

Reading Comprehension Worksheet: Reasons and Evidence

Read the short story and answer each question.



Why We Wear Helmets

Diego loved riding his scooter. He liked to go fast and do little jumps. But before he could ride, his dad always made sure he wore his helmet.

One reason we wear helmets is to **protect our heads**. If we fall, the helmet keeps our head from getting hurt. Our brain is inside our head, and it controls our body. A helmet helps keep our brain safe.

Another reason to wear a helmet is because it helps us feel **confident and safe**. When Diego wears his helmet, he feels ready to try new moves because he knows he's protected.

Helmets are not just for scooters. People wear helmets when they ride bikes, skateboards, and even when they go rock climbing or play sports like football.

Diego knows he looks cool in his helmet, but he also knows it helps him stay safe. That's the most important reason of all!



Name: _____

Why We Wear Helmets

1. Why is it important to wear a helmet?

- A. It keeps your brain safe.
- B. It makes you run faster.
- C. It helps you see better.
- D. It lets you fly.

2. What does Diego feel when he wears his helmet?

- A. Sleepy
- B. Confident
- C. Hungry
- D. Tired

3. Fill in the blank:

People wear helmets when they ride bikes, scooters, and _____.

4. What are two reasons the author gives to explain why people wear helmets?

5. What would you tell a friend who doesn't want to wear a helmet? Use an idea from the text to help explain.



Parent and Teacher Guide

Guide Reading Level: J

Lexile Level: 290L-440L

Grade Level: 2nd Grade, Beginning of the Year

Genre: Informational Nonfiction

Introducing the Text

"Today we are going to read a nonfiction text about something many of us use—**helmets**! Before we read, let's think about why people wear helmets. This book will help us learn the reasons helmets are important and how they help keep us safe."

Vocabulary: helmet, protect, brain, confident, scooter

Before Reading Discussion Questions

1. Have you ever worn a helmet before? When?
 2. Why do you think people wear helmets?
 3. What do you already know about staying safe while riding something?
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During Reading Discussion Questions

1. What is the first reason the author gives about helmets?
 2. How does the author describe how helmets help Diego feel?
 3. What are some activities where people need to wear helmets?
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After Reading Discussion Questions

1. Why is wearing a helmet more than just about looking cool?
 2. What would happen if people didn't wear helmets while riding scooters or bikes?
 3. How do the reasons in the story help support the author's main point?
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Activity Idea

Have students design their own helmet using paper or cardstock. They can draw or decorate it with symbols or pictures that represent safety, courage, or activities they enjoy. Afterward, they can write a short sentence under their helmet picture: "I wear my helmet because..." to connect the art to the reading standard.

