

I'm Kind to Me

A Reading A-Z Level J Leveled Book
Word Count: 317

Connections

Writing and Art

Think of a time when you were worried about doing something. Draw a picture and write about it.

Social Studies

How can you be kind to yourself? Write a note to yourself about all the things that make you great.

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LEVELED BOOK • J

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Written by Iva Valentino • Illustrated by Eva Morales

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Focus Question

What does Cody learn about kindness?

Words to Know

musical	solo
nervous	stage
shook	steps

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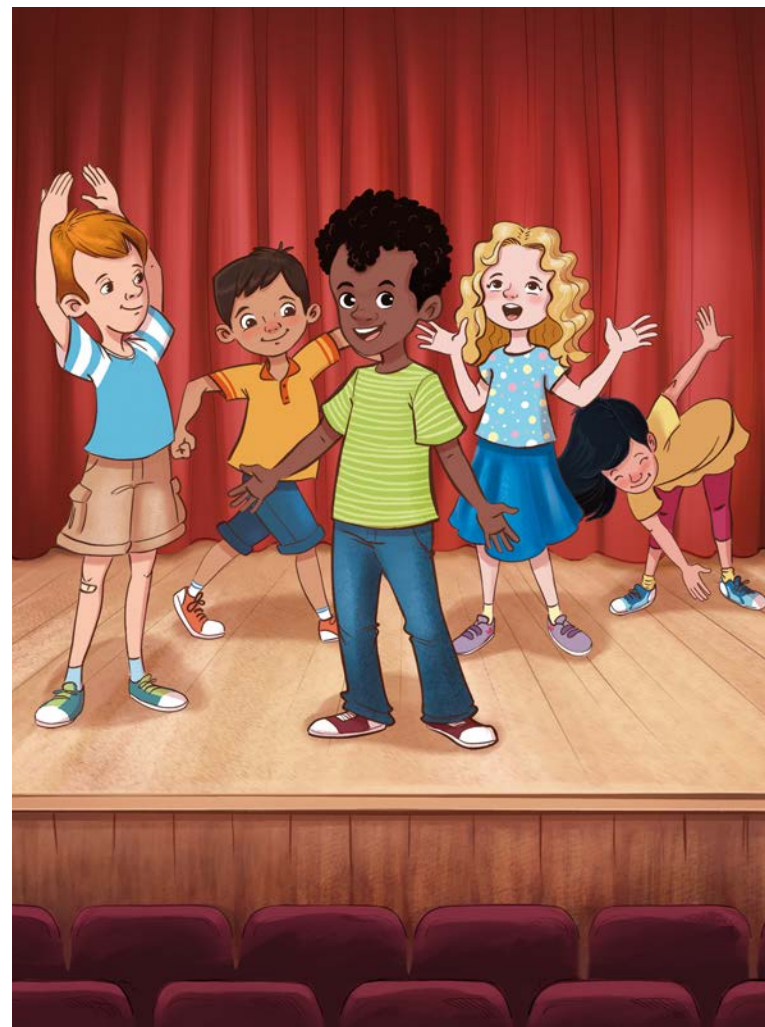
Correlation

LEVEL J

Fountas & Pinnell	J
Reading Recovery	17
DRA	18

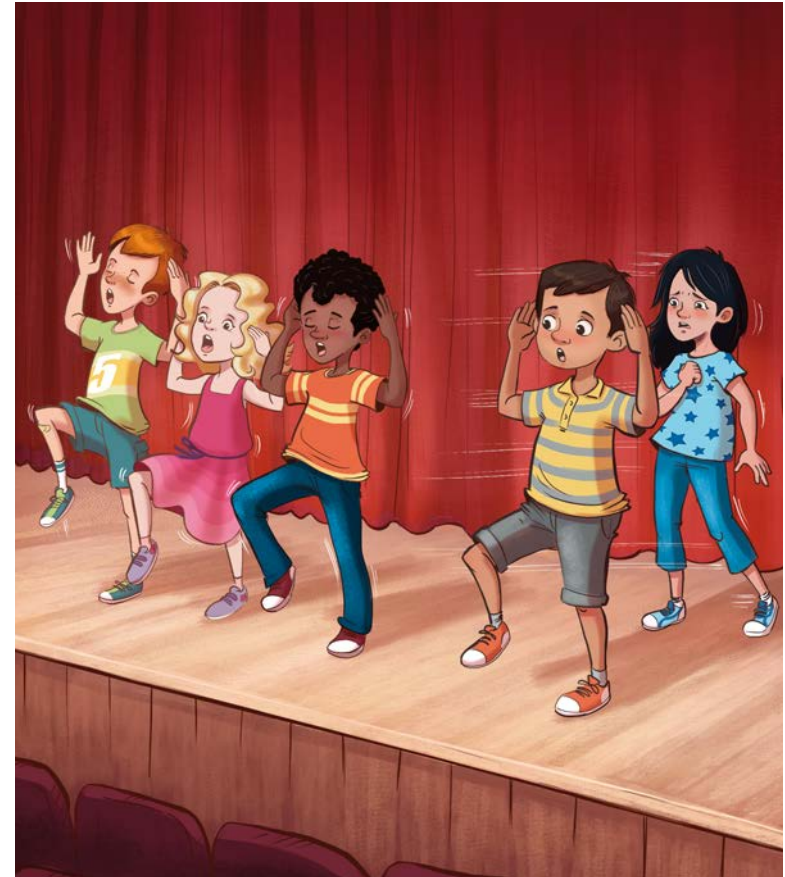


Cody was worried.
The school **musical** was just
a few days away!

