

Decodable Texts: Digraphs (Beginning)

"This informational story explains why brushing our teeth matters. Watch for digraphs like sh, th, ch, and wh as you read!"



Why We Brush Our Teeth

Teeth help us eat and smile.

We must brush them each day.

A brush can scrub off bits of fish or chips.

Thick stuff can get stuck.

If we do not brush,

a tooth may chip.

It may hurt too.

White teeth shine bright.

That is why we brush!

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

brush

tooth

thick

chip

shine



Name: _____

Why We Brush Our Teeth

1. What do teeth help us do?

- A. eat and smile
- B. sing and sleep
- C. draw and paint
- D. read and jump

2. What can happen if we don't brush?

- A. teeth get stronger
- B. teeth chip and hurt
- C. teeth turn blue
- D. teeth fall asleep

3. Fill in the blank:

White teeth _____ bright.

4. What steps do you take when brushing your teeth?

5. Why do you think some people forget to brush?



Coaching Guide

Target Skill: Beginning Digraphs – sh, th, ch, wh

Genre: Informational Nonfiction

High-Frequency Words: we, must, them, each, off, too

Before Reading

1. Remind them of the target skill: This nonfiction story uses words that start with sh, th, ch, and wh.
 2. Why do people brush their teeth?
 3. What might happen if we don't?
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During Reading

1. **Sounding Out Support:** Point out beginning digraphs like *sh* in *shine* and *ch* in *chip*. Help them break up tricky words by sound.
 2. Watch for health-related words with sh, th, ch, or wh.
 3. What does the brush do in the story?
 4. Use a clean, clear voice like you're teaching a health lesson!
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After Reading

1. What did you learn about how brushing helps teeth?
 2. What might happen if someone never brushes?
 3. How did the writer help you learn something new?
 4. Circle 5 digraph words that relate to brushing teeth.
 5. **Fluency Tip:** Read it again like you're teaching a younger sibling why brushing matters!
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Activity Idea

Draw a toothbrush and a tooth. Around them, label with digraph words from the story like *brush*, *tooth*, *chip*, *thick*, *shine*, and *white*. Then write one sentence explaining what happens if you brush every day.

Coaching Tip

Connect the reading to real habits—let your child "teach" you about tooth brushing to build fluency and confidence.

