



# BACK TO SCHOOL READING TIPS

*Enhancing your students' wellbeing through reading* By Donatella Fitzgerald

## Three tips for young learners

### 1. Plan a happy and mindful story time every week

To get the students focused on you, wear a novelty hat when you tell a story. Ask your students if they are ready to listen, "are your ears ready to listen"? Get them to find their ears and pat them. At the end of the story ask them to thank their ears for listening carefully. Introduce the idea of being grateful.

### 2. Read aloud together each week

Ask your students to read the story aloud, together. This gives them confidence and positivity, and helps build their fluency. Get students to vote on which books they would like to read as a class during the term.

### 3. Do an after-reading activity

Introduce the idea of emotions and stories. Ask your students how they feel about the story. Did they like it? Why? Why not? Ask them to reflect on their favourite part or character and draw a picture. Look at the themes in the Teacher's Notes and link the story to a well-being theme. Do the exploitation activities suggested. Organize a meeting with parents for students to present their activities.



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### 1. Start the school year encouraging choice and empowering your students

Introduce the idea of how reading can help your students' well-being. Six minutes a day can help them be more relaxed. Choose a reader at the beginning of the school term with short stories or folk tales and ask your students to choose the story they want to read. Get students to complete a reading journal each week, where they note down a few thoughts on read and what they have enjoyed. Pick out themes like gratitude, characters and emotions, and ask your students to write how they feel and what they are grateful for each week in their reading journal.

### 2. Social reading!. Organize a book club

Get your students to talk about the book they are reading. This will help them socialize and feel less isolated. Get students to work in groups to make trailers to promote their book or to make a presentation for the class about their book. It will help improve their speaking skills too.

### 3. Read and relax using a different medium

Ensure your students are aware that the story is available as an audio file. Listen and read along with them to help their reading fluency, pronunciation and confidence. Listening to a story is also very relaxing and a good way to unwind.