



Calm and Happy at School



I am Thomas. I go to school. I like insects.



School is sometimes loud and busy. I feel confused.



I want to learn with my class.
Sometimes I feel too much energy.



When I feel upset, I can stop and take a breath.



I can say, "Help, please," or show my help card to my teacher.



I have a calm spot in the classroom. It is quiet there.



When I feel better, I can go back to my seat.



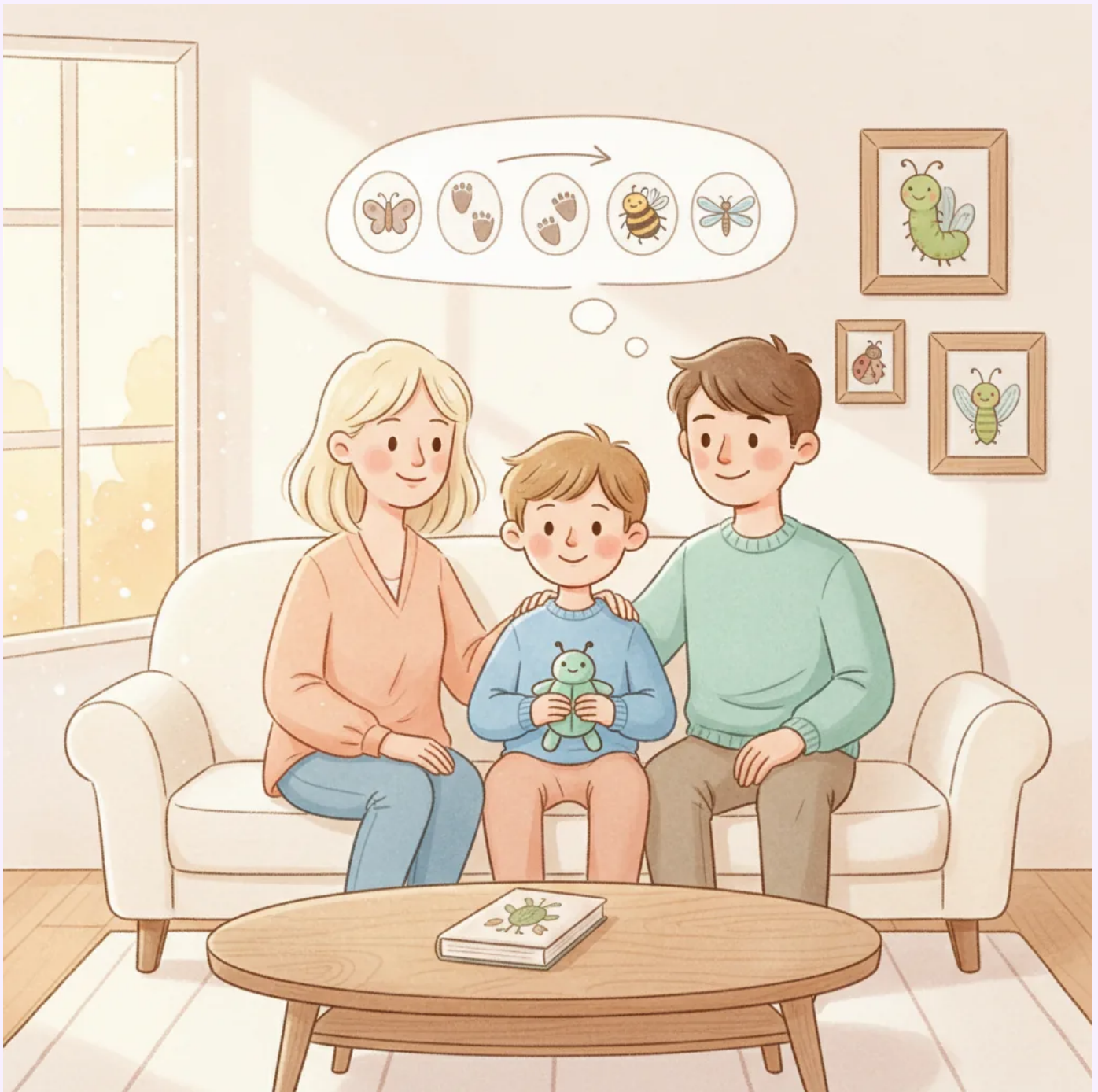
My teacher gives me a schedule. It helps me know what's next.



I get short breaks to help calm my body.



I like learning about insects. It makes me happy.



My parents help me at home. They remind me of my calm steps.



When I stay calm, I can join my friends in class.



My teacher and friends feel happy
when I join them.



I feel proud when I try my best to stay calm.



I am learning every day. I can ask for help and take breaks.



Everyone helps me succeed. I am calm and happy at school.

Vocabulary

⇒ ■ Vocabulary:

1. **Calm**

- Feeling relaxed and not worried or upset

2. **Energy**

- The feeling of being active and wanting to move a lot

3. **Breath**

- Taking air in and out of your body to help you feel better

4. **Help**

- Getting support from someone when you need it

5. **Quiet**

- Making little or no noise

6. **Schedule**

- A plan that tells you what to do and when to do it

7. **Break**

- A short rest to relax or calm down

8. **Proud**

- Feeling good about something you have done

Spellings

A: School

B: Skool

A: Insects

B: Incects

A: Confused

B: Confuzed

A: Calm

B: Calmm

A: Breath

B: Breth

A: Schedule

B: Skedule

A: Proud

B: Prowd

A: Friends

B: Frends

Comprehension Questions

1. What does Thomas like?

A: Insects

B: Cars

2. What should Thomas do when he feels upset?

A: Yell and run around

B: Stop and take a breath

3. Where is Thomas's calm spot?

A: Outside the school

B: In the classroom

4. What can Thomas say if he needs help?

A: "Help, please," or show his help card

B: "I don't want to learn!"

5. Why does Thomas get short breaks?

A: To help calm his body

B: To skip class

6. What makes Thomas happy at school?

A: Learning about insects

B: Not doing any work

7. What helps Thomas know what's next at school?

A: A schedule from his teacher

B: A surprise every hour

8. How do Thomas's parents help him?

A: They remind him of his calm steps

B: They do his homework for him

9. What happens when Thomas stays calm?

A: He can join his friends in class

B: He has to leave the classroom

Comprehension Questions

10. How does Thomas feel when he tries his best to stay calm?

A: Proud

B: Angry

11. Who helps Thomas succeed at school?

A: Everyone

B: Only his friends

Open-Ended Questions

1. How do you feel when school gets loud and busy?
2. What can you do to help yourself feel calm when you have too much energy?
3. Why do you think it's important to have a calm spot in the classroom?
4. How can taking short breaks help you feel better during the day?
5. What makes you feel proud when you stay calm and join your friends?