

6

Look What  
I Can Do

## See, Think, Wonder

**A** Look at the picture. What do you see?

There's a skateboard.

I see a tall man. chopsticks.

**B** What do you think?

I think they're busy.

She likes dancing.

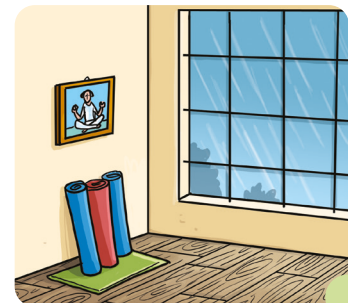
**C** What do you wonder?

Can he climb?

What book is he reading?

**D** Think and discuss. What's your favorite activity? How do you move?

**E** Look at these pictures and check (✓). Which shows something happening?

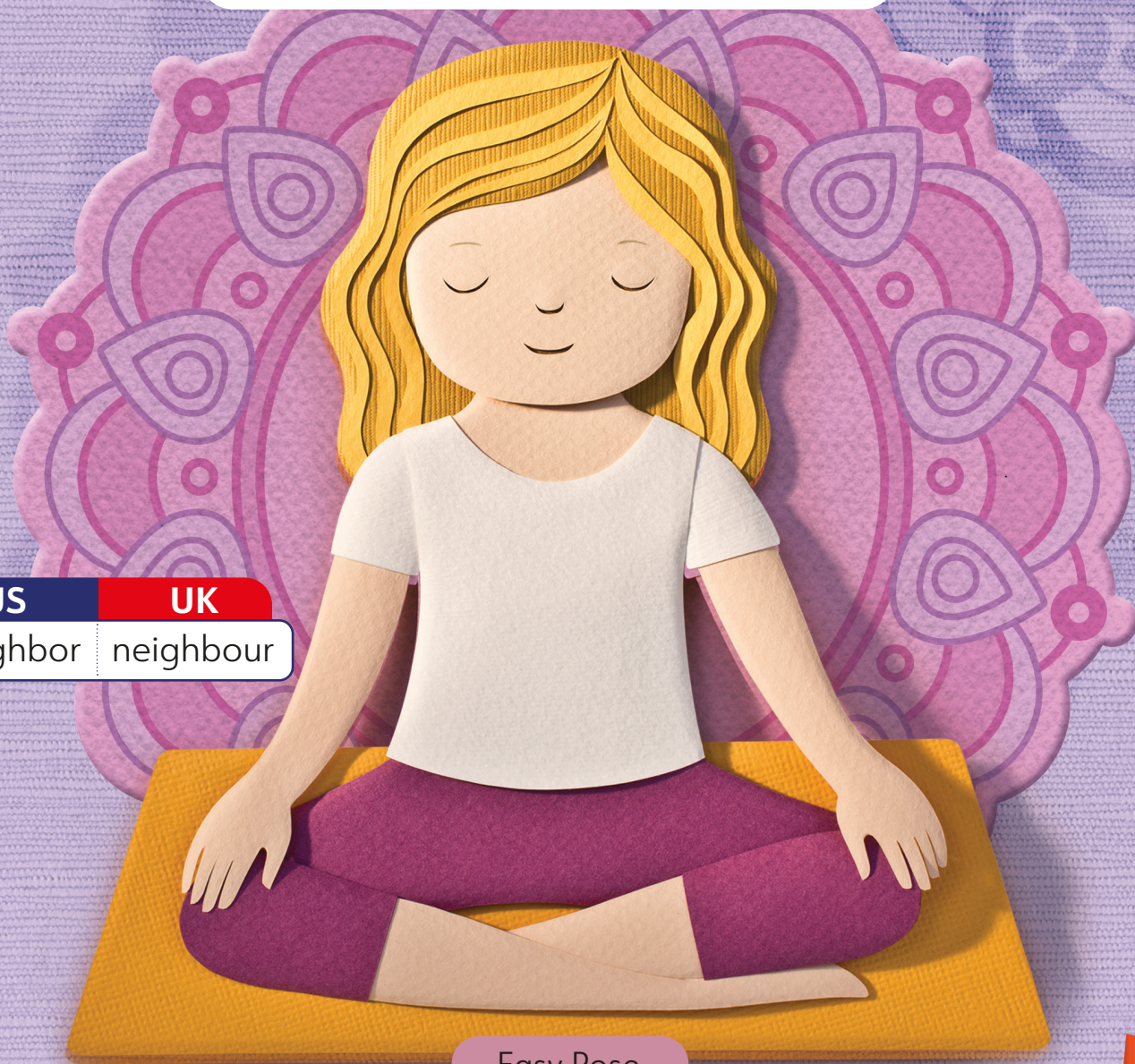


Now read *This Is Yoga*



# This Is Yoga

Yoga can help you relax. Let's do yoga.  
Say hello to your neighbor.



US

UK

neighbor

neighbour

Easy Pose

Cross your legs. Sit up straight.  
Breathe in. Breathe out. This is Easy Pose.

Do you think  
Easy Pose  
is easy?