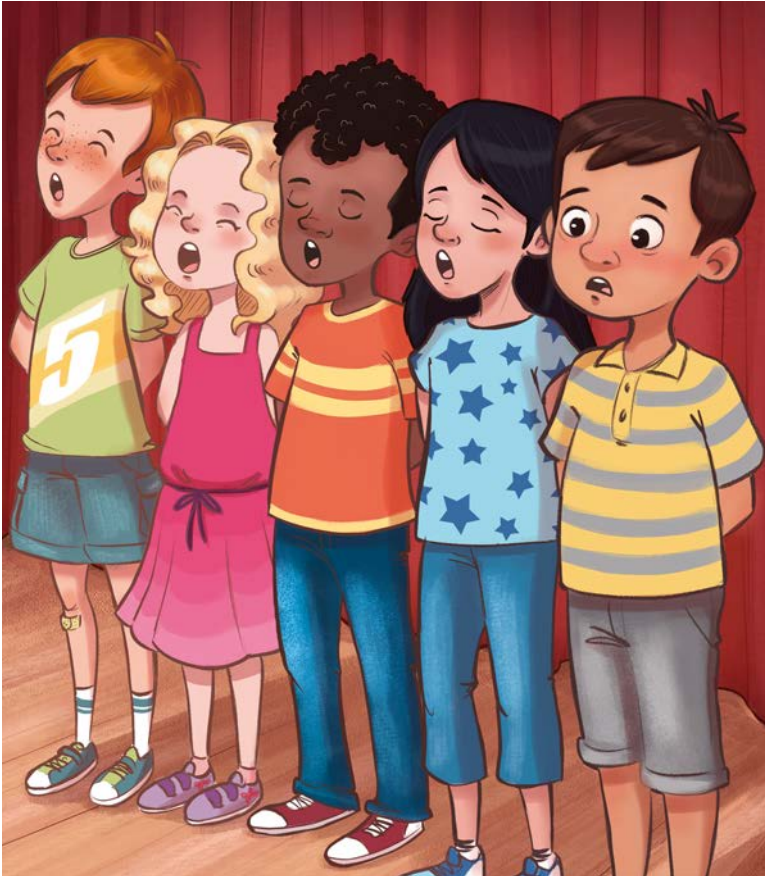


Cody loved to dance and sing.
There was only one problem:
Cody kept making mistakes in
his **solo**.

After school, Cody practiced with Mr. Jackson, the music teacher. Cody's voice **shook**. He sang some wrong notes. "Don't worry. That's why we practice," Mr. Jackson said. Cody didn't think he would ever get the song right.

