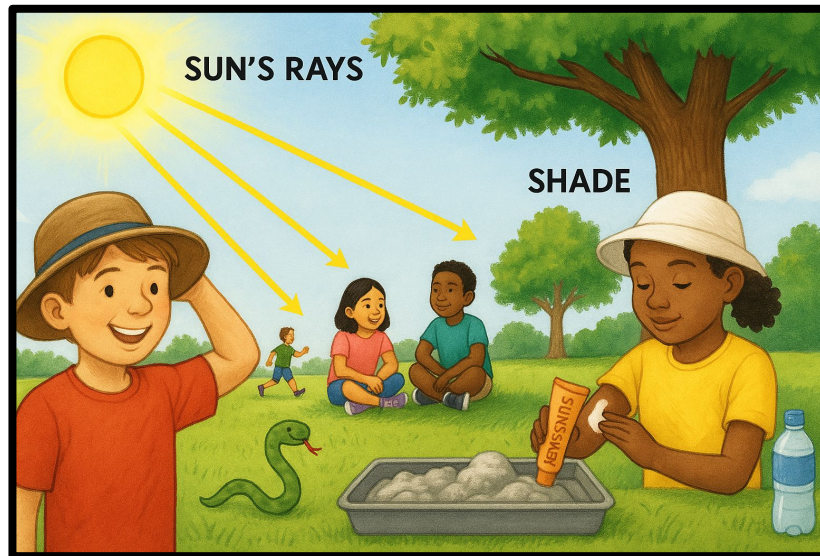


## Decodable Texts: Long Vowel Teams: ay

"Today, we'll read a nonfiction text about staying safe in the sun. Watch for words with the long A sound spelled with 'ay' while you learn how to play safely outside!"



### How to Stay Safe in the Sun

The sun's rays can be strong, even on a cool day. If you plan to play outside, it's smart to stay safe in the sun.

Wear a hat to keep the rays off your face. Stay in the shade when the sun is high in the sky.

Use sunscreen on your skin. Sunscreen keeps the rays from making your skin dry or red.

Take breaks and drink water. That way, you will stay cool and play all day without feeling weak.

Staying safe in the sun helps you enjoy each day and feel great!

After reading the story, have your child point to and slowly sound out each practice word.

day

stay

play

shade

way



Name: \_\_\_\_\_

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## How to Stay Safe in the Sun

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1. What should you do to keep the sun's rays off your face?

- A. Wear a hat.
- B. Wear heavy boots.
- C. Put on gloves.
- D. Stay near a light.

2. What helps keep your skin safe from the sun's rays?

- A. A winter coat.
- B. Sunscreen.
- C. Sand and water.
- D. A big stick.

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3. Fill in the blank:

Stay in the \_\_\_\_\_ when the sun is high in the sky.

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4. Why is it important to drink water when you play in the sun?

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5. How do hats and shade help you stay safe outside?

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# Coaching Guide

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**Target Skill:** Long Vowel Team 'ay'

**Genre:** Nonfiction – Health & Safety

**High-Frequency Words:** the, you, when, your, to, and

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## Before Reading

1. Remind them of the target skill: "Today we're reading nonfiction and looking for words with the long A sound spelled with 'ay.'"
  2. What do you like to do on sunny days?
  3. What do you already know about staying safe in the sun?
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## During Reading

1. **Sounding Out Support:** Remind kids that the 'ay' spelling makes the long A sound like in "day."
  2. Watch for target skill words as you read!
  3. What should you do when the sun is high in the sky?
  4. Try reading the last sentence with a happy and proud voice!
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## After Reading

1. Can you explain how to stay safe when playing in the sun?
  2. Why do you think the author says it's smart to take breaks?
  3. Would you rather play in the sun or stay in the shade? Why?
  4. Find and highlight 5 words with the 'ay' spelling.
  5. **Fluency Tip:** Try reading the story again and use a calm, friendly voice to teach someone how to stay safe!
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## Activity Idea

Draw a picture of yourself playing safely in the sun. Add things like a hat, water bottle, or shady spot. Write a sentence explaining how these things help you stay safe. Then, share your drawing and safety tips with a friend or family member!

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## Coaching Tip

Encourage kids to share what they learned by teaching someone else how to stay safe in the sun. Teaching others helps strengthen understanding!