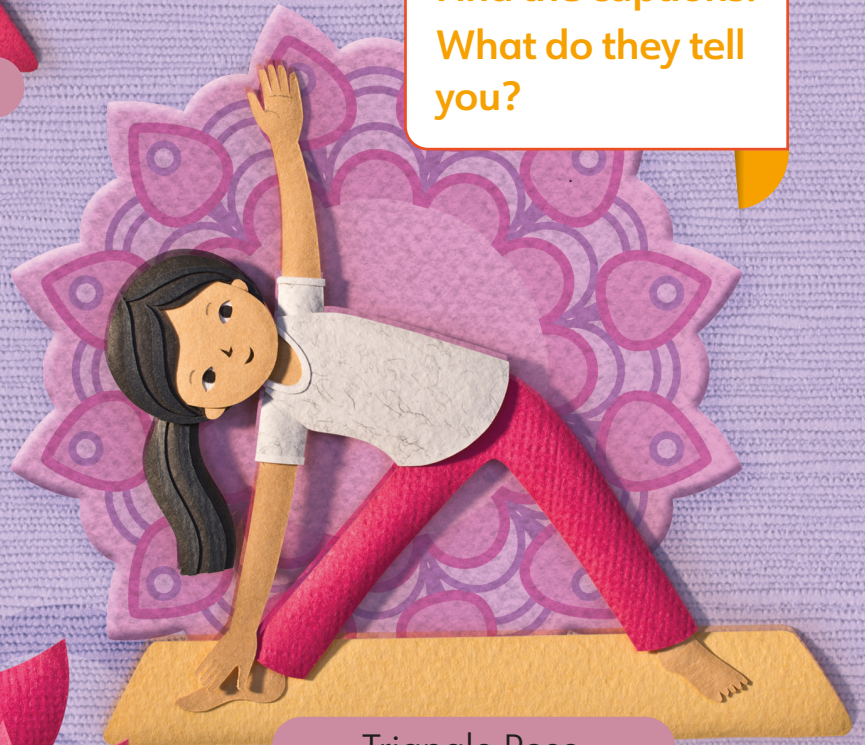


Mountain Pose

Stand up straight and tall.  
Feel your feet on the floor.  
Put your arms down.  
Keep them straight.  
This is Mountain Pose.

Find the captions.  
What do they tell  
you?

Keep standing.  
Reach your left arm up.  
Stretch your right arm down.  
This is Triangle Pose.



Triangle Pose

### Words in Context

 Find these words in the reading. What do you think they mean?

relax cross straight breathe feel keep



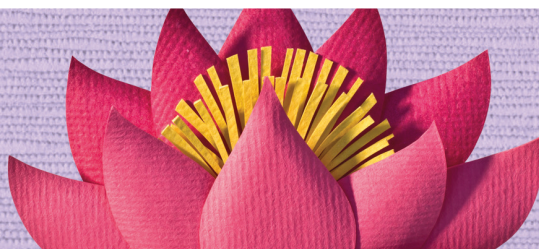
Tree Pose

Start in Mountain Pose.  
Put your foot above your ankle.  
Stretch your arms up.  
Breathe in. Breathe out.  
Put your arms down.  
Change sides.  
This is Tree Pose.



Sit down again.  
Breathe in. Breathe out.  
Breathe together. Say "Thank you."  
This is yoga.

How do  
you feel  
after yoga?



## A Read and label.

Mountain Pose   Easy Pose   Triangle Pose   Tree Pose



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## B Read and match.

- 1 Put your foot above your ankle.
- 2 Cross your legs.
- 3 Stretch your right arm down.
- 4 Feel your feet on the floor.

- a. Easy Pose
- b. Mountain Pose
- c. Triangle Pose
- d. Tree Pose

## C Check (✓). Then share. Are the yoga poses easy or difficult?

Pose	Easy	Difficult
1 Mountain Pose	<input type="radio"/>	<input type="radio"/>
2 Triangle Pose	<input type="radio"/>	<input type="radio"/>
3 Easy Pose	<input type="radio"/>	<input type="radio"/>
4 Tree Pose	<input type="radio"/>	<input type="radio"/>

I think Tree Pose is difficult.

They're all easy.

**A** Which pictures show something happening? Check (✓) the events.



In a story, things happen. These are called **events**. They have an order.

**B** Look and match. Put the events in order.

1 First



2 Next



3 Then



4 Finally



Use *first*,  
*next*, *then*,  
and *finally*  
to put events  
in order.

**C** Think and discuss. How do you move outside?

I run outside.

I climb trees.

Now read *I Can Do It*



Prince Pete plays board games at home. He looks out his window. There are kids playing outside. He wants to play outside, too.

Does Prince Pete want to play inside or outside?



### Words in Context

 Find these words in the reading. What do you think they mean?

kids tournament begin fishing  
horseshoes hears turns around

Everyone gets ready.

Let the tournament begin!





US

favorite  
horseback  
riding

UK

favourite  
horse-riding



What's Prince  
Pete good at?

US

soccer

UK

football





**A Read and write *True or False*.**

- 1 Prince Pete sees kids playing outside.
- 2 Prince Pete plays board games at home.
- 3 Prince Pete and his friends play soccer.
- 4 Prince Pete's mom hears music.
- 5 Prince Pete can dance.

*True*

**B Look and number. Retell the story.**



**C Think and discuss. You play in the tournament. What do you want to try?**

I am good at swimming. I want to try fishing.

**Phonics *pr-* and *pl-***

**Listen and say.**

**prize**

**present**

**pretty**

**plane**

**plum**

**plant**

Now find more words starting with *pr-* and *pl-* in the reading.

## What are different ways you move?

**A** Read and complete. How do the children move their bodies?

stretch their arms up play with  
a ball dance stand up straight

In *This is Yoga*, the children **1** \_\_\_\_\_ and  
**2** \_\_\_\_\_.

In *I Can Do It*, the children **3** \_\_\_\_\_  
and **4** \_\_\_\_\_.

**B** We move all the time. Write and share ways you move. Do a Rally Robin.



**My Reading Journal** Imagine you can do one activity from the unit after school today. Draw yourself having fun.

**Pick an activity. How can you learn more about it? Write your ideas.**

I want to learn more about \_\_\_\_\_.

I can \_\_\_\_\_.