

## Decodable Texts: R-Controlled (ir)

*"This nonfiction story explains why people shiver. Look for 'ir' words like 'shiver,' 'shirt,' and 'nervous' as you learn how your body reacts to cold and fear!"*



### Why You Shiver

Shivering is your body's way to stay warm.

When the air is cold, your muscles start to move fast.

This quick motion makes heat and helps you warm up.

You may shiver if you forget your coat or shirt on a chilly day.

Some people also shiver when they feel scared or nervous.

A warm drink or blanket can help stop the shivers.

Your body works hard to take care of you!

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

shiver

shirt

nervous

start

warm



Name: \_\_\_\_\_

## Why You Shiver

1. Why do people shiver?

- A. To fall asleep
- B. To feel happy
- C. To make heat when they're cold
- D. To cool down on hot days

2. What can help stop the shivers?

- A. A loud noise
- B. Jumping rope
- C. A warm drink or blanket
- D. A glass of ice

3. Fill in the blank:

Some people also shiver when they feel scared or \_\_\_\_\_.

4. What happens inside your body when you start to shiver?

---

---

---

5. How does your body help protect you in cold weather?

---

---

---



# Coaching Guide

---

**Target Skill:** ir R-Controlled Vowel

**Genre:** Nonfiction – Health & Human Body

**High-Frequency Words:** your, when, they, feel, some

---

## Before Reading

1. This story includes “ir” words like *shiver*, *shirt*, *start*, and *nervous*.
  2. Have you ever felt cold enough to shiver? What helped you warm up?
  3. What does your body do when the weather changes?
- 

## During Reading

1. **Sounding Out Support:** Practice “ir” words like *shiver*, *shirt*, *start*, and *nervous*.
  2. Watch for ir words that describe body reactions and temperature
  3. What are two reasons people might shiver?
  4. Read the final line with care and pride in how the body works
- 

## After Reading

1. Retell what causes shivering and how it helps
  2. What are some ways to warm up when you’re cold?
  3. Why is it helpful to know what your body is doing?
  4. Skill Check: Highlight six “ir” words in the passage
  5. **Fluency Tip:** Read it again like a science teacher giving a body lesson to a curious class
- 

## Activity Idea

Draw a child wrapped in a blanket, holding a warm drink after shivering. Label parts using ir words like *shirt*, *shiver*, *start*, or *nervous*. Write one sentence about what the body does to stay safe.

---

## Coaching Tip

Personal health topics are great for fluency—kids learn about their own bodies while practicing vowel decoding.

