

Decodable Texts: Silent E (U-E)

"This nonfiction story explains how sunscreen protects your skin. Watch for u-e words like 'use' and 'blue' as you learn how to stay safe!"



Why We Use Sunscreen

The sun gives heat and light, but it can also harm skin.

That's why people use sunscreen.

Sunscreen helps block the sun's rays and keeps skin safe.

You can use it at the lake, on a hike, or in the dune's shade.

Rub it on your face, nose, and arms.

It should be used even when the sky is blue.

Use sunscreen to stay safe and have fun in the sun!

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

use

blue

dune

nose

shade



Name: _____

Why We Use Sunscreen

1. What does sunscreen help protect?

- A. Eyes
- B. Skin
- C. Shoes
- D. Hair

2. When should you use sunscreen?

- A. Only in winter
- B. Only on your feet
- C. Even when the sky is blue
- D. Only when you're cold

3. Fill in the blank:

Rub it on your face, _____, and arms.

4. Why is sunscreen important even on a cloudy day?

5. What could happen if someone forgets to use sunscreen?



Coaching Guide

Target Skill: u-e Silent E Words

Genre: Nonfiction – Health & Wellness

High-Frequency Words: your, the, it, on, when

Before Reading

1. This story uses u-e words to explain something we use every day—sunscreen!
 2. When do you go outside and need to protect your skin?
 3. Have you ever used sunscreen before?
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During Reading

1. **Sounding Out Support:** Point out u-e words like “use,” “blue,” and “dune.” Help your child tap out each word and remember the silent E makes the U long.
 2. Watch for u-e words related to when and how sunscreen is used
 3. Where do people need sunscreen the most?
 4. Try reading the last line with cheer and energy
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After Reading

1. Summarize why sunscreen is helpful and how it works
 2. Why does the author say to use sunscreen even when the sky is blue?
 3. How could you teach someone else what you learned from this story?
 4. Skill Check: Underline six u-e words in the passage
 5. **Fluency Tip:** Read the story again using your “helper voice,” like you’re giving advice to a friend!
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Activity Idea

Draw yourself getting ready for a sunny day. Label where you would put sunscreen using u-e words like “nose,” “use,” or “blue.” Then write a sentence about why sunscreen is important.

Coaching Tip

Use health-based texts to practice phonics and self-care at the same time—kids remember more when it applies to real life!

