

## WEEK 1 — NOTICING WHEN THINKING CHANGES

**Skill Focus:** The learner practises *awareness* only (not fixing yet).

Student message (shown once):

This week you are noticing what happens in your head while you read. You are not fixing. You are just noticing.

There are no wrong answers. The goal is to tell the truth about what happened in your head.

### DAY 1 — Theme: Dog & Bag

#### Outcome (Day 1)

By the end of Day 1, the learner can notice and report when their thinking changes as information becomes longer or more detailed.

#### Progression (Day 1)

- **Block 1:** One sentence becomes harder by adding details (fast / time / place / alone)
- **Block 2:** Short paragraph becomes harder by adding a sentence and more information
- **Block 3:** Learner identifies *what slipped first* (detail vs order)
- **Block 4:** Learner practises noticing changes in different reading styles (instructions, speech, 2 facts)

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The dog ran to the gate.	When you read this sentence, what happened in your head? <input type="checkbox"/> I could keep dog ran to the gate easily <input type="checkbox"/> I forgot where the dog ran <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The dog ran to the gate fast.	When the word “fast” was added, what happened? <input type="checkbox"/> I kept ran fast clear <input type="checkbox"/> I forgot that it was fast <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure

The dog ran to the gate fast after lunch.	When you tried to keep “how” and “when” together, what happened? <input type="checkbox"/> I kept fast + after lunch <input type="checkbox"/> I forgot when it happened <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The dog ran to the gate fast after lunch at home.	When place and time were both there, what happened? <input type="checkbox"/> I kept home + after lunch <input type="checkbox"/> I mixed up place or time <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The dog ran to the gate fast after lunch at home alone.	When all parts were together, what happened? <input type="checkbox"/> I kept all dog details <input type="checkbox"/> I lost one detail <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure

## BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)

READ	MARK ONE
The boy picked up his bag. The bag was heavy. He walked to the door.	When you read all three actions, what happened? <input type="checkbox"/> I kept pick up → heavy → door in order <input type="checkbox"/> I forgot what the bag was like <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
+ He left the house.	When this new sentence was added, what happened first? <input type="checkbox"/> I stayed clear until left the house <input type="checkbox"/> I forgot an earlier part <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
New paragraph, same length	When you read the whole paragraph, what happened? <input type="checkbox"/> I kept all actions <input type="checkbox"/> I forgot the middle action <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
New paragraph + one detail	When the extra detail came, what happened? <input type="checkbox"/> I noticed change at the new detail <input type="checkbox"/> I forgot something from before <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
New paragraph + one sentence	When the extra sentence came, what happened? <input type="checkbox"/> I noticed change at the new sentence <input type="checkbox"/> I forgot how it started <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
Which part caused the change?	<input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Dog sentences	What was hardest to keep? <input type="checkbox"/> where/when the dog ran <input type="checkbox"/> how fast <input type="checkbox"/> nothing yet
Bag story	What slipped first? <input type="checkbox"/> what the bag was like <input type="checkbox"/> where the boy went <input type="checkbox"/> nothing yet
Longer reading	What changed when it got longer? <input type="checkbox"/> more details <input type="checkbox"/> more actions <input type="checkbox"/> it stayed easy
Hard moments	What were you trying to do? <input type="checkbox"/> remember details <input type="checkbox"/> remember order <input type="checkbox"/> both
Next time	Next time I will notice when... <input type="checkbox"/> details start slipping <input type="checkbox"/> order slips <input type="checkbox"/> earlier

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Circle the word dog.	When you read this, what happened? <input type="checkbox"/> I remembered circle dog <input type="checkbox"/> I forgot what to circle <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
Red ball	When you read these two words, what happened? <input type="checkbox"/> I kept red + ball <input type="checkbox"/> I forgot one word <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
"Come here," said Mum.	When you read who was talking, what happened? <input type="checkbox"/> I remembered Mum was talking <input type="checkbox"/> I mixed up who spoke <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The bird flew over the fence.	When you made the picture, what happened? <input type="checkbox"/> I kept bird + fence clear <input type="checkbox"/> I forgot what it flew over <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
Cats have tails and claws.	When you kept two facts, what happened? <input type="checkbox"/> I kept tails + claws <input type="checkbox"/> I forgot one fact <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure

## DAY 2 — Theme: Cat & Shoes

### Outcome (Day 2)

By the end of Day 2, the learner can **notice exactly when a new detail causes difficulty**, and recognise when they needed to look back.

### Progression (Day 2)

- **Block 1:** Detail stacking (soft / upstairs / alone / all day) increases memory load
- **Block 2:** Sentence addition increases attention and tracking demands
- **Block 3:** Learner identifies *first point of struggle*
- **Block 4:** Learner generalises the skill to short tasks (star / two words / speaker / picture / 2 facts)

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The cat slept on the bed.	When you read this, what happened? <input type="checkbox"/> I kept cat + bed <input type="checkbox"/> I forgot where it slept <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The cat slept on the soft bed.	When “soft” was added, what happened? <input type="checkbox"/> I kept soft bed <input type="checkbox"/> I forgot soft <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The cat slept on the soft bed upstairs.	When place was added, what happened? <input type="checkbox"/> I kept bed + upstairs <input type="checkbox"/> I forgot upstairs <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The cat slept on the soft bed upstairs alone.	When all parts were together, what happened? <input type="checkbox"/> I kept all details <input type="checkbox"/> I mixed up one <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The cat slept on the soft bed upstairs alone all day.	When time was added, what happened? <input type="checkbox"/> I kept place + time <input type="checkbox"/> I forgot all day <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure

**BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
The girl found her shoes. The shoes were wet. She put them outside.	When you read all three parts, what happened? <input type="checkbox"/> I kept shoes + wet + outside <input type="checkbox"/> I forgot what the shoes were like <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
+ They dried in the sun.	When this sentence was added, what happened first? <input type="checkbox"/> I stayed clear until sun <input type="checkbox"/> I forgot an earlier part <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
New paragraph, same length	When you read the whole paragraph, what happened? <input type="checkbox"/> I kept all steps <input type="checkbox"/> I forgot the middle step <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
New paragraph + detail	When the detail came, what happened? <input type="checkbox"/> I noticed change at the detail <input type="checkbox"/> I forgot earlier part <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
New paragraph + sentence	When the new sentence came, what happened? <input type="checkbox"/> I noticed change at the sentence <input type="checkbox"/> I forgot the start <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
Which part caused it?	<input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Cat sentences	What slipped? <input type="checkbox"/> where the cat slept <input type="checkbox"/> when it slept <input type="checkbox"/> nothing
Shoe story	What was hardest? <input type="checkbox"/> wet shoes <input type="checkbox"/> what happened last <input type="checkbox"/> nothing
Longer reading	What changed? <input type="checkbox"/> more details <input type="checkbox"/> more steps <input type="checkbox"/> stayed easy
Hard moments	You were trying to... <input type="checkbox"/> remember details <input type="checkbox"/> remember order <input type="checkbox"/> both
Next time	I will notice when... <input type="checkbox"/> details slip <input type="checkbox"/> order slips <input type="checkbox"/> earlier

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Draw a star.	What happened while reading? <input type="checkbox"/> I remembered draw a star <input type="checkbox"/> I forgot what to draw <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
Blue car	When reading two words, what happened? <input type="checkbox"/> I kept blue + car <input type="checkbox"/> I forgot one word <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
"Wait here," said Dad.	When reading who spoke, what happened? <input type="checkbox"/> I remembered Dad spoke <input type="checkbox"/> I mixed up <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The fish swam under the bridge.	When making the picture, what happened? <input type="checkbox"/> I kept fish + bridge <input type="checkbox"/> I forgot where it swam <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
Dogs bark loudly at night.	When keeping two ideas, what happened? <input type="checkbox"/> I kept bark + night <input type="checkbox"/> I forgot one idea <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure

### DAY 3 — Theme: Food & School

#### Outcome (Day 3)

By the end of Day 3, the learner can notice changes in thinking when time and place are added, and recognise when order becomes harder to track.

