



Reading a muscle which needs exercising daily

Reading is an important literacy skill which is required by everyone to be able to interact successfully within all areas of one's lifestyle. One needs to be able to read signs around them, menus at the restaurant, road signs, recipes, TV. Guides, bank account application, legal documents and the list goes on.

Reading for enjoyment and relaxation is an important part of how one develops their understanding of the world around them

Just as exercise builds muscles in our body to make us stronger, individuals need to build the muscle of reading to ensure success in every reading situation; we might face during our life time.

Are you developing your reading muscle?

Reading is a literacy muscle which needs to be developed daily. Children need to develop the skill of reading just like developing muscles and body tone.

A simple way to assist your child/ren to reach their potential in the skill of reading is to follow a simple exercise routine.

Warm Ups: - Reading environmental print around our home and neighbourhood/ what is seen on television

Stretches: - Vocabulary building games and activities to explore how words work

Work out: - Developing skills in reading – decoding, fluency and comprehension - during class time daily.

Stretches:- responding to texts and making the necessary connections to the what they know and have learnt

Warm Down:-Reading for enjoyment... reading in bed is a terrific way for children to practice the skills they know and have learnt about reading.

Is your Child's Reading Muscle being exercised daily?

Following are some activities you can do at home with your child to assist them in developing their reading muscle:-

★ Warm Up Activities

Crack open the dictionary.

Let your child see you use a dictionary. Say, "Hmm, I'm not sure what that word means...I think I'll look it up."

★ **Talk about what you see and do.** Talk about everyday activities to build your child's background knowledge, which is crucial to listening and reading comprehension. Keep up a

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running patter, for example, while cooking together, visiting somewhere new, or after watching a TV show.

Stretches

“Are we there yet?”

Use the time spent in the car or bus for wordplay. Talk about how jam means something you put on toast as well as cars stuck in traffic. How many other homonyms can your child think of? When kids are highly familiar with the meaning of a word, they have less difficulty reading it

Quick, quick

Use new words your child has learned in lively flash card or computer drills. Sometimes these help kids automatically recognize and read words, especially those that are used frequently.

Work Out and Stretches

Children engage in learning situations at school where the skills of decoding, fluency and comprehension are developed within age appropriate learning activities.

The school works to implement programs that will support your child in their quest to develop their reading muscle.

How to help your child with developing deeper understanding about what they have learnt at school or what they have read.

Dig deeper into the story.

Ask your child questions about the story you've just read. Say something like, “Why do you think Clifford did that?”

Talk, talk, talk!

Talk with your child every day about school and things going on around the house. Sprinkle some interesting words into the conversation, and build on words you’ve talked about in the past.

Warm Downs



Reading for enjoyment and opportunity to practice what the child learns during the Work Out and Stretches sessions at school.

Watch this space for more information as to how you can help your child with reading **Warm Downs** activities at home.

Remember it takes a community to build a child, that is home, school and the wider community working together to help grow the whole child.

