**GRADE 7** 

### Strong reading skills are the foundation learning!

Is your child struggling with reading comprehension, fluency, or vocabulary?

Brighterly's expert reading tutors make lessons fun, personalized, and effective - whether your child is just starting out or ready to level up their literacy skills.

From phonics to reading confidence, we're here to help your child love reading - and get better at it every day.



### Why Learn with Brighterly?





Read the passage carefully and answer the questions accordingly.

### The Power of Habits



Every day, people follow routines without thinking about them. From brushing teeth in the morning to checking phones at night, habits shape daily life. Scientists say that habits form when the brain links an action to a reward. For example, if a student studies for a test and earns a high score, their brain connects studying with success, making it easier to repeat the behavior.

However, not all habits are helpful. Procrastination, skipping breakfast, or spending too much time on social media can harm health and productivity. Changing a bad habit is challenging, but possible. Experts suggest starting small. Replacing soda with water, reading 10 minutes before bed, or walking for 15 minutes each day are examples of simple positive habits. Over time, small actions can lead to big results.

Habits not only influence individual success but also affect communities. Recycling, conserving energy, and volunteering can become community-wide habits that improve the environment and people's lives. In the end, habits—good or bad—have the power to shape who we are and the world we live in.

Choose	the	best	answer.

### Q1: What is the main idea of the passage?

- A. Habits only affect individuals.
- **B.** Habits can be good or bad and shape lives.
- C. Everyone should recycle.
- **D.** Habits are impossible to change.

### Q2: According to scientists, how are habits formed?

- A. By rewards linked to actions
- **B.** By punishment for mistakes
- C. By copying others
- D. By following strict rules

### Q3: Which of the following is an example of a bad habit from the passage?

- A. Reading 10 minutes before bed
- B. Skipping breakfast
- C. Walking daily
- D. Recycling

### Q4: What is one suggestion for changing bad habits?

- A. Make a big change right away
- B. Avoid doing anything
- C. Start with small positive actions
- **D.** Ask others to do it for you

- Q5: What does the word "procrastination" most likely mean?
- A. Doing things right away
- B. Waiting until later to do something
- C. Eating quickly
- D. Practicing daily
- Q6: Why might studying become a habit for a student?
- A. Because their teacher forces them
- B. Because it leads to a reward (good grades)
- C. Because it is easy
- D. Because it takes less time
- Q7: Which sentence BEST summarizes paragraph 2?
- **A.** Bad habits cannot be changed.
- B. Small steps can replace bad habits with good ones.
- C. Technology creates all bad habits.
- **D.** Exercise is the only good habit.
- Q8: What reward might encourage people to recycle?
- A. Saving money and protecting nature
- B. Getting more sleep
- C. Studying less
- D. Skipping meals

### Q9: The author includes examples like drinking water or walking to show –

- A. Complicated habits to follow
- B. How small changes create positive habits
- C. Why habits are harmful
- D. That big changes are necessary

### Q10: Which of the following is a supporting detail from the passage?

- A. People brush teeth daily.
- B. All habits are negative.
- C. Habits cannot change.
- D. Habits are unimportant.

### Q11: The phrase "shape who we are" means -

- A. Our appearance changes
- B. Habits influence our identity and actions
- C. Habits control other people
- **D.** Habits only matter for health

### Q12: Which of the following is NOT mentioned in the passage?

- A. Recycling
- B. Social media
- C. Sleeping habits
- D. Learning languages

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### Q13: The passage suggests that habits -

- A. Only matter for students
- B. Affect both individuals and communities
- C. Cannot be controlled
- D. Are always bad

### Q14: What is the author's purpose in writing this passage?

- A. To entertain with a funny story
- B. To explain how habits work and affect life
- C. To scare people into changing
- D. To compare students and teachers

Q15: Short answer: Give one example of a habit you do every day without thinking.



### **Right Answers**

- Choose the best answer.
- Q1: What is the main idea of the passage?
- A. Habits only affect individuals.
- B. Habits can be good or bad and shape lives.
- C. Everyone should recycle.
- D. Habits are impossible to change.

Answer: B. Habits can be good or bad and shape lives.

- Q2: According to scientists, how are habits formed?
- A. By rewards linked to actions
- **B.** By punishment for mistakes
- C. By copying others

**D.** By following strict rules

Answer: A. By rewards linked to actions

- Q3: Which of the following is an example of a bad habit from the passage?
- A. Reading 10 minutes before bed
- B. Skipping breakfast
- C. Walking daily
- **D.** Recycling

Answer: B. Skipping breakfast

### Q4: What is one suggestion for changing bad habits?

- A. Make a big change right away
- B. Avoid doing anything
- C. Start with small positive actions
- D. Ask others to do it for you

Answer: C. Start with small positive actions

### Q5: What does the word "procrastination" most likely mean?

- A. Doing things right away
- B. Waiting until later to do something
- C. Eating quickly
- D. Practicing daily

Answer: B. Waiting until later to do something

### Q6: Why might studying become a habit for a student?

- A. Because their teacher forces them
- **B.** Because it leads to a reward (good grades)
- C. Because it is easy
- D. Because it takes less time

Answer: **B.** Because it leads to a reward (good grades)

- A. Bad habits cannot be changed.
- B. Small steps can replace bad habits with good ones.
- C. Technology creates all bad habits.
- D. Exercise is the only good habit.

Answer: B. Small steps can replace bad habits with good ones.

Q8: What reward might encourage people to recycle?

- A. Saving money and protecting nature
- B. Getting more sleep
- C. Studying less
- D. Skipping meals

Answer: B. Getting more sleep

Q9: The author includes examples like drinking water or walking to show –

- A. Complicated habits to follow
- B. How small changes create positive habits
- C. Why habits are harmful
- D. That big changes are necessary

Answer: A. Complicated habits to follow

### Q10: Which of the following is a supporting detail from the passage?

- A. People brush teeth daily.
- B. All habits are negative.
- C. Habits cannot change.
- D. Habits are unimportant.

Answer: B. All habits are negative.

### Q11: The phrase "shape who we are" means -

- A. Our appearance changes
- B. Habits influence our identity and actions
- C. Habits control other people
- D. Habits only matter for health

Answer: A. Our appearance changes

### Q12: Which of the following is NOT mentioned in the passage?

- A. Recycling
- B. Social media
- C. Sleeping habits
- D. Learning languages

Answer: B. Social media

### Q13: The passage suggests that habits -

- A. Only matter for students
- B. Affect both individuals and communities
- C. Cannot be controlled
- D. Are always bad

Answer: B. Affect both individuals and communities

### Q14: What is the author's purpose in writing this passage?

- A. To entertain with a funny story
- B. To explain how habits work and affect life
- C. To scare people into changing
- **D.** To compare students and teachers

Answer: B. To explain how habits work and affect life

### Q15: Short answer: Give one example of a habit you do every day without thinking.

(Sample answer but it varies depending on the student: My habit I do without noticing is grinding my teeth during sleep.)