#### Progression (Day 3)

- **Block 1: Adds colour + time + alone + home (detail overload)**
- **Block 2: Multi-step classroom sequence becomes harder with additions**
- **Block 3: Learner distinguishes between *detail slipping* vs *order slipping***
- **Block 4: Transfer to mixed task types (write / words / speaker / picture / facts)**

#### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The boy ate an apple.	When you read this, what happened? <input type="checkbox"/> I kept boy + apple <input type="checkbox"/> I forgot what he ate <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The boy ate a red apple.	When colour was added, what happened? <input type="checkbox"/> I kept red apple <input type="checkbox"/> I forgot red <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The boy ate a red apple after school.	When time was added, what happened? <input type="checkbox"/> I kept food + time <input type="checkbox"/> I forgot after school <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The boy ate a red apple after school alone.	When all parts were together, what happened? <input type="checkbox"/> I kept all details <input type="checkbox"/> I mixed up one <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The boy ate a red apple after school alone at home.	When place was added, what happened? <input type="checkbox"/> I kept place + time <input type="checkbox"/> I forgot where <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure

**BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
The class lined up. The bell rang. They went inside.	When you read all steps, what happened? <input type="checkbox"/> I kept line → bell → inside <input type="checkbox"/> I forgot what happened second <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
+ The teacher waited.	When this was added, what happened first? <input type="checkbox"/> I stayed clear until teacher <input type="checkbox"/> I forgot earlier step <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
New paragraph	When reading all steps, what happened? <input type="checkbox"/> <input type="checkbox"/> I kept all steps <input type="checkbox"/> I forgot middle step <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
+ detail	When detail came, what happened? <input type="checkbox"/> <input type="checkbox"/> change at detail <input type="checkbox"/> forgot earlier <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ sentence	When sentence came, what happened? <input type="checkbox"/> <input type="checkbox"/> change at sentence <input type="checkbox"/> forgot start <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Which part caused it?	<input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Apple sentences	What was hardest? <input type="checkbox"/> what he ate <input type="checkbox"/> when he ate <input type="checkbox"/> nothing
Class story	What slipped? <input type="checkbox"/> order <input type="checkbox"/> details <input type="checkbox"/> nothing
Longer reading	What changed? <input type="checkbox"/> more steps <input type="checkbox"/> more details <input type="checkbox"/> stayed easy
Hard moments	You were trying to... <input type="checkbox"/> remember <input type="checkbox"/> understand <input type="checkbox"/> both
Next time	I will notice when... <input type="checkbox"/> order slips <input type="checkbox"/> details slip <input type="checkbox"/> earlier



## BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Write your name.	What happened? <input type="checkbox"/> I remembered what to write <input type="checkbox"/> I forgot <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
Green tree	When reading two words, what happened? <input type="checkbox"/> I kept green + tree <input type="checkbox"/> I forgot one <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
"Go now," said Mum.	When reading who spoke, what happened? <input type="checkbox"/> I remembered Mum spoke <input type="checkbox"/> I mixed up <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The plane flew above the clouds.	When making the picture, what happened? <input type="checkbox"/> I kept plane + clouds <input type="checkbox"/> I forgot where <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
Birds have wings and beaks.	When keeping two facts, what happened? <input type="checkbox"/> I kept wings + beaks <input type="checkbox"/> I forgot one <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure

## DAY 4 — Theme: Toys & Playground

### Outcome (Day 4)

By the end of Day 4, the learner can **notice how added detail and action speed affect focus**, and track when their thinking becomes unstable.

### Progression (Day 4)

- **Block 1:** Adds colour + place + time + alone (more to hold)
- **Block 2:** More actions/events make tracking harder
- **Block 3:** Learner reflects on what became hardest (details, actions, order)
- **Block 4:** Learner applies awareness to instruction + picture + speech + facts

**BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
The girl lost her toy.	When you read this, what happened? <input type="checkbox"/> I kept girl + toy <input type="checkbox"/> I forgot what she lost <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The girl lost her blue toy.	When colour was added, what happened? <input type="checkbox"/> I kept blue toy <input type="checkbox"/> I forgot blue <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The girl lost her blue toy at school.	When place was added, what happened? <input type="checkbox"/> I kept toy + school <input type="checkbox"/> I forgot school <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The girl lost her blue toy at school yesterday.	When time was added, what happened? <input type="checkbox"/> I kept place + time <input type="checkbox"/> I forgot yesterday <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The girl lost her blue toy at school yesterday alone.	When all parts were together, what happened? <input type="checkbox"/> I kept all details <input type="checkbox"/> I lost one <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure

**BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
The children played. They ran fast. They laughed.	When you read all actions, what happened? <input type="checkbox"/> I kept play → run → laugh <input type="checkbox"/> I forgot one action <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
+ The bell rang.	When this was added, what happened first? <input type="checkbox"/> I stayed clear until bell <input type="checkbox"/> I forgot earlier action <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
New paragraph	When reading all actions, what happened? <input type="checkbox"/> I kept all actions <input type="checkbox"/> I forgot middle action <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
+ detail	When detail came, what happened? <input type="checkbox"/> change at detail <input type="checkbox"/> forgot earlier <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ sentence	When sentence came, what happened? <input type="checkbox"/> change at sentence <input type="checkbox"/> forgot start <input type="checkbox"/> looked

	back because I forgot <input type="checkbox"/> looked back to make sure
Which part caused it?	<input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Toy sentences	What slipped? <input type="checkbox"/> what toy <input type="checkbox"/> where it was lost <input type="checkbox"/> nothing
Playground story	What was hardest? <input type="checkbox"/> order <input type="checkbox"/> actions <input type="checkbox"/> nothing
Longer reading	What changed? <input type="checkbox"/> more actions <input type="checkbox"/> more details <input type="checkbox"/> stayed easy
Hard moments	You were trying to... <input type="checkbox"/> remember <input type="checkbox"/> keep order <input type="checkbox"/> both
Next time	I will notice when... <input type="checkbox"/> actions slip <input type="checkbox"/> order slips <input type="checkbox"/> earlier

### BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Pick up the toy.	What happened? <input type="checkbox"/> I remembered pick up toy <input type="checkbox"/> I forgot what to pick up <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
Yellow ball	When reading two words, what happened? <input type="checkbox"/> I kept yellow + ball <input type="checkbox"/> I forgot one <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
"Put it away," said Mum.	When reading who spoke, what happened? <input type="checkbox"/> I remembered Mum spoke <input type="checkbox"/> I mixed up <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
The children ran across the field.	When making the picture, what happened? <input type="checkbox"/> I kept children + field <input type="checkbox"/> I forgot where <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure
Bears have fur and claws.	When keeping two facts, what happened? <input type="checkbox"/> I kept fur + claws <input type="checkbox"/> I forgot one <input type="checkbox"/> I looked back because I forgot <input type="checkbox"/> I looked back to make sure

## WEEK 2 — KNOWING WHEN TO STOP BEFORE IT'S TOO MUCH

Student message (shown once):

This week you will practise stopping early when your thinking starts to feel wobbly.

Stopping early protects your thinking. It is not quitting.

### DAY 1 — Theme: Dog & Bag

#### Outcome (Day 1)

By the end of Day 1, the learner can **stop at the first sign of difficulty** instead of waiting until they forget.

