



Name 

Day/Date 

Reading Contract A 

Title: Taking Care of Ourselves
Colour Level (Guided): L.16/17 Orange
Text Series: PM+ (Nelson Books)
www.thereleviatingteacher.weebly.com


Trace  Taking Care of Ourselves

Fix Up  Trace over the correct letters, and circle all the letters that are in the wrong place or not correct.
Taking Care of ourselves

How many were in the book?



Match up then colour in/trace the words

resting 

healthy food 

laughing 



My Picture 

If 2 words are used together by any of the above 3 images, it is only the underlined word that is used in questions 6-8.



Make a list of all the different things you can do to look after yourself. Can you think of any others? You may want to include pictures.

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Reading Contract B




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Title 

My Words  Write some of your own words which are related to the story, but which were not in the story.

Find the Words  Write words from the story that start with the letters.
f fr

My Turn  Using your own words, write your own sentence about something that happened, or that was in the book.



Question Time. Answer the questions.

1. How many different fruits are shown in the story?
2. What should we do even on cloudy days, and why?
3. What are 2 things that are done outside that is good for us?
4. How many people are playing in the leaves?
5. What is one game you love playing outside?



Word Study-I'm all mixed up. Write the words correctly.

For questions 6-8, the first letter of each word is written in a capital letter.

6. stRegni →

7. ealthyH →

8. ingghLau →

Find Me



9. How many times is this word in the book?

eat

