Decodable Texts: Short e (CVC Words)

"This nonfiction story explains why our bodies sweat! Look for short e words like *wet*, *neck*, and *get* as you read and talk about what your body does to stay cool."

Why Do We Sweat?

When we get hot, we sweat.

We sweat when we run or rest in the sun.

Sweat is wet.

It can drip on your neck and leg.

The wet helps us get cool.

We let the air hit the wet skin.

Then we do not get too hot!

After reading the story, have your child point to and slowly sound out each practice word.				
get	wet	neck	let	rest

Name: _____

Why Do We Sweat?

1. What is sweat?

A. A kind of bug

B. A pet you hold

C. Wet from your skin

D. A red spot on your leg

2. When do we sweat?

A. When we nap

B. When we get cold

C. When we get hot

D. When we eat

3. Fill in the blank:

Sweat can drip on your neck and _____.

4. What does sweat help our body do?

_____

_____

_____

5. How do you feel after you sweat?

_____

_____

_____

Coaching Guide

Target Skill: Short e (CVC)
Genre: Nonfiction / Human Body
High-Frequency Words: when, we, the, get, not, too

Before Reading

1. Remind your reader that short e says "eh" like in *wet*.
2. Have you ever felt sweaty?
3. What do you think your body does to stay cool?

During Reading

1. Sounding Out Support: Help break words like *neck* and *rest* into sounds.
2. Watch for real short e words that describe how your body works.
3. What does the story say happens to the sweat on your skin?
4. Try reading with a thoughtful tone, like you're explaining something important.

After Reading

1. Can you retell how sweating helps cool you down?
2. Why do you think our bodies need sweat?
3. Was this story true or made-up? How can you tell?
4. Highlight 5 short e words you found in the text.
5. Fluency Tip: Try reading it again like you are teaching a class!

Activity Idea

Draw a stick figure in the sun with sweat drops on their neck and legs. Label the sweat and circle 3 short e words from the story.

Coaching Tip

When kids see science in simple words, it makes reading exciting and meaningful!