#### Progression (Day 1)

- **Block 1:** Stop when the sentence first feels tricky
- **Block 2:** Stop when paragraph length increases
- **Block 3:** Learner evaluates whether they stopped *early/on time/too late*
- **Block 4:** Stop during quick small tasks (not after guessing)

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The dog ran to the gate.	When you read this, did you need to stop? <input type="checkbox"/> I did not need to stop <input type="checkbox"/> I stopped because I forgot where the dog ran <input type="checkbox"/> I stopped to check the sentence
The dog ran to the gate fast.	When “fast” was added, what did you do? <input type="checkbox"/> I kept reading <input type="checkbox"/> I stopped as soon as fast felt hard <input type="checkbox"/> I stopped after forgetting fast
The dog ran to the gate fast after lunch.	When you tried to keep fast + after lunch, what did you do? <input type="checkbox"/> I kept reading <input type="checkbox"/> I stopped before forgetting <input type="checkbox"/> I stopped after forgetting
The dog ran to the gate fast after lunch at home.	When place and time were together, what did you do? <input type="checkbox"/> I kept reading <input type="checkbox"/> I stopped as soon as it felt tricky <input type="checkbox"/> I stopped after mixing details

The dog ran to the gate fast after lunch at home alone.	When all parts were there, what did you do? <input type="checkbox"/> I kept reading <input type="checkbox"/> I stopped early <input type="checkbox"/> I stopped too late
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## BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)

READ	MARK ONE
The boy picked up his bag. The bag was heavy. He walked to the door.	While reading this, when did you stop? <input type="checkbox"/> I did not stop <input type="checkbox"/> I stopped before forgetting bag or door <input type="checkbox"/> I stopped after forgetting
+ He left the house.	When this sentence was added, what did you do? <input type="checkbox"/> I kept reading <input type="checkbox"/> I stopped as soon as it felt hard <input type="checkbox"/> I stopped after forgetting
New paragraph, same length	While reading, what happened? <input type="checkbox"/> I kept going <input type="checkbox"/> I stopped before losing track <input type="checkbox"/> I stopped after losing track
New paragraph + one detail	When the detail came, what did you do? <input type="checkbox"/> I kept going <input type="checkbox"/> I stopped early <input type="checkbox"/> I stopped too late
New paragraph + one sentence	When the sentence came, what did you do? <input type="checkbox"/> I kept going <input type="checkbox"/> I stopped at the first sign <input type="checkbox"/> I stopped after it fell apart

## BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Dog sentences	When should you have stopped? <input type="checkbox"/> before forgetting <input type="checkbox"/> after forgetting <input type="checkbox"/> I didn't need to
Bag story	When you stopped, what was happening? <input type="checkbox"/> still clear <input type="checkbox"/> starting to slip <input type="checkbox"/> already mixed
Hard moments	Stopping early means... <input type="checkbox"/> protecting thinking <input type="checkbox"/> stopping too soon <input type="checkbox"/> guessing
Today	Today I stopped... <input type="checkbox"/> early <input type="checkbox"/> on time <input type="checkbox"/> too late
Next time	Next time I will try to stop... <input type="checkbox"/> earlier <input type="checkbox"/> the same <input type="checkbox"/> later

## BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Circle the word dog.	What did you do? <input type="checkbox"/> kept going <input type="checkbox"/> stopped to check dog <input type="checkbox"/> stopped after guessing
Red ball	What did you do? <input type="checkbox"/> kept going <input type="checkbox"/> stopped before mixing words <input type="checkbox"/> stopped after mixing
“Come here,” said Mum.	What did you do? <input type="checkbox"/> kept going <input type="checkbox"/> stopped to check Mum <input type="checkbox"/> stopped after mixing
The bird flew over the fence.	What did you do? <input type="checkbox"/> kept going <input type="checkbox"/> stopped before picture got fuzzy <input type="checkbox"/> stopped after
Cats have tails and claws.	What did you do? <input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late

## DAY 2 — Theme: Cat & Shoes

### Outcome (Day 2)

By the end of Day 2, the learner can **identify when they should stop early** to prevent memory breakdown.

### Progression (Day 2)

- **Block 1:** Stops become more important as details stack
- **Block 2:** Stops become more important as steps increase
- **Block 3:** Learner reflects on timing and effectiveness of stopping
- **Block 4:** Learner practises stopping early on simple prompts

## BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The cat slept on the bed.	Did you need to stop? <input type="checkbox"/> no <input type="checkbox"/> stopped to check where <input type="checkbox"/> stopped after forgetting
The cat slept on the soft bed.	When “soft” was added? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
The cat slept on the soft bed upstairs.	When place was added? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped before mixing <input type="checkbox"/> stopped after mixing

The cat slept on the soft bed upstairs alone.	With more parts? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
The cat slept on the soft bed upstairs alone all day.	When time was added? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late

## BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)

READ	MARK ONE
The girl found her shoes. The shoes were wet. She put them outside.	When did you stop? <input type="checkbox"/> didn't stop <input type="checkbox"/> before forgetting wet <input type="checkbox"/> after forgetting
+ They dried in the sun.	When added? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
New paragraph, same length	What happened? <input type="checkbox"/> kept going <input type="checkbox"/> stopped before slipping <input type="checkbox"/> stopped after
New paragraph + detail	When detail came? <input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
New paragraph + sentence	When sentence came? <input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late

## BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Cat sentences	<input type="checkbox"/> stopped early <input type="checkbox"/> stopped late <input type="checkbox"/> didn't stop
Shoe story	<input type="checkbox"/> protected thinking <input type="checkbox"/> waited too long <input type="checkbox"/> not sure
Hard moments	<input type="checkbox"/> stopped before mistakes <input type="checkbox"/> stopped after mistakes <input type="checkbox"/> guessed
Today	<input type="checkbox"/> better stopping <input type="checkbox"/> same <input type="checkbox"/> worse
Next time	<input type="checkbox"/> earlier <input type="checkbox"/> same <input type="checkbox"/> later

## BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Draw a star.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
Blue car	<input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
"Wait here," said Dad.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
The fish swam under the bridge.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late

Dogs bark loudly at night.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
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### DAY 3 — Theme: Food & School Routine

#### Outcome (Day 3)

By the end of Day 3, the learner can **stop early when order starts slipping** (especially with routines and sequences).

#### Progression (Day 3)

- **Block 1:** Adds time/place and checks stopping point
- **Block 2:** Extra steps cause overload → learner stops earlier
- **Block 3:** Learner reflects on stopping to keep steps clear
- **Block 4:** Stop early when tasks involve time words or speaker tracking

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The boy ate an apple.	Did you need to stop? <input type="checkbox"/> no <input type="checkbox"/> stopped to check what he ate <input type="checkbox"/> stopped after forgetting
The boy ate a red apple.	When “red” was added? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
The boy ate a red apple after school.	When time was added? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped before forgetting <input type="checkbox"/> stopped after forgetting
The boy ate a red apple after school at home.	When place and time were together? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped too late
The boy ate a red apple after school at home alone.	When all parts were there? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped before slipping <input type="checkbox"/> stopped after slipping

### BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)

READ	MARK ONE
The class lined up. The bell rang. They went inside.	What did you do? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped before forgetting <input type="checkbox"/> stopped after forgetting



+ The teacher waited.	When added? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
New paragraph, same length	What happened? <input type="checkbox"/> kept going <input type="checkbox"/> stopped before losing track <input type="checkbox"/> stopped after losing track
New paragraph + one detail	When detail was added? <input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
New paragraph + one sentence	When sentence was added? <input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Apple sentences	When should you have stopped? <input type="checkbox"/> before forgetting <input type="checkbox"/> after forgetting <input type="checkbox"/> I didn't need to
Class routine	When you stopped: <input type="checkbox"/> still clear <input type="checkbox"/> slipping <input type="checkbox"/> mixed
Hard moments	Stopping early helps: <input type="checkbox"/> keep steps clear <input type="checkbox"/> guess less <input type="checkbox"/> not sure
Today	Today I stopped: <input type="checkbox"/> early <input type="checkbox"/> on time <input type="checkbox"/> too late
Next time	Next time I will stop: <input type="checkbox"/> earlier <input type="checkbox"/> same <input type="checkbox"/> later

### BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Write your name.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped to check <input type="checkbox"/> stopped after forgetting
Green tree	<input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
"Go now," said Mum.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped to check <input type="checkbox"/> stopped after mixing
The plane flew above the clouds.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped before fuzzy <input type="checkbox"/> stopped after
Birds have wings and beaks.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late

## DAY 4 — Theme: Toys & Playground

### Outcome (Day 4)

By the end of Day 4, the learner can **stop early when action sequences become too long**, and avoid guessing.