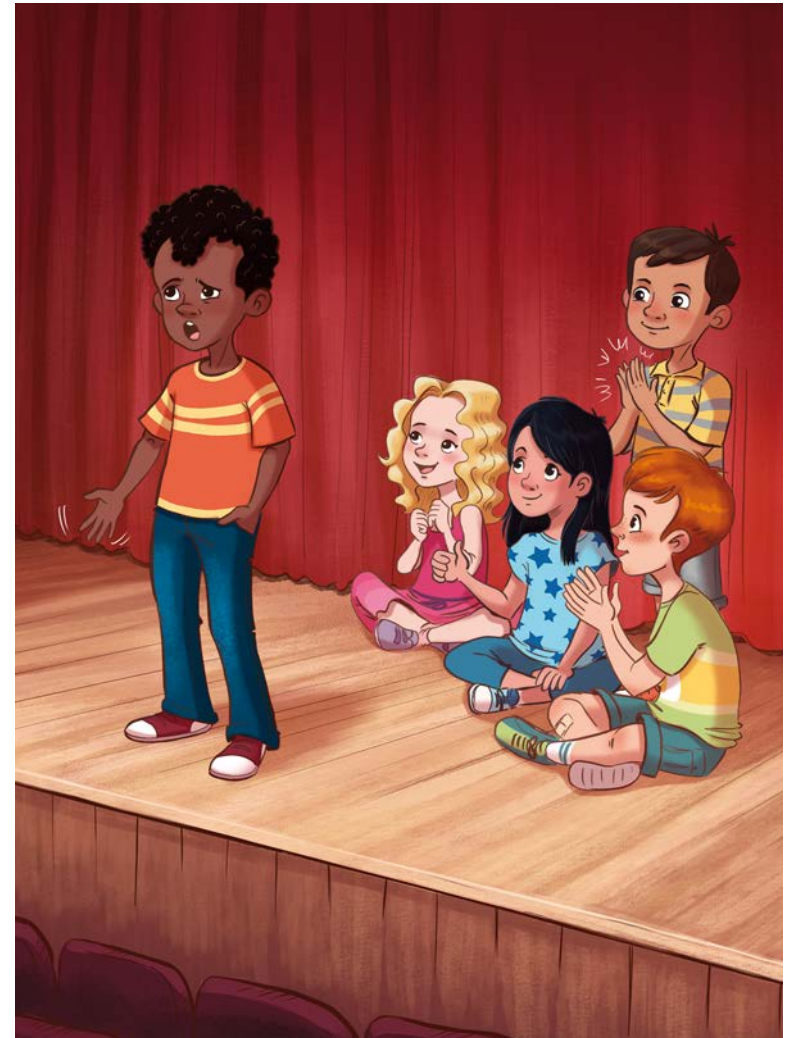


The next day, everyone practiced the dance moves. Lily kept getting the **steps** wrong. "Don't worry. That's why we practice," said Cody. He knew Lily could do the steps.

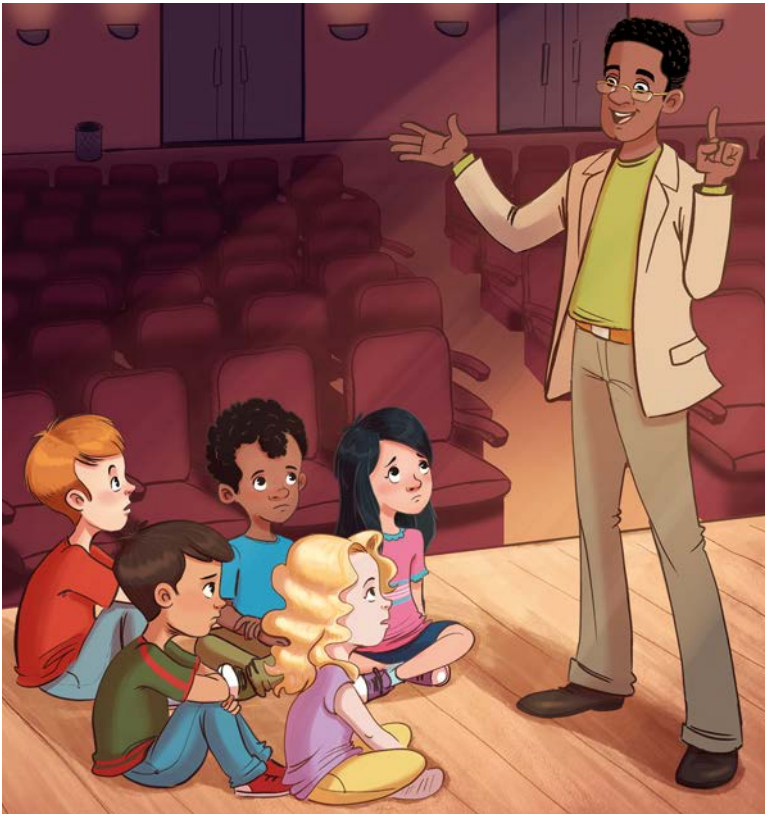


Then everyone practiced the songs.
Marco kept forgetting the words.
“Don’t worry. That’s why we
practice,” said Cody.
He knew Marco could remember
the words.

Next, Cody tried his solo again.
“Great job, Cody!” Lily said.
“You can do it!” said Marco.
Cody thought he sounded terrible.



At the last practice, everyone gathered on the **stage**.
“Just do your best and have fun,” said Mr. Jackson.
“I know you will all be great,” he told them.
Cody wasn’t so sure.



On the night of the show, Cody was **nervous**.
Lily and Marco looked nervous, too.
“Don’t worry. You’ll be great,” Cody told them.
“Thanks, Cody,” said Marco.
“You’re always so kind to others,” said Lily.



It was almost time to start.
Cody felt sick.
He just knew he was going
to mess up.



Then he remembered what Lily
had said.
Maybe he could try being kind
to himself, too.
Cody took a deep breath.
You can do this, he told himself.

He ran onto the stage.
Everyone sang and danced.
They all did their best.



Then, it was time for Cody's song.
His voice shook at first.
It's okay, he thought.
He closed his eyes and sang.



At the end of the show,
everyone clapped.
Cody smiled and took a bow.
It feels good to be kind to me,
he thought.

Glossary

musical (n.)	a play or film whose action and dialogue includes singing and dancing (p. 3)
nervous (adj.)	edgy or tense; afraid (p. 10)
shook (v.)	moved in short, quick, uncontrolled motions, often because of a strong emotion (p. 5)
solo (n.)	a piece of music that is sung or played by one person (p. 4)
stage (n.)	a platform used for plays and other performances (p. 9)
steps (n.)	the movements learned for a dance (p. 6)