

Decodable Texts: R-Controlled (ar)

"This nonfiction story gives tips for sunny days. Look for 'ar' words like 'park,' 'guard,' and 'smart' as you learn how to stay safe in the heat!"



How to Stay Safe in the Sun

The sun gives off heat and light, but it can also be harsh.

To stay safe, wear a hat and rest in the shade at the park.

Put on sunscreen to guard your skin.

A cap, shirt, and dark sunglasses help, too.

Drink water so you don't get too warm or start to feel weak.

It's smart to take breaks when the sun is strong.

That way, you can play hard and still stay safe.

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

park

harsh

guard

smart

dark



Name: _____

How to Stay Safe in the Sun

1. What should you wear to protect your skin?

- A. A wool coat
- B. A warm scarf
- C. Sunscreen and a hat
- D. Shorts and boots

2. Why is it smart to take breaks?

- A. To eat more snacks
- B. To stay safe from the sun
- C. To make new rules
- D. To find shade at night

3. Fill in the blank:

It's _____ to take breaks when the sun is strong.

4. What are three smart ways to stay safe in the sun?

5. Why do you think breaks and water are important on hot days?



Coaching Guide

Target Skill: ar R-Controlled Vowel

Genre: Nonfiction – Health & Safety

High-Frequency Words: your, so, too, when, the

Before Reading

1. This story includes “ar” words like *park*, *guard*, *smart*, and *dark*.
 2. What do you do to stay cool and safe on hot, sunny days?
 3. Why might too much sun be a problem?
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During Reading

1. **Sounding Out Support:** Stretch and tap “ar” sounds in words like *start*, *guard*, and *harsh*.
 2. Watch for ar words that describe actions and advice
 3. What tools and clothes help you stay safe in the sun?
 4. Read the final line with energy like you’re giving safety tips to your team
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After Reading

1. Retell the smart choices you can make when the sun is strong
 2. Why is it important to protect your skin?
 3. What tip would you give a friend before going to the park?
 4. Skill Check: Highlight six “ar” words in the passage
 5. **Fluency Tip:** Read it again like a health leader teaching summer safety
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Activity Idea

Draw a kid playing at the park on a sunny day wearing a hat, sunglasses, and sunscreen. Label items using “ar” words like *dark*, *park*, *guard*, or *smart*. Write one sentence about how they are staying safe.

Coaching Tip

Reading about self-care builds vocabulary and real-life awareness—let decoding lead to healthy decisions!

