Name: _____ Date: _____

Reflexive Pronouns – Reading

A Healthy Morning Routine

Every morning, Olivia gets up early and takes care of herself. She looks in the mirror and says, "I can do this!" Then she brushes her hair herself and gets dressed.

After that, she makes her bed herself. "It feels good to start the day with a clean room," she thinks. Next, Olivia washes her face and brushes her teeth herself.

Her brother, Noah, wakes up and helps himself to a glass of water. He makes himself a healthy breakfast. They both remind themselves to drink water and eat healthy food.

Before school, Olivia and Noah check their bags themselves. They don't need anyone to do it for them. They are proud of themselves!

Taking care of yourself is important. When you help yourself, you become more independent and confident.

1. Choose the correct answer:

1. Olivia brushes her hair _____.
   a) she b) herself c) her
2. Noah makes breakfast _____.
   a) he b) himself c) his
3. They are proud of _____.
   a) they b) themselves c) their

2. Complete the sentences with the correct reflexive pronoun from the text:

1. Olivia looks in the mirror and says, "I can do this _____."
2. She makes her bed _____ every morning.
3. Noah helps _____ to a glass of water.
4. They check their bags _____ before school.
5. They are proud of _____ for being independent.

3. Answer the questions:

1. What does Olivia do to take care of herself in the morning? _____
2. How does Noah help himself in the morning? _____
3. Why are Olivia and Noah proud of themselves? _____

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