

### Lesson 3: Growing Readers Need to Build Stamina

#### Supplies Needed:

- We're Growing Our Stamina! Graph
- Markers
- Individual student book bags or baskets

#### Procedure:

- Review the anchor chart “What Independent Reading Looks Like” created in a previous lesson.
- Today students are going to use the skills learned in this previous lesson to build stamina. This will be a new word for many students so begin by discussing what stamina means. In readers’ workshop it means that students are practicing reading for longer periods of time while following the guidelines set up during the first lesson.
- As a class, set a goal for how long students believe they can read independently with everyone following the guidelines. Often students will set a high goal that will not be reached this first day.
- Record the goal on the board and have students follow the procedures for beginning independent reading. When students are settled, begin timing. When the first student stops following the procedures, signal the class to meet at your gathering spot. (It is not necessary to point out which student or students were not following procedures.)
- Share with the class the amount of time students were following procedures. Begin the Growing Our Stamina graph by marking this amount of time.
- As a class, review what went well and what needs to be improved.
- Often classes will begin with only three or four minutes on task. It is important to end independent reading as soon as students are not following procedures. This might mean a very short independent reading time the first few days. This is ok! It is more important for

students to practice the correct procedures than it is to allow them to continue when they are off task.

- Repeat this procedure every day until students have built their stamina to at least 15 minutes.

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