STAPLE HERE

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Product Innovations
www.textproject.org

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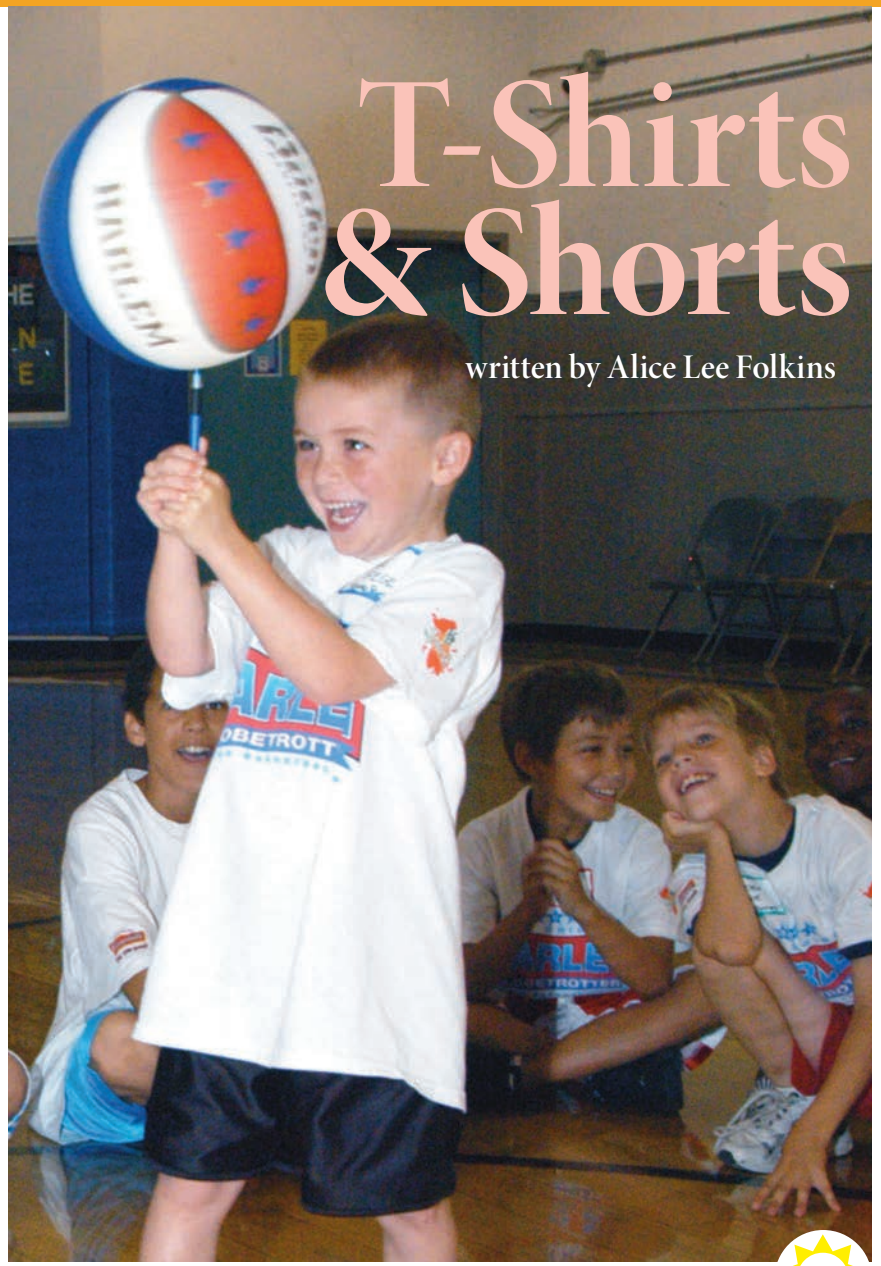
Orange Step

Set C

Summer Fashion



T-Shirts & Shorts

written by Alice Lee Folkins

SummerReads™

T-Shirts & Shorts

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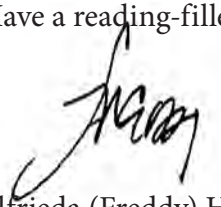
Dear Student,

I am a teacher who has studied how children learn to read well. What I have learned has been used to write SummerReads and programs like QuickReads® and Ready Readers.

The best way to be ready for the new school year is to read every day of the summer. You can choose to read a chapter or a book from SummerReads. But be sure to read it at least three times on the same day. Here's how to use SummerReads:

1. Start by reading it yourself. Mark the words that you don't know.
2. Next, ask someone to read with you. Get that person to help you with any words you don't know. You can even go to the computer to www.textproject.org and hear a recording of the books.
3. Last, you're going to read by yourself to answer the questions at the end of the book. You can go to the computer to find the answers.

Have a reading-filled summer!



Elfrieda (Freddy) Hiebert, Ph.D.
Inventor of the TExT model

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T-Shirts & Shorts

Photo: A family poses in Lima, Peru's Chinatown, January 2006.
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SummerReads™

Introduction

T-Shirts and Shorts

When the temperature starts to rise, clothes such as heavy sweaters and long pants are put away until fall or winter. T-shirts and shorts are pulled out of drawers. You're ready for summer!

