LOGO of the PROJECT

UNEX Improving Reading Practices

Title: Fast reading

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Title: Lighning

Keywords: #fast reading, #regression

Duration: 2-15 min for the main exercise, it is good to use in combination with others

Description:

Reading speed is highly dependent on 5 major factors.

1. **Articulation** or movements of the speech apparatus (vocal or silent) – are movements of the lips, tongue, in some cases jaws. In addition to the external signs, there is an internal monologue associated with the pronunciation of words in mind. The roots are in the way we all learned to read aloud, at the beginning - syllables, then words**.**
2. **The regression** or reversing moves of the eyes when reading. An unconscious act in which some people read the same words or fragments of them several times.
3. **Peripheral vision** or a small spot of clear vision. The field of peripheral vision without special exercises is relatively small and sees 8-12 characters, while after such exercises it expands to 2-3 times, and at the same time they are immediately perceived.
4. **Low attention span -** this is a dilemma: poor attention span is the cause of slow reading or vice versa? This is one of the proofs of why it is inherently natural for a person to perceive information and accordingly read quickly. The brain works much faster than a human reads. The problem with the brain is that you can't "pause" it. When brain understands the information supplied by the eyes, brain needs to do something so that it can constantly be in working order and at that moment it can concentrate.
5. **5. Lack of plan** - in fact, this reason is much broader, in the first place is the lack of a plan for reading, in the second place, clear goals, and in the third place - different methods of memorization. And most importantly, different reading strategies. In fact, reading a historical or geographical book is different than reading fiction.

Objectives:

1. Improve reading speed.

2. Improve visual memory

3. Restriction of reading regression

Activity(ies) (Stages):

Warm-up: Motivation and concentration are very important, you can use any exercise - such as two-handed drawing, or asymmetric gymnastics to warm up both halves of the brain.

Another important feature is the high rate of exercise (s) it is good to perform several sequentially at high tempo, the training to go dynamically, and the students' brains to quickly switch from one type

of exercise to another. It is in the rapid switching of the brain to different types and content of exercises that lies in the effectiveness of speeding up reading.

Main activity: The exercise is individual, the student reads personally selected by him text or book. The pencil marks the point of starting reading. At the command, the reading begins, one, two, three or more minutes depending on the preparatory level. When signal stop is given the student puts a point to where he/she has reached. After a short pause of 1 min and at command the same text is read again from where it started. The goal is to read more words than the first reading - but is it working? Record the results in a log. Encourage students to use other fast reading techniques – tongue to the palate, pencil pointing without reverse movements, and home-based exercises of different type – don't forget – several of them in high tempo.

 Student feedback - (5 minutes) !!! Difficulties in what?

Tips for trainers

It is advisable, before starting the reading acceleration program, to check the starting reading speed by using a text approved by the education authorities concerned and record the number of words read in a minute. Encourage your children to keep a diary in which to mark all times and numbers according to different exercises.

List of resources, materials etc.

Favourite student's book, pencil, stopwatch.

Evaluation/Feedback

Personal on a weekly basis with the tutor in charge of the short questionnaire.