

### Text-to-self connections

When you **connect** to a text, you think about how it reminds you of something in your life. This can help you understand the story better!

#### Read the story and underline parts that remind you of your own life:

Today was Cara's first day of swimming lessons. When she got to the pool, she stayed close to her mom. The pool was huge. She had never been to an indoor pool before! Cara saw lots of kids in their bathing suits. She didn't know any of them. Her heart started to race. Her hands felt sweaty.

"What if the water is too deep?" Cara asked.

"You'll be great," Mom said. She gave Cara a big hug. "Just listen to your teacher."

Cara walked slowly to the pool. She sat on the edge with the other kids. Her toes dangled over the water. The teacher smiled at everyone. She had a whistle around her neck.

"Okay, everyone, dip your toes in first!" the teacher said.

Cara looked at the water. It looked cold. She carefully slid her toes in. The water was chilly! She pulled her toes out, but the teacher smiled at her. Cara tried again. After a minute, it didn't feel so bad.

