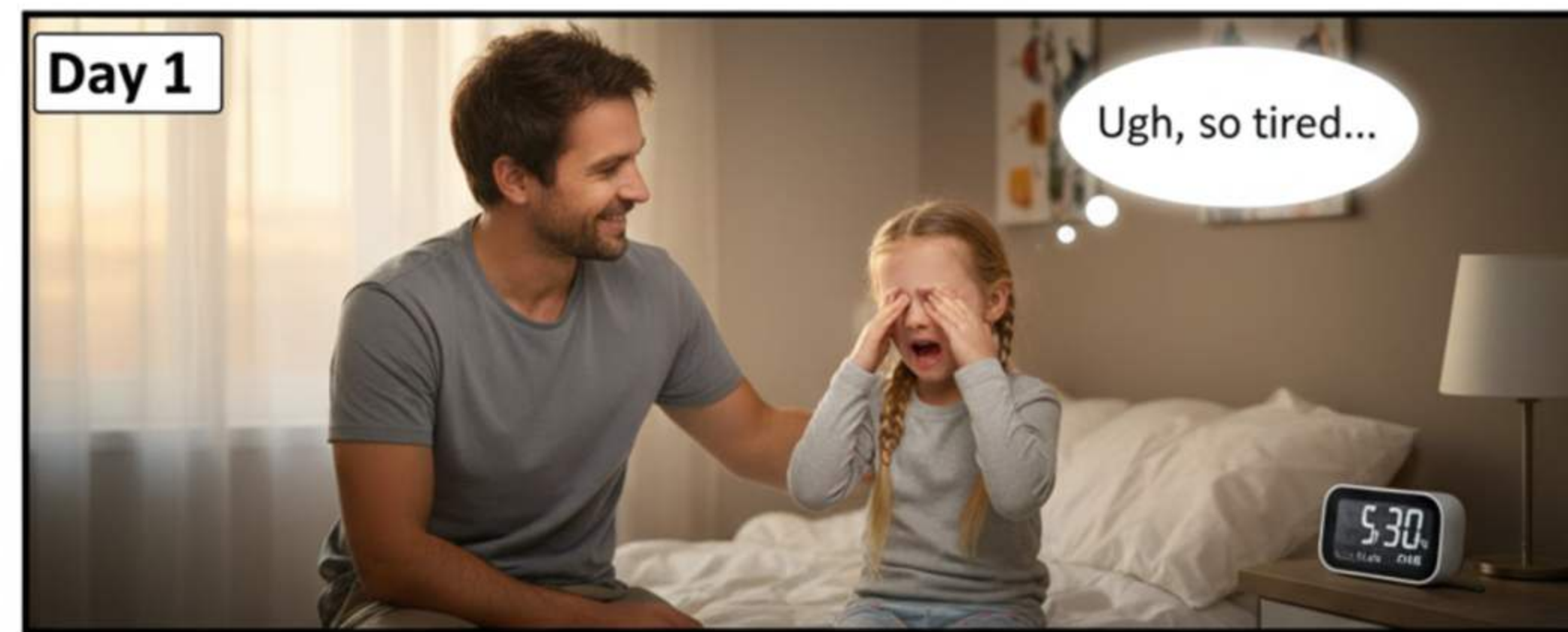
**“If I feel rushed, I can remind myself to stay calm.”**



**“A new morning routine might help me get ready for something important.”**



**“My family is here to help me adjust to the change.”**



**“Each day, waking up earlier gets a little easier.”**



**“My body gets used to the new time when I practice.”**



**“I can feel proud of myself for trying something new.”**



**“I can handle a different morning routine with calmness, confidence, and a positive attitude.”**



# Vocabulary

- Routine

A: A set of steps I follow each morning. (Correct)

B: Something I do only once a month.

- Adjust

A: To get used to something new. (Correct)

B: To refuse any change.

- Earlier

A: Before the usual time. (Correct)

B: After the usual time.

- Important

A: Something that matters or needs attention.  
(Correct)

B: Something to ignore.

- Calm

A: Feeling relaxed and steady. (Correct)

B: Feeling rushed and stressed.



# Spellings

A: Morning (Correct)

B: Mourning

A: Erly

B: Early (Correct)

A: Step (Correct)

B: Stepp

A: Help (Correct)

B: Halp

A: Reddy

B: Ready (Correct)



# Comprehension

- Why might I need to wake up earlier?  
A: For something important like school or an event. (Correct)  
B: For no reason at all.
- How might my body feel when I wake up earlier?  
A: Tired or slow. (Correct)  
B: As energetic as after running.
- What can help me adjust to a new routine?  
A: Following steps one at a time. (Correct)  
B: Doing everything fast and all at once.
- What can I do if I feel rushed?  
A: Remind myself to stay calm. (Correct)  
B: Get upset and quit.
- How do I get used to waking up earlier?  
A: By practicing each day. (Correct)  
B: By changing routines randomly.



# Open-Ended Questions

- How do you feel when you have to wake up earlier than usual?  
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- What helps you get started in the morning?  
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- Which part of the new morning routine feels the easiest?  
\_\_\_\_\_
- Which part feels the hardest?



# Role-Play Activity

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- **Scenario 1**

Your alarm rings earlier than usual. → Practice sitting up slowly and taking a deep breath.

- **Scenario 2**

You feel sleepy while getting ready. → Practice doing one step at a time.

- **Scenario 3**

You feel rushed. → Practice saying, “I can stay calm.”

- **Scenario 4**

You complete your new routine. → Practice celebrating by saying, “I did it!”