Your clothes can make a difference in how hot or cold you are. Clothes trap layers of air next to our bodies. This layer of air and the material in clothes help to keep us warm. On a hot day, people want to wear clothes that keep them cool. A loose T-shirt will not trap a layer of air close to the body. That means that the body won't be as warm. Shorts only cover parts of the legs. This means that there won't be an extra layer of warm air. You feel a lot cooler!

There are many different kinds of T-shirts and shorts. Keep reading and see how your clothes help keep you cool!

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T-Shirts

Many people have T-shirts and wear them everyday. Chances are that you are wearing a T-shirt as you read this book. So what does a T-shirt look like? Just like the name says, a T-shirt looks like the capital letter T. T-shirts don't have buttons or zippers. Without buttons or zippers, you can only put a T-shirt on by pulling it over your head. They have short sleeves that reach the middle of your upper arms. T-shirts don't have collars. The edge of the shirt lies flat against your neck.

The first T-shirts were always worn under other shirts, especially work shirts. When they got hot, people took off the work shirt and wore only the T-shirt. These T-shirts of the past had the same design as the T-shirts that we wear today. What has changed is that a T-shirt is often the only shirt that many people wear. If you had worn a T-shirt without a collared shirt to school 50 years ago, your teacher and friends would have thought that you hadn't finished getting dressed!

The T-shirts of 50 years ago had only one style. Since T-shirts were always worn under another shirt, they were very plain. T-shirts were almost always white and made of cotton. We still have plain white, cotton T-shirts. But today there also are many kinds of T-shirts as well.

Photo: A boy in a black T-shirt visits the Santa Cruz Beach Boardwalk in California, April 2010.
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T-Shirts & Shorts

Personalize It!

People still wear T-shirts made of one color. But T-shirts now come in many different colors, not just white like the original T-shirts. Many people also wear personalized T-shirts. A personalized T-shirt has a picture, a group of words on it, or pictures and words. A fan of a baseball team might wear a T-shirt with the team's name on it. Someone else might wear a T-shirt with a picture and the name of a favorite place.

Chances are that you can find a T-shirt with the message you want. If you can't find it, there are ways in which you can make your own personalized T-shirt. There are companies that will make a T-shirt with your message. You can also write or draw your design on a plain T-shirt. Just make sure that you use the right kind of pen or your design will fade away in the washing machine.

In the 1960s, people personalized T-shirts by tie-dyeing them. Tie-dyeing is exactly what it sounds like. You fold a plain T-shirt like a paper fan and tie rubber bands wherever you want. Then you put special dyes on the T-shirt wherever you like. Once the dye has set, you have a T-shirt with a design like no other T-shirt!

Photo: A boy tie-dyes a T-shirt while wearing a printed personalized T-shirt in Harrisonburg, Virginia, June 2008.
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Shorts

Many years ago, only boys wore shorts. Their shorts were dress pants that stopped at the knee. Once boys got to fourth or fifth grade, they were proud to get to wear only long pants. Now everyone wears shorts—men, women, boys, and girls.

Photo: Players wearing shorts and T-shirts compete in a youth soccer game in Bremen, Indiana, September 2005. Released into the public domain by Derek Jensen.

You probably wear shorts most of the summer. But some kinds of shorts are designed for special uses.

Soccer shorts are light so that players can move easily. They are also made of material that pulls sweat from the body. This is helpful when players are running in the hot sun. Running shorts are also loose like soccer shorts but they are even shorter. If running shorts were as long as soccer shorts, they would rub against a runner's skin and perhaps cause a rash.

Zip-off shorts are a special kind of shorts. Zip-off shorts have zippers at the knees that let you take off the pant legs whenever you want. Why would anyone want such a pair of shorts? If you've ever gone on a long hike, you'll know why. When it gets too hot, you can just unzip the lower part of the pants. Now you've got a pair of shorts! If it gets cold as the sun goes down, you can zip the pant legs back on. Instant shorts! Or instant long pants!

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T-Shirts & Shorts

Rate your thinking and reading

✔ Put a check each time you read one of the chapters of the book.

★ Give yourself a star for Sharing if you told someone about something you learned from reading the chapter.

✚ Give yourself a + if you can tell that your reading is getting smoother.

	1st Read	2nd Read	3rd Read	Sharing	Smoother
Introduction					
T-Shirts					
Personalize It!					
Shorts					

Comprehension questions

T-Shirts

1. How can you tell if a shirt is a T-shirt?

.....

.....

.....

2. True or false? People walked around town in T-shirts 50 years ago.

☐ true ☐ false

Personalize It!

3. What does your favorite T-shirt look like?

.....

.....

.....

4. True or false? Tie-dyeing is the only way you can personalize a T-shirt.

☐ true ☐ false

Shorts

5. True or false? Running shorts are shorter than soccer shorts.

☐ true ☐ false

6. Which of the following is ***not*** a type of shorts?

☐ Soccer shorts
☐ Running shorts
☐ Reading shorts
☐ Zip-off shorts

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