

Reading Comprehension Worksheet: Author's Reasons

Read the short story and answer each question.



Why Sleep Is Good for You

Getting enough sleep helps your body and your brain.

When you sleep, your body rests and gets energy for the next day.

Your brain also gets a break. Sleep helps you think clearly at school.

If you don't get enough sleep, you might feel grumpy or tired.

You might have trouble learning or playing with friends.

That's why sleep is important for kids—and for adults too!



Name: _____

Why We Should Wash Our Hands

1. Why does the author think kids need sleep?

- A. So they can stay up late
- B. So they can watch more TV
- C. So they can feel rested and ready
- D. So they don't have to do chores

2. What reason does the author give for sleeping well before school?

- A. It helps you think clearly
- B. It helps you wake up late
- C. It keeps your shoes clean
- D. It makes you taller

3. Fill in the blank:

If you don't get enough sleep, you might feel _____.

4. What are two reasons the author gives to show why sleep is important?

5. How does the author help you understand how sleep helps you at school?



Parent and Teacher Guide

Guide Reading Level: F

Lexile Level: 85L-225L

Grade Level: 1st Grade, Beginning of the Year

Genre: Nonfiction – Opinion / Health & Wellness

Introducing the Text

"Today we're reading a nonfiction book that tells us why sleep is important. As we read, we'll look for the reasons the author gives to support this idea."

Vocabulary: sleep, rest, energy, brain, grumpy

Before Reading Discussion Questions

1. Why do people need sleep?
 2. How do you feel when you don't sleep enough?
 3. What do you think this book will try to convince us?
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During Reading Discussion Questions

1. What is the author's main idea?
 2. What reasons does the author give about why sleep is good?
 3. How does the author use examples to help us understand?
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After Reading Discussion Questions

1. Why do you think the author wrote this book?
 2. What was the most important reason given?
 3. How can you tell the author is trying to convince readers that sleep matters?
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Activity Idea

Have students draw a picture of a good bedtime routine. Include a clock, a bed, and a book or toy. Ask them to label one thing that helps them get ready for sleep and write one sentence explaining why sleep is good for them.

