

# 30-DAY READING PLAN

## WEEK 1 - FLUENCY

This week, we focus on reading fluency. If your child struggles with reading a text aloud, all their mental effort is on reading the words. There is no cognitive space left over for comprehension. Our first week starts the process of building the fluency skills required for good comprehension.

### Day 1

For today's activity, you'll need the Happy Frog Fluency app. If you don't have it, links are available in the list to the right.

The app is simple to use, so just sit down and hand the iPad/iPhone over to your learner. Start with Level 1. Your learner's goal is to read the text and beat the timer.

Your child may whiz through the early levels and it might take a while to find their limit. That's great!

5 'successful' reads will open the Reward Center. Let your learner spend the coins they have earned and congratulate them on a job well done!

### Day 2

Today we again focus on fluency but use 'modeled reading.' Hearing and copying a fluent reader will help your learner improve their fluency.

Find a book that your student can read without much trouble.

Sitting side-by-side, you read the first paragraph and then have your child read the same paragraph. If he/she struggles, you read it again, and then your child reads it again.

If one paragraph is too much, start sentence-by-sentence. The goal is for your learner to read the section fluently, just like you did. This practice at a faster speed will feed into your learner's reading speed of new texts.

### Resources



[Fluency App: Full Version](#)



[Fluency App: Trial Version](#)

### About Apps

Apps are great for reluctant readers as they can add the motivation needed to get your learner progressing.

The apps we suggest in our plan are available in paid or free-trial versions. If you are new to our apps, try the free versions. Depending on your child's progress, you may get through the week without needing to upgrade.



[www.HappyFrogLearning.com](http://www.HappyFrogLearning.com)

## Day 3

Today we use the fluency app again. Your child should find their 'working level' today. This is the level where they have to practice a few times to beat the timer.

Once they beat the timer, don't immediately go on to the next level. Try the same level with a different text. You can change the text within a level by pressing the + and - icons.

Don't forget to congratulate your learner on their hard work and progress.

## Day 4

Today we help your student learn how to scan a line of text faster. If they are used to reading slowly, their eyes are used to moving along slowly. Today's practice will give them practice at scanning more quickly.

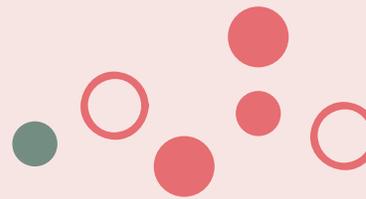
Pick a book that your child can read without trouble. You start reading. At the end of any sentence, stop. Your child must now start reading from where you stopped. To do this, they need to be tracking the words as you read so they know where you are up to. Since you read faster, their eyes will need to track faster.

If necessary, moderate your pace to ensure success. But make sure they are tracking while you read. Don't let them play catch up once you stop.

## Day 5

Today is a free-choice day. Choose from the 3 activities that have been introduced this week. Choose one, or do a little of all three! All practice is good practice!

Check below for your end-of-week review.



## End of Week Review

At the end of day 5, think about your student's progress this week. Is fluency a weak point that needs more practice?

If you are not sure, go to the Fluency app and turn on 'Titles' (under Options on the main screen.) This will show you the grade-level expectations for an average reader from Grades 1-5.

If your child is below grade-level, it may be worth repeating week 1 a few times. There is no rush. Week 2 and onwards will wait for you!

## When to Worry

If your child is below grade-level and two to three weeks of practice results in no improvement, it is time to talk to someone. They may offer specific suggestions, or even give you reassurance that everything is okay.

Your child's teacher or the school resource teacher could be a good starting point. You could also consider seeing a behavioral optometrist to make sure there are no physical problems affecting your learner's ability to track words on the page. Dyslexia is also a consideration if your student is having trouble with fluency.