### Progression (Day 4)

- **Block 1:** Stops help prevent mixing details
- **Block 2:** Stops help prevent losing actions in a chain
- **Block 3:** Learner reflects on stopping *before mixing*
- **Block 4:** Stop early during small tasks instead of rushing

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The girl lost her toy.	Did you need to stop? <input type="checkbox"/> no <input type="checkbox"/> stopped to check what <input type="checkbox"/> stopped after forgetting
The girl lost her blue toy.	When “blue” was added? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
The girl lost her blue toy at school.	When place was added? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
The girl lost her blue toy at school yesterday.	When time was added? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
The girl lost her blue toy at school yesterday alone.	When all parts were there? <input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late

### BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)

READ	MARK ONE
The children played. They ran fast. They laughed.	<input type="checkbox"/> kept reading <input type="checkbox"/> stopped before forgetting <input type="checkbox"/> stopped after forgetting
+ The bell rang.	<input type="checkbox"/> kept reading <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
New paragraph, same length	<input type="checkbox"/> kept going <input type="checkbox"/> stopped before losing track <input type="checkbox"/> stopped after losing track
New paragraph + one detail	<input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
New paragraph + one sentence	<input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Toy sentences	When should you have stopped? <input type="checkbox"/> before mixing <input type="checkbox"/> after mixing <input type="checkbox"/> didn't need to
Playground story	Stopping early helped: <input type="checkbox"/> keep actions clear <input type="checkbox"/> avoid guessing <input type="checkbox"/> not sure
Hard moments	When too late: <input type="checkbox"/> slipped <input type="checkbox"/> stayed clear <input type="checkbox"/> not sure
Today	Today I stopped: <input type="checkbox"/> early <input type="checkbox"/> on time <input type="checkbox"/> too late
Next time	Next time I will stop: <input type="checkbox"/> earlier <input type="checkbox"/> same <input type="checkbox"/> later

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Pick up the toy.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped to check <input type="checkbox"/> stopped after forgetting
Yellow ball	<input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late
"Put it away," said Mum.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped to check <input type="checkbox"/> stopped after mixing
The children ran across the field.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped before fuzzy <input type="checkbox"/> stopped after
Bears have fur and claws.	<input type="checkbox"/> kept going <input type="checkbox"/> stopped early <input type="checkbox"/> stopped late

## WEEK 3 — UNDERSTANDING WHAT MADE IT HARDER

Student message

This week you will practise naming the reason why reading became harder.

You are learning to notice what was added (details, steps, time, place, or actions).

### DAY 1 — Theme: Dog & Bag

#### Outcome (Day 1)

By the end of Day 1, the learner can **identify what made the task harder**, especially when extra details are added.

#### Progression (Day 1)

- **Block 1:** Sentences increase in difficulty by adding extra detail words
- **Block 2:** Paragraphs increase by adding a sentence or more information
- **Block 3:** Learner names what caused the challenge (details, order, or length)
- **Block 4:** Learner practises identifying difficulty in short mixed tasks

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The dog ran to the gate.	Why was this easy? <input type="checkbox"/> only one action <input type="checkbox"/> no extra details <input type="checkbox"/> not sure
The dog ran to the gate fast.	What made this a little harder? <input type="checkbox"/> the new word fast <input type="checkbox"/> the word gate <input type="checkbox"/> nothing
The dog ran to the gate fast after lunch.	What made this harder? <input type="checkbox"/> adding when <input type="checkbox"/> adding where <input type="checkbox"/> nothing
The dog ran to the gate fast after lunch at home.	What made it harder now? <input type="checkbox"/> adding place <input type="checkbox"/> adding time <input type="checkbox"/> nothing
The dog ran to the gate fast after lunch at home alone.	What made it hardest? <input type="checkbox"/> many details together <input type="checkbox"/> one long word <input type="checkbox"/> nothing

### BLOCK 2 — READING PRACTICE (ADDING ACTIONS)

READ	MARK ONE
The boy picked up his bag. He walked to the door.	Why was this still easy? <input type="checkbox"/> only two actions <input type="checkbox"/> short sentences <input type="checkbox"/> not sure

+ The bag was heavy.	What made this harder? <input type="checkbox"/> extra detail about the bag <input type="checkbox"/> the word heavy <input type="checkbox"/> nothing
+ He left the house.	What made this harder now? <input type="checkbox"/> more actions to remember <input type="checkbox"/> longer sentence <input type="checkbox"/> nothing
New paragraph, same length	What made it harder? <input type="checkbox"/> keeping the order <input type="checkbox"/> reading the words <input type="checkbox"/> nothing
New paragraph + sentence	What made it hardest? <input type="checkbox"/> too many steps <input type="checkbox"/> one long word <input type="checkbox"/> nothing

### **BLOCK 3 — RESET & LOOK BACK (CAUSE NAMING)**

READ	MARK ONE
Dog sentences	Reading got harder because of... <input type="checkbox"/> more details <input type="checkbox"/> harder words <input type="checkbox"/> nothing
Bag story	Reading got harder because of... <input type="checkbox"/> more actions <input type="checkbox"/> longer sentences <input type="checkbox"/> nothing
Today	Most often, reading got harder when... <input type="checkbox"/> things were added <input type="checkbox"/> words were long <input type="checkbox"/> nothing
Hard moments	When I stopped, it was because... <input type="checkbox"/> things piled up <input type="checkbox"/> words were confusing <input type="checkbox"/> not sure
Next time	Next time I will look for... <input type="checkbox"/> what was added <input type="checkbox"/> how long it got <input type="checkbox"/> not sure

### **BLOCK 4 — DIFFERENT WAYS OF READING (CAUSE GENERALISATION)**

READ	MARK ONE
Red ball	Why was this easy? <input type="checkbox"/> only two words <input type="checkbox"/> no details <input type="checkbox"/> not sure
Big red ball	What made this harder? <input type="checkbox"/> extra describing word <input type="checkbox"/> long word <input type="checkbox"/> nothing
"Come here," said Mum.	What made this harder? <input type="checkbox"/> remembering who spoke <input type="checkbox"/> long words <input type="checkbox"/> nothing
The bird flew over the fence.	What made this harder? <input type="checkbox"/> making a picture <input type="checkbox"/> long sentence <input type="checkbox"/> nothing
Cats have tails and sharp claws.	What made this hardest? <input type="checkbox"/> two facts together <input type="checkbox"/> long words <input type="checkbox"/> nothing

## DAY 2 — Theme: Cat & Shoes

### Outcome (Day 2)

By the end of Day 2, the learner can **notice whether the difficulty came from time/place words or extra description.**

### Progression (Day 2)

- **Block 1:** Sentences add time/place/detail combinations (more mental load)
- **Block 2:** Steps get longer (more sequence tracking needed)
- **Block 3:** Learner explains what changed first and why it became harder
- **Block 4:** Learner generalises the “cause” skill to quick short reading tasks

### BLOCK 1 — DETAILS

READ	MARK ONE
The cat slept on the bed.	Why was this easy? <input type="checkbox"/> one place <input type="checkbox"/> no extra details <input type="checkbox"/> not sure
The cat slept on the soft bed.	What made this harder? <input type="checkbox"/> adding soft <input type="checkbox"/> long word <input type="checkbox"/> nothing
The cat slept on the soft bed upstairs.	What made this harder? <input type="checkbox"/> adding where <input type="checkbox"/> long sentence <input type="checkbox"/> nothing
The cat slept on the soft bed upstairs alone.	What made it harder? <input type="checkbox"/> more details together <input type="checkbox"/> one word <input type="checkbox"/> nothing
The cat slept on the soft bed upstairs alone all day.	What made it hardest? <input type="checkbox"/> place + time together <input type="checkbox"/> long word <input type="checkbox"/> nothing

