

Reading for Meaning

Subject: Mental Health for Preschoolers

Ages: 2–5

Objective: Students will learn important reading techniques necessary for increased comprehension of a story.

Materials: Classroom of students, any storybook/picture book (Try “Jasper’s Secret Land” A health-based storybook for kids)

Procedures:

1. Choose an age appropriate storybook to read to the class.
2. As you Read through each page with the kids, utilize the following tactics for comprehension.
 - **Use Visual Clues:** Before reading the page, ask the children to look at the pictures to figure out what is happening.
 - **Make Predictions:** After reading a page and before turning to the next, ask the children to predict what will happen next. Predictions can be made about the outcome/end of the story as well.
 - **Ask Questions:** Allow the kids to ask questions about the story thus far, for clarity.
 - **Identify the problem & solution:** After the story is read, ask the children to identify the problem in the story. How was it resolved?
 - **Make Connections:** Allow the children to make connections to the story with their own experiences with similar occurrences in their life.
3. Go through these feelings: sad, happy, excited, mad, frustrated, anxious/nervous, scared, bored, silly, and lonely.

Extensions: For children who are already reading on their own, ask them to read a book and utilize these tactics at home

