

Lesson: Readers Build Stamina

Subject Area: Reading

Common Core Standards:

Supplies Needed:

- Chart paper or graph attached
- Markers
- Individual student book bags or baskets

Procedure:

- Review the anchor chart “What Reading Workshop 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 lesson “What Reading Workshop Looks Like.”
- 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 a graph that displays this amount of time. A blank graph is attached to this lesson for your use. You can also make your own that is larger.
- 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 read to self-time as soon as students are not following procedures. This will mean a 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.

Notes: _____

We're Building our STAMINA!

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| Length of Independent Reading | | | | | | | |
| 24 minutes | | | | | | | |
| 22 minutes | | | | | | | |
| 20 minutes | | | | | | | |
| 18 minutes | | | | | | | |
| 16 minutes | | | | | | | |
| 14 minutes | | | | | | | |
| 12 minutes | | | | | | | |
| 10 minutes | | | | | | | |
| 8 minutes | | | | | | | |
| 6 minutes | | | | | | | |
| 4 minutes | | | | | | | |
| 2 minutes | | | | | | | |
| | Day1 | Day2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |