



Building Reading Stamina



What is Stamina?



Stamina is the ability to focus & read for an extended period of time.

Why Do We Lose Stamina?



We may lose stamina because we have not selected a just right book (too easy or too hard), we did not choose a good spot to read (too many distractions), and we do not have a clear purpose for reading (mind wanders).

Ways to Improve Stamina in the Classroom.



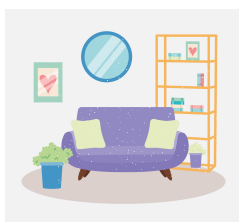
- Keep track of time read before stamina is lost and record it.
- Discuss why wise readers lose stamina & brainstorm ways to overcome them.
- Discuss how we can improve stamina & get our minds/eyes back in the book.



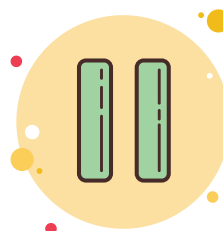
New Book?



New Spot?



Different Space?



Quick Break?



Need Support?

Mentor Texts

Little One Step
One Foot, Now the Other
Wilma Unlimited
Walk On!



Dex! The Heart of a Hero
When Sophie Thinks She Can't...
Jabari Jumps
Never Give Up: A Story About Self Esteem