### BLOCK 2 — SEQUENCE WITH RESULT

READ	MARK ONE
The girl found her shoes. She put them outside.	Why was this easy? <input type="checkbox"/> only two steps <input type="checkbox"/> short sentences <input type="checkbox"/> not sure
+ The shoes were wet.	What made this harder? <input type="checkbox"/> adding a condition <input type="checkbox"/> the word wet <input type="checkbox"/> nothing
+ They dried in the sun.	What made it harder now? <input type="checkbox"/> remembering cause and result <input type="checkbox"/> long word <input type="checkbox"/> nothing
New paragraph	What made it harder? <input type="checkbox"/> keeping order <input type="checkbox"/> reading words <input type="checkbox"/> nothing
New paragraph + sentence	What made it hardest? <input type="checkbox"/> more steps <input type="checkbox"/> long sentence <input type="checkbox"/> nothing

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Cat sentences	<input type="checkbox"/> more details <input type="checkbox"/> longer sentence <input type="checkbox"/> nothing
Shoe story	<input type="checkbox"/> cause and result <input type="checkbox"/> long words <input type="checkbox"/> nothing
Hard parts	<input type="checkbox"/> keeping order <input type="checkbox"/> keeping details <input type="checkbox"/> both
Today	<input type="checkbox"/> details made it harder <input type="checkbox"/> steps made it harder <input type="checkbox"/> both
Next time	<input type="checkbox"/> I will look for details <input type="checkbox"/> I will look for steps <input type="checkbox"/> not sure

### BLOCK 4 — DIFFERENT READING

READ	MARK ONE
Blue car	<input type="checkbox"/> easy – two words <input type="checkbox"/> harder – extra word <input type="checkbox"/> not sure
“Wait here,” said Dad.	<input type="checkbox"/> remembering speaker <input type="checkbox"/> long words <input type="checkbox"/> nothing
The fish swam under the bridge.	<input type="checkbox"/> picture + place <input type="checkbox"/> long sentence <input type="checkbox"/> nothing
Draw a star.	<input type="checkbox"/> simple instruction <input type="checkbox"/> many steps <input type="checkbox"/> nothing
Dogs bark loudly at night.	<input type="checkbox"/> two ideas <input type="checkbox"/> long words <input type="checkbox"/> nothing

### DAY 3 — Theme: Food & School

#### Outcome (Day 3)

By the end of Day 3, the learner can **explain when the order became harder to track**, and why.

#### Progression (Day 3)

- **Block 1:** Details added slowly until memory load increases
- **Block 2:** Multi-step school routines become harder step-by-step
- **Block 3:** Learner identifies where the breakdown started (first, middle, last)
- **Block 4:** Learner applies the skill to time words, speaker tracking, and facts

**BLOCK 1 — READING WARM-UP (TIME & ORDER)**

READ	MARK ONE
The boy ate breakfast.	Why was this easy? <input type="checkbox"/> one action <input type="checkbox"/> no time words <input type="checkbox"/> not sure
The boy ate breakfast before school.	What made this harder? <input type="checkbox"/> adding before school <input type="checkbox"/> longer sentence <input type="checkbox"/> nothing
The boy ate breakfast before school quickly.	What made this harder now? <input type="checkbox"/> adding how fast <input type="checkbox"/> long word <input type="checkbox"/> nothing
The boy ate breakfast before school quickly alone.	What made it harder? <input type="checkbox"/> more details together <input type="checkbox"/> one word <input type="checkbox"/> nothing
The boy ate breakfast before school quickly alone at home.	What made it hardest? <input type="checkbox"/> time + place together <input type="checkbox"/> long word <input type="checkbox"/> nothing

**BLOCK 2 — READING PRACTICE (KEEPING STEPS IN ORDER)**

READ	MARK ONE
The class lined up. They went inside.	Why was this easy? <input type="checkbox"/> only two steps <input type="checkbox"/> short sentences <input type="checkbox"/> not sure
+ The bell rang.	What made this harder? <input type="checkbox"/> steps were not in order <input type="checkbox"/> long word <input type="checkbox"/> nothing
+ The teacher waited.	What made it harder now? <input type="checkbox"/> more steps to remember <input type="checkbox"/> longer sentence <input type="checkbox"/> nothing
New paragraph, same length	What made it harder? <input type="checkbox"/> remembering what came first <input type="checkbox"/> reading words <input type="checkbox"/> nothing
New paragraph + sentence	What made it hardest? <input type="checkbox"/> keeping first/next/last <input type="checkbox"/> long word <input type="checkbox"/> nothing

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Breakfast sentences	Reading got harder because of... <input type="checkbox"/> time words <input type="checkbox"/> long words <input type="checkbox"/> nothing
Class story	Reading got harder because of... <input type="checkbox"/> more steps <input type="checkbox"/> longer sentences <input type="checkbox"/> nothing
Hard moments	The tricky part was... <input type="checkbox"/> order <input type="checkbox"/> details <input type="checkbox"/> both
Today	Most often, it got harder when... <input type="checkbox"/> order mattered <input type="checkbox"/> time was added <input type="checkbox"/> nothing



Next time	I will look for... <input type="checkbox"/> first/next/last <input type="checkbox"/> extra time words <input type="checkbox"/> not sure
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#### **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
First, clap. Then sit.	What made this harder? <input type="checkbox"/> order mattered <input type="checkbox"/> long words <input type="checkbox"/> nothing
“Go now,” said Mum.	What made this harder? <input type="checkbox"/> remembering who spoke <input type="checkbox"/> long words <input type="checkbox"/> nothing
Write your name after lunch.	What made this harder? <input type="checkbox"/> time word after <input type="checkbox"/> writing <input type="checkbox"/> nothing
The bird flew away before dark.	What made this harder? <input type="checkbox"/> time word before <input type="checkbox"/> long sentence <input type="checkbox"/> nothing
Dogs sleep inside at night.	What made this harder? <input type="checkbox"/> time word at night <input type="checkbox"/> long word <input type="checkbox"/> nothing

#### **DAY 4 — Theme: Toys & Playground**

##### **Outcome (Day 4)**

By the end of Day 4, the learner can **identify that fast-changing actions or too many events caused the difficulty.**

##### **Progression (Day 4)**

- **Block 1:** More details make it harder to hold the sentence
- **Block 2:** More actions make it harder to track what happened
- **Block 3:** Learner explains whether the problem was detail overload or action overload
- **Block 4:** Learner practises recognising the cause of difficulty in short tasks

#### **BLOCK 1 — READING WARM-UP (ACTION OVERLOAD)**

READ	MARK ONE
The girl played.	Why was this easy? <input type="checkbox"/> one action <input type="checkbox"/> no details <input type="checkbox"/> not sure
The girl played and ran.	What made this harder? <input type="checkbox"/> two actions <input type="checkbox"/> long word <input type="checkbox"/> nothing

The girl played, ran, and laughed.	What made this harder now? <input type="checkbox"/> three actions <input type="checkbox"/> long word <input type="checkbox"/> nothing
The girl played, ran, and laughed quickly.	What made it harder? <input type="checkbox"/> many actions together <input type="checkbox"/> long word <input type="checkbox"/> nothing
The girl played, ran, and laughed quickly at recess.	What made it hardest? <input type="checkbox"/> actions + place together <input type="checkbox"/> long word <input type="checkbox"/> nothing

## BLOCK 2 — READING PRACTICE (FAST-CHANGING EVENTS)

READ	MARK ONE
The children ran. They stopped.	Why was this easy? <input type="checkbox"/> only two actions <input type="checkbox"/> short sentences <input type="checkbox"/> not sure
+ They jumped.	What made this harder? <input type="checkbox"/> more actions <input type="checkbox"/> long word <input type="checkbox"/> nothing
+ They laughed.	What made it harder now? <input type="checkbox"/> many actions in a row <input type="checkbox"/> long sentence <input type="checkbox"/> nothing
New paragraph	What made it harder? <input type="checkbox"/> keeping track of actions <input type="checkbox"/> reading words <input type="checkbox"/> nothing
New paragraph + sentence	What made it hardest? <input type="checkbox"/> actions happened quickly <input type="checkbox"/> long word <input type="checkbox"/> nothing

## BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Toy sentences	<input type="checkbox"/> many actions <input type="checkbox"/> long words <input type="checkbox"/> nothing
Playground story	<input type="checkbox"/> actions close together <input type="checkbox"/> long sentence <input type="checkbox"/> nothing
Hard moments	<input type="checkbox"/> keeping track of actions <input type="checkbox"/> remembering details <input type="checkbox"/> both
Today	<input type="checkbox"/> actions made it harder <input type="checkbox"/> details made it harder <input type="checkbox"/> both
Next time	<input type="checkbox"/> I will look for many actions <input type="checkbox"/> I will look for details <input type="checkbox"/> not sure

## BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Jump and clap.	<input type="checkbox"/> two actions <input type="checkbox"/> long words <input type="checkbox"/> nothing
“Run now!” said Dad.	<input type="checkbox"/> action + speaker <input type="checkbox"/> long word <input type="checkbox"/> nothing
The dog ran and barked loudly.	<input type="checkbox"/> two actions together <input type="checkbox"/> long word <input type="checkbox"/> nothing

Pick up the ball and throw it.	<input type="checkbox"/> two actions in order <input type="checkbox"/> long sentence <input type="checkbox"/> nothing
Birds fly, land, and eat.	<input type="checkbox"/> many actions <input type="checkbox"/> long word <input type="checkbox"/> nothing

## WEEK 4 — KNOWING WHEN THERE'S TOO MUCH TO REMEMBER

### Student message

This week you will practise noticing when your memory is getting full.

You are learning to notice 'too much' early, and to use a quick reset (pause or look back).

### DAY 1 — Theme: Dog & Bag

#### Outcome (Day 1)

By the end of Day 1, the learner can **notice when there is too much to remember**, even before mistakes happen.

#### Progression (Day 1)

- **Block 1:** Sentences grow longer until memory feels "full"
- **Block 2:** Paragraphs add more steps and the learner monitors memory load
- **Block 3:** Learner identifies what became too much (details, order, or length)
- **Block 4:** Learner practises recognising memory overload during quick tasks

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The dog ran to the gate.	How full did your memory feel? <input type="checkbox"/> empty <input type="checkbox"/> ok <input type="checkbox"/> too full
The dog ran to the gate fast.	Now how did it feel? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The dog ran to the gate fast after lunch.	How did it feel now? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The dog ran to the gate fast after lunch at home.	How did it feel now? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The dog ran to the gate fast after lunch at home alone.	How did it feel at the end? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full

**BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
The boy picked up his bag. The bag was heavy. He walked to the door.	Was this too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
+ He left the house.	Now was it too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
New paragraph, same length	Was this too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
New paragraph + one detail	Did this tip it over? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
New paragraph + one sentence	Did this become too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Dog sentences	When did it feel too full? <input type="checkbox"/> early <input type="checkbox"/> middle <input type="checkbox"/> end <input type="checkbox"/> never
Bag story	What filled your memory? <input type="checkbox"/> details <input type="checkbox"/> actions <input type="checkbox"/> both
Hard moments	When it felt full, you... <input type="checkbox"/> kept going <input type="checkbox"/> paused <input type="checkbox"/> looked back
Today	Today I noticed 'too much' ... <input type="checkbox"/> early <input type="checkbox"/> late <input type="checkbox"/> not at all
Next time	Next time I will... <input type="checkbox"/> pause sooner <input type="checkbox"/> look back sooner <input type="checkbox"/> keep going

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Red ball	Was this too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
Big red ball	Was this too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
"Come here," said Mum.	Was this too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
The bird flew over the fence.	Was this too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
Cats have tails and claws.	Was this too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes

## DAY 2 — Theme: Cat & Shoes

### Outcome (Day 2)

By the end of Day 2, the learner can **recognise when memory overload begins**, especially when time/place/details combine.

### Progression (Day 2)

- **Block 1:** Sentences add details until one detail starts slipping
- **Block 2:** Steps increase and learner monitors overload point
- **Block 3:** Learner identifies where overload started (early/middle/late)
- **Block 4:** Learner practises overload detection using mixed short reading tasks

### BLOCK 1 — READING WARM-UP

READ	MARK ONE
The cat slept on the bed.	Memory feeling? <input type="checkbox"/> empty <input type="checkbox"/> ok <input type="checkbox"/> too full
The cat slept on the soft bed.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The cat slept on the soft bed upstairs.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The cat slept on the soft bed upstairs alone.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The cat slept on the soft bed upstairs alone all day.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full

### BLOCK 2 — READING PRACTICE

READ	MARK ONE
The girl found her shoes. The shoes were wet. She put them outside.	Was it too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
+ They dried in the sun.	Was it too much now? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
New paragraph, same length	Was it too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
New paragraph + detail	Did it become too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
New paragraph + sentence	Did it become too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Cat sentences	When it felt full, what helped? <input type="checkbox"/> pause <input type="checkbox"/> look back <input type="checkbox"/> nothing
Shoe story	What filled your memory? <input type="checkbox"/> details <input type="checkbox"/> steps <input type="checkbox"/> both
Hard moments	You noticed 'too much'... <input type="checkbox"/> early <input type="checkbox"/> late <input type="checkbox"/> never
Today	Today I used... <input type="checkbox"/> pause <input type="checkbox"/> look back <input type="checkbox"/> neither
Next time	Next time I will... <input type="checkbox"/> reset sooner <input type="checkbox"/> reset later <input type="checkbox"/> not sure

### BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Blue car	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
"Wait here," said Dad.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
The fish swam under the bridge.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
Draw a star.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
Dogs bark loudly at night.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes

### DAY 3 — Theme: Food & School

#### Outcome (Day 3)

By the end of Day 3, the learner can **notice when too many steps in a routine overloads thinking.**

#### Progression (Day 3)

- **Block 1:** Sentences become harder when details and time words are added
- **Block 2:** School routine steps expand and strain working memory
- **Block 3:** Learner reflects on overload signs (slow, confused, look back)
- **Block 4:** Learner practises overload awareness across simple mixed prompts

### BLOCK 1 — READING WARM-UP

READ	MARK ONE
The boy ate an apple.	Memory feeling? <input type="checkbox"/> empty <input type="checkbox"/> ok <input type="checkbox"/> too full
The boy ate a red apple.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The boy ate a red apple after school.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The boy ate a red apple after school alone.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The boy ate a red apple after school alone at home.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full

## BLOCK 2 — READING PRACTICE

READ	MARK ONE
The class lined up. The bell rang. They went inside.	Was it too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
+ The teacher waited.	Was it too much now? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
New paragraph	Was it too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
+ detail	Did it become too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
+ sentence	Did it become too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes

## BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Apple sentences	What filled your memory? <input type="checkbox"/> details <input type="checkbox"/> time/place <input type="checkbox"/> both
Class story	What filled your memory? <input type="checkbox"/> steps <input type="checkbox"/> order <input type="checkbox"/> both
Hard moments	When it felt full, you... <input type="checkbox"/> paused <input type="checkbox"/> looked back <input type="checkbox"/> kept going
Today	Today I noticed 'too much'... <input type="checkbox"/> early <input type="checkbox"/> late <input type="checkbox"/> never
Next time	Next time I will... <input type="checkbox"/> reset sooner <input type="checkbox"/> reset later <input type="checkbox"/> not sure

## BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Green tree	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
"Go now," said Mum.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
The plane flew above the clouds.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes

Write your name.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
Birds have wings and beaks.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes

#### DAY 4 — Theme: Meals & Home Routine

##### Outcome (Day 4)

By the end of Day 4, the learner can **identify when action overload causes memory failure**.

##### Progression (Day 4)

- **Block 1:** More details cause strain
- **Block 2:** More actions create overload
- **Block 3:** Learner explains what was too much and when it happened
- **Block 4:** Learner practises overload awareness on instructions and facts

#### BLOCK 1 — READING WARM-UP

READ	MARK ONE
The girl ate lunch.	Memory feeling? <input type="checkbox"/> empty <input type="checkbox"/> ok <input type="checkbox"/> too full
The girl ate hot lunch.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The girl ate hot lunch at school.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The girl ate hot lunch at school alone.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full
The girl ate hot lunch at school alone at noon.	Memory feeling? <input type="checkbox"/> ok <input type="checkbox"/> nearly full <input type="checkbox"/> too full

#### BLOCK 2 — READING PRACTICE

READ	MARK ONE
The boy washed his hands. He dried them. He sat down.	Was it too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
+ He ate dinner.	Was it too much now? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
New paragraph	Was it too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
+ detail	Did it become too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
+ sentence	Did it become too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes



**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Lunch sentences	What made it too much? <input type="checkbox"/> time/place <input type="checkbox"/> too many details <input type="checkbox"/> both
Routine story	What made it too much? <input type="checkbox"/> too many steps <input type="checkbox"/> order <input type="checkbox"/> both
Hard moments	When it was full, you... <input type="checkbox"/> paused <input type="checkbox"/> looked back <input type="checkbox"/> guessed
Today	Today I noticed 'too much'... <input type="checkbox"/> early <input type="checkbox"/> late <input type="checkbox"/> never
Next time	Next time I will... <input type="checkbox"/> reset sooner <input type="checkbox"/> reset later <input type="checkbox"/> not sure

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Feed the cat.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
Brown dog	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
"Come inside," said Dad.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
The horse jumped over the fence.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes
Fish have fins and tails.	Too much? <input type="checkbox"/> no <input type="checkbox"/> nearly <input type="checkbox"/> yes

## WEEK 5 — NOTICING TROUBLE BEFORE IT STARTS

Student message (shown once):

This week you will practise noticing the early warning signs before your thinking breaks down.

Early signs can be: slowing down, guessing, feeling confused, or needing to look back.

### DAY 1 — Theme: Dog & Bag

#### Outcome (Day 1)

By the end of Day 1, the learner can **notice warning signs early**, such as slowing down or feeling unsure.

#### Progression (Day 1)

- **Block 1:** Details increase until warning signs appear
- **Block 2:** Paragraphs lengthen until order starts slipping
- **Block 3:** Learner names the first warning sign
- **Block 4:** Learner practises warning sign detection on mixed prompts

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The dog ran to the gate.	Did you notice trouble starting? <input type="checkbox"/> no <input type="checkbox"/> yes (slow) <input type="checkbox"/> yes (confused)
The dog ran to the gate fast.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (fast) <input type="checkbox"/> yes (had to look back)
The dog ran to the gate fast after lunch.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (too many details) <input type="checkbox"/> yes (guessing)
The dog ran to the gate fast after lunch at home.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (mixed place/time) <input type="checkbox"/> yes (looked back)
The dog ran to the gate fast after lunch at home alone.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (mind felt full) <input type="checkbox"/> yes (looked back)

**BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
The boy picked up his bag. The bag was heavy. He walked to the door.	Did you notice trouble starting? <input type="checkbox"/> no <input type="checkbox"/> yes (slowing down) <input type="checkbox"/> yes (mixing order)
+ He left the house.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (too long) <input type="checkbox"/> yes (looked back)
New paragraph, same length	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (lost track) <input type="checkbox"/> yes (looked back)
New paragraph + one detail	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (detail added) <input type="checkbox"/> yes (guessing)
New paragraph + one sentence	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (too much) <input type="checkbox"/> yes (looked back)

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Dog sentences	When did trouble start? <input type="checkbox"/> early <input type="checkbox"/> middle <input type="checkbox"/> late <input type="checkbox"/> never
Bag story	What was the first warning sign? <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Hard moments	When trouble started, you... <input type="checkbox"/> kept going <input type="checkbox"/> paused <input type="checkbox"/> looked back
Today	Today I noticed trouble... <input type="checkbox"/> early <input type="checkbox"/> late <input type="checkbox"/> not at all
Next time	Next time I will notice... <input type="checkbox"/> sooner <input type="checkbox"/> same time <input type="checkbox"/> later

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Circle the word dog.	Did trouble start? <input type="checkbox"/> no <input type="checkbox"/> yes (guessing) <input type="checkbox"/> yes (looked back)
Red ball	Did trouble start? <input type="checkbox"/> no <input type="checkbox"/> yes (mixed words) <input type="checkbox"/> yes (looked back)
"Come here," said Mum.	Did trouble start? <input type="checkbox"/> no <input type="checkbox"/> yes (speaker mix) <input type="checkbox"/> yes (looked back)
The bird flew over the fence.	Did trouble start? <input type="checkbox"/> no <input type="checkbox"/> yes (picture fuzzy) <input type="checkbox"/> yes (looked back)
Cats have tails and claws.	Did trouble start? <input type="checkbox"/> no <input type="checkbox"/> yes (forgot one) <input type="checkbox"/> yes (looked back)

## DAY 2 — Theme: Cat & Shoes

### Outcome (Day 2)

By the end of Day 2, the learner can **notice warning signs when details combine**, like time/place/extra description.

### Progression (Day 2)

- **Block 1:** Detail stacking creates early trouble signs
- **Block 2:** Steps expand and strain attention
- **Block 3:** Learner identifies where the warning sign started
- **Block 4:** Learner practises warning sign awareness on quick mixed tasks

### BLOCK 1 — READING WARM-UP

READ	MARK ONE
The cat slept on the bed.	Did trouble start? <input type="checkbox"/> no <input type="checkbox"/> yes (slow) <input type="checkbox"/> yes (looked back)
The cat slept on the soft bed.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (new detail) <input type="checkbox"/> yes (guessing)
The cat slept on the soft bed upstairs.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (place added) <input type="checkbox"/> yes (looked back)
The cat slept on the soft bed upstairs alone.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (too many details) <input type="checkbox"/> yes (looked back)
The cat slept on the soft bed upstairs alone all day.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (mind full) <input type="checkbox"/> yes (looked back)

### BLOCK 2 — READING PRACTICE

READ	MARK ONE
The girl found her shoes. The shoes were wet. She put them outside.	First warning sign? <input type="checkbox"/> none <input type="checkbox"/> slowed down <input type="checkbox"/> mixed order
+ They dried in the sun.	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> too many steps <input type="checkbox"/> looked back
New paragraph	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> lost track <input type="checkbox"/> guessed
+ detail	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> detail confused me <input type="checkbox"/> looked back
+ sentence	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> too much <input type="checkbox"/> looked back

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Cat sentences	Trouble started when... <input type="checkbox"/> new detail came <input type="checkbox"/> too many details came <input type="checkbox"/> not sure
Shoe story	Trouble started when... <input type="checkbox"/> steps got longer <input type="checkbox"/> order got mixed <input type="checkbox"/> not sure
Hard moments	First sign was... <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed
Today	Today I noticed trouble... <input type="checkbox"/> early <input type="checkbox"/> late <input type="checkbox"/> not at all
Next time	Next time I will notice... <input type="checkbox"/> sooner <input type="checkbox"/> same <input type="checkbox"/> later

### BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Draw a star.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (forgot instruction) <input type="checkbox"/> yes (looked back)
Blue car	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (mixed words) <input type="checkbox"/> yes (looked back)
"Wait here," said Dad.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (speaker mix) <input type="checkbox"/> yes (looked back)
The fish swam under the bridge.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (picture fuzzy) <input type="checkbox"/> yes (looked back)
Dogs bark loudly at night.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (forgot one) <input type="checkbox"/> yes (looked back)

### DAY 3 — Theme: Food & School

#### Outcome (Day 3)

By the end of Day 3, the learner can **notice trouble in step sequences**, before the steps get mixed up.

