FAITH READERS
growing readers into leaders

Name: _____



Fluency

4

root contra



Do this Read the passage three times: carefully, smoothly, like talking. Tick a box each time. Read the words over each scoop together.

Against the Slouch

1 Jonas loved to read, but he often bent low over his book until his shoulders ached. During the body-care lesson, the therapist explained posture. "Your skeleton gives structure," she said, "and muscles help hold you upright. A poor habit can work against that design."

2 The prefix contra- means against. To contradict is to speak against a statement. A contrast shows how two things stand against each other in difference. Jonas did not want to fight against his own body, so he studied the circumstance carefully. The chair was too low, the book lay flat, and the lamp was behind him. Each condition made him lean forward.

3 He changed the setup. He raised the book on a stand, moved the lamp, and placed both feet on the floor. The ache did not vanish in one minute, but the new habit helped. The therapist reminded the class that care is not vanity. It is stewardship. A wise reader pays attention to the body while reading the page. Jonas learned to work against a harmful habit by changing the circumstances around it.

Reading Tracker

Read 1: Read it carefully. ☐

Read 2: Read it smoothly. ☐

Read 3: Read it like talking. ☐

Listener: ☐ ☐ ☐

A word I practised:

_____