



# Thomas Explores Insects at School



Hi, I'm Thomas, and I'm 7 years old. I love insects!



At school, I learn about insects and other fun things.



My teacher knows I like insects and helps me learn with them.



Sometimes, the classroom is busy,  
and I feel a little uncomfortable.



When I feel upset, I can say, "I need an insect break."



Staying in my seat helps me and my friends learn better.



When I listen to my teacher, I can finish my work faster.



My teacher feels happy when I follow instructions.



If I feel angry, it's okay. Everyone has big feelings sometimes.



I can take deep breaths or count my favorite insects quietly.



When I complete my work, I can earn insect stickers.



**My teacher will gently remind me if I forget classroom rules.**



**Taking small breaks helps my body  
and brain rest.**



I can use my insect cards to calm myself down.



I feel proud when I control my body  
and finish my work.



Every day, I learn new ways to stay calm and happy in class.

# Vocabulary

⇒ ■ Vocabulary:

## 1. **Insects**

- Small animals with six legs, like ants and butterflies

## 2. **Uncomfortable**

- Not feeling good or at ease

## 3. **Break**

- A short time to rest and feel better

## 4. **Listen**

- Paying attention to what someone is saying

## 5. **Instructions**

- Directions or steps to follow

## 6. **Feelings**

- Emotions like happy, sad, or angry

## 7. **Calm**

- Being relaxed and not upset

## 8. **Proud**

- Feeling good about what you've done

# Spellings

A: Insects

B: Incects

A: Teacher

B: Teachur

A: Uncomfortable

B: Uncofortable

A: Upset

B: Upsat

A: Listen

B: Listin

A: Instructions

B: Instrucktions

A: Angry

B: Angree

A: Proud

B: Proude

# Comprehension Questions

**1. What does Thomas love?**

A: Cars

B: Insects

**2. What can Thomas say when he feels uncomfortable?**

A: "I need an insect break."

B: "I want to go home."

**3. Why is it important for Thomas to stay in his seat?**

A: It helps him and his friends learn better

B: It's fun to run around

**4. What can Thomas do if he feels angry?**

A: Take deep breaths or count his favorite insects

B: Yell loudly

**5. What does Thomas earn when he completes his work?**

A: Candy

B: Insect stickers

**6. What helps Thomas feel calm in class?**

A: Using his insect cards

B: Throwing his books

**7. How does Thomas feel when he controls his body and finishes his work?**

A: Proud

B: Sad

**8. What does Thomas learn every day?**

A: New ways to stay calm and happy in class

B: How to make noise

# Open-Ended Questions

1. How do you feel when you learn about insects at school?
2. What can you do if the classroom feels too busy for you?
3. Why do you think taking breaks can help you learn better?
4. How do you feel when you earn insect stickers for your work?
5. What are some ways you can calm down when you feel upset in class?