



Adam Learns to Pause and Play



One sunny day, I went to play with my friends at the park.



I felt so excited to see everyone playing together.



**Sometimes, I want to jump right into
the game.**



But first, I can stop and take a deep
breath.



Taking a breath helps me feel calm
and ready.



I can ask myself, "Is this a good idea?"



Asking questions helps me think
before I play.



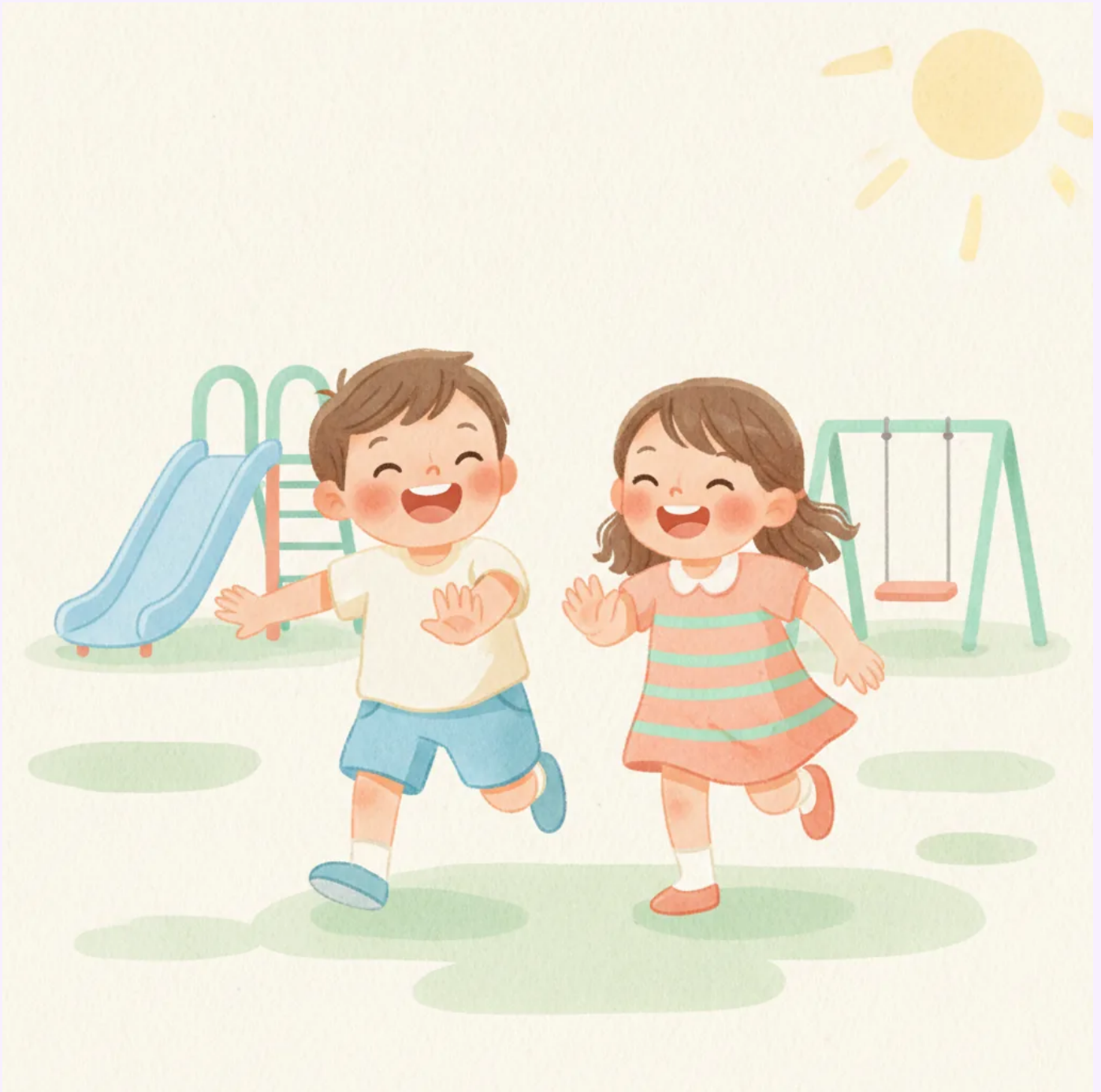
I see my friends playing tag. I want to join.



I stop, breathe, and ask, "Can I play too?"



My friends smile and say, "Yes, come play!"



We run and laugh together. It feels great.



When I pause, I make good choices.



My friends are happy I joined the game.



I feel proud because I stopped and asked first.



Pausing helps me play better with my friends.



Now, I know I can pause, breathe, and play happily!

Vocabulary

⇒ ■ Vocabulary:

1. **Pause**

- To stop for a little while before doing something

2. **Breathe**

- To take air in and out of your body

3. **Calm**

- Feeling relaxed and not worried

4. **Idea**

- A thought or plan about what to do

5. **Question**

- Something you ask to get information or understand better

6. **Tag**

- A game where you try to touch someone to make them 'it'

7. **Choices**

- Different things you can decide to do

8. **Proud**

- Feeling happy about something you did well

Spellings

A: Excited

B: Exciited

A: Breathe

B: Breeth

A: Calm

B: Calme

A: Friends

B: Freinds

A: Choices

B: Choises

A: Proud

B: Prude

A: Together

B: Togather

A: Happily

B: Happilly

Comprehension Questions

1. What should Adam do before joining a game?

A: Jump in without thinking

B: Stop, breathe, and ask if he can join

2. Why is it good to take a deep breath before playing?

A: It helps you feel calm and ready

B: It makes you feel tired

3. What question does Adam ask himself before playing?

A: "Should I leave the park?"

B: "Is this a good idea?"

4. Why is it important to ask if you can join a game?

A: So you can make good choices and be polite

B: So you can play alone

5. How do Adam's friends feel when he asks to join?

A: Sad

B: Happy

6. What does Adam feel after he stops and asks first?

A: Proud

B: Upset

7. What does pausing help Adam do?

A: Play better with his friends

B: Run away from the game

8. What are the steps Adam follows to join the game?

A: Shout and run away

B: Pause, breathe, and ask to play

Open-Ended Questions

1. How do you feel when you are really excited to play with your friends?
2. What happens when you take a deep breath before joining a game?
3. Why do you think it's important to ask if you can play with your friends?
4. How does it feel when your friends say "yes" and invite you to play with them?
5. What are some other times when taking a pause might help you make a good choice?