

The Cocoa Cure



Megan tossed and turned and tossed and turned. She couldn't sleep a wink because her nose was so stuffed up, and she felt miserable. Even her allergy medicine was not helping very much yet. She got so frustrated that she began to cry, and that only made her stuffy nose worse.

Megan's mother heard the soft sobbing when she walked past Megan's room and went in to check on her. Megan explained that her stuffy nose was keeping her awake and making her head hurt and making her just plain mad. Her mother scooped her up in her arms, hugged her tight, and said she had the perfect solution. She told Megan that she would be back in a few minutes.

Soon, Megan's mother returned with a tray containing two cups of steaming hot cocoa with marshmallows, graham crackers, and a storybook. She invited Megan to climb into her lap in the rocking chair that sat in the corner of her bedroom. Together, they gently rocked, carefully sipped their hot cocoa, and munched their crackers while her mother read from the storybook. By the time they reached the end of the story, Megan felt much better. The steamy cocoa had helped clear her nose, and the rocking and reading was soothing and relaxing. Megan suddenly felt very drowsy. She climbed into bed and drifted off to sleep. Her mother had cured her stuffy nose with a little hot cocoa and a lot of love.

Directions: Use the words in the Word Bank to complete the sentences below.

1. Megan couldn't sleep because of her _____.
2. Her stuffy nose was being caused by _____.
3. The stuffy nose was causing her to _____ and turn.
4. The stuffy nose was also making her _____ hurt.
5. Megan's _____ heard her crying and came into her room.
6. She made Megan some _____ and read her a story.
7. The cocoa, the rocking, and the story helped Megan _____.

WORD BANK

head

mother

allergies

hot cocoa

stuffy nose

sleep

toss