

Relaxing at the Park

Pre-reading

Questions:

- Why would the park be a good place to relax?

Definitions:

- Busy – doing many things
- Relax – to be at ease
- Quiet – with no noise
- Gather – to pick up or bring together
- Refresh – to bring back energy



Reading

18 It has been a busy week at work. Beth needs to relax. She wants to go to the
park. It is quiet there. She will not think about work.

29 Beth makes a sack lunch. She puts bread, cheese, grapes, and carrots in a
43 brown bag. Then she finds her lawn chair and gets her book.

55 At the park Beth finds a nice spot near the pond. She takes in some deep
71 breaths of the fresh air. She enjoys having her bare feet on the grass. Beth eats her
88 lunch. Then she reads her book.

94 It is time to go home. Beth gathers her things. She feels refreshed from her
109 time at the park.

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Understanding

1. Beth had a _____ week at work.
2. Why does Beth like the park? _____

3. What does she pack for her lunch? _____

4. What does Beth do first, read her book or eat her lunch? _____

5. How does Beth feel as she leaves the park? _____

Writing

Choice A: Retell the story in your own words.

Choice B: Why should you take time for yourself?