#### Progression (Day 3)

- **Block 1:** Details increase until confusion begins
- **Block 2:** Routine steps become harder
- **Block 3:** Learner reflects on the first sign of trouble
- **Block 4:** Learner applies warning sign detection across short prompts

**BLOCK 1 — READING WARM-UP**

READ	MARK ONE
The boy ate an apple.	Did trouble start? <input type="checkbox"/> no <input type="checkbox"/> yes (slow) <input type="checkbox"/> yes (looked back)
The boy ate a red apple.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (extra detail) <input type="checkbox"/> yes (looked back)
The boy ate a red apple after school.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (time added) <input type="checkbox"/> yes (guessing)
The boy ate a red apple after school alone.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (too many details) <input type="checkbox"/> yes (looked back)
The boy ate a red apple after school alone at home.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (place+time) <input type="checkbox"/> yes (looked back)

**BLOCK 2 — READING PRACTICE**

READ	MARK ONE
The class lined up. The bell rang. They went inside.	First warning sign? <input type="checkbox"/> none <input type="checkbox"/> order slipping <input type="checkbox"/> slowed down
+ The teacher waited.	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> too many steps <input type="checkbox"/> looked back
New paragraph	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> lost track <input type="checkbox"/> guessed
+ detail	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> detail confused me <input type="checkbox"/> looked back
+ sentence	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> too much <input type="checkbox"/> looked back

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Apple sentences	Trouble started when... <input type="checkbox"/> details piled up <input type="checkbox"/> place/time mixed <input type="checkbox"/> not sure
Class story	Trouble started when... <input type="checkbox"/> steps got longer <input type="checkbox"/> order slipped <input type="checkbox"/> not sure
Hard moments	First sign was... <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed
Today	Today I noticed trouble... <input type="checkbox"/> early <input type="checkbox"/> late <input type="checkbox"/> not at all
Next time	Next time I will notice... <input type="checkbox"/> sooner <input type="checkbox"/> same <input type="checkbox"/> later

## BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Write your name.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (forgot instruction) <input type="checkbox"/> yes (looked back)
Green tree	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (mixed words) <input type="checkbox"/> yes (looked back)
“Go now,” said Mum.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (speaker mix) <input type="checkbox"/> yes (looked back)
The plane flew above the clouds.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (picture fuzzy) <input type="checkbox"/> yes (looked back)
Birds have wings and beaks.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (forgot one) <input type="checkbox"/> yes (looked back)

## DAY 4 — Theme: Toys & Playground

### Outcome (Day 4)

By the end of Day 4, the learner can **notice trouble when actions become too fast to track**.

### Progression (Day 4)

- **Block 1:** Sentence details create strain
- **Block 2:** Action chains cause attention overload
- **Block 3:** Learner identifies the warning sign
- **Block 4:** Learner practises warning sign detection across mixed tasks

## BLOCK 1 — READING WARM-UP

READ	MARK ONE
The girl lost her toy.	Did trouble start? <input type="checkbox"/> no <input type="checkbox"/> yes (slow) <input type="checkbox"/> yes (looked back)
The girl lost her blue toy.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (extra detail) <input type="checkbox"/> yes (looked back)
The girl lost her blue toy at school.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (place added) <input type="checkbox"/> yes (looked back)
The girl lost her blue toy at school yesterday.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (time added) <input type="checkbox"/> yes (looked back)
The girl lost her blue toy at school yesterday alone.	Did trouble start here? <input type="checkbox"/> no <input type="checkbox"/> yes (too many details) <input type="checkbox"/> yes (looked back)

**BLOCK 2 — READING PRACTICE**

READ	MARK ONE
The children played. They ran fast. They laughed.	First warning sign? <input type="checkbox"/> none <input type="checkbox"/> action overload <input type="checkbox"/> slowed down
+ The bell rang.	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> too many actions <input type="checkbox"/> looked back
New paragraph	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> lost track <input type="checkbox"/> guessed
+ detail	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> detail confused me <input type="checkbox"/> looked back
+ sentence	Warning sign? <input type="checkbox"/> none <input type="checkbox"/> too much <input type="checkbox"/> looked back

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Toy sentences	Trouble started when... <input type="checkbox"/> details piled up <input type="checkbox"/> place/time mixed <input type="checkbox"/> not sure
Playground story	Trouble started when... <input type="checkbox"/> actions came fast <input type="checkbox"/> order slipped <input type="checkbox"/> not sure
Hard moments	First sign was... <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed
Today	Today I noticed trouble... <input type="checkbox"/> early <input type="checkbox"/> late <input type="checkbox"/> not at all
Next time	Next time I will notice... <input type="checkbox"/> sooner <input type="checkbox"/> same <input type="checkbox"/> later

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Pick up the toy.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (forgot instruction) <input type="checkbox"/> yes (looked back)
Yellow ball	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (mixed words) <input type="checkbox"/> yes (looked back)
“Put it away,” said Mum.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (speaker mix) <input type="checkbox"/> yes (looked back)
The children ran across the field.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (picture fuzzy) <input type="checkbox"/> yes (looked back)
Bears have fur and claws.	Trouble started? <input type="checkbox"/> no <input type="checkbox"/> yes (forgot one) <input type="checkbox"/> yes (looked back)



## WEEK 6 — STAYING STEADY AFTER MISTAKES

Student message (shown once):

This week you will practise staying calm and steady when you make a mistake.

A mistake is not the end. The goal is to reset your thinking and keep going.

### DAY 1 — Theme: Dog & Bag

#### Outcome (Day 1)

By the end of Day 1, the learner can **stay calm after making a mistake**, and continue without panicking.

#### Progression (Day 1)

- **Block 1:** Mistakes happen as details increase
- **Block 2:** Mistakes happen as text becomes longer
- **Block 3:** Learner reflects on how they recovered
- **Block 4:** Learner practises staying steady on quick mixed tasks

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The dog ran to the gate.	If you made a mistake, what did you do? <input type="checkbox"/> stayed calm <input type="checkbox"/> got upset <input type="checkbox"/> looked back calmly
The dog ran to the gate fast.	If you forgot “fast”, what did you do? <input type="checkbox"/> stayed steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
The dog ran to the gate fast after lunch.	If you mixed time, what did you do? <input type="checkbox"/> stayed calm <input type="checkbox"/> guessed <input type="checkbox"/> looked back
The dog ran to the gate fast after lunch at home.	If you mixed place/time, what did you do? <input type="checkbox"/> stayed steady <input type="checkbox"/> panicked <input type="checkbox"/> looked back
The dog ran to the gate fast after lunch at home alone.	If you lost a detail, what did you do? <input type="checkbox"/> stayed calm <input type="checkbox"/> gave up <input type="checkbox"/> looked back

**BLOCK 2 — READING PRACTICE (MISTAKE RECOVERY)**

READ	MARK ONE
The boy picked up his bag. The bag was heavy. He walked to the door.	If you forgot one part, what did you do? <input type="checkbox"/> stayed calm <input type="checkbox"/> rushed <input type="checkbox"/> looked back
+ He left the house.	If you lost track, what did you do? <input type="checkbox"/> steady reset <input type="checkbox"/> guessed <input type="checkbox"/> looked back
New paragraph, same length	If you made an error, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back
New paragraph + one detail	If the detail caused trouble, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
New paragraph + one sentence	If it became too much, what did you do? <input type="checkbox"/> steady reset <input type="checkbox"/> quit <input type="checkbox"/> looked back

**BLOCK 3 — RESET & LOOK BACK (STEADY THINKING)**

READ	MARK ONE
Dog sentences	After a mistake, you... <input type="checkbox"/> stayed calm <input type="checkbox"/> got frustrated <input type="checkbox"/> not sure
Bag story	When you looked back, you... <input type="checkbox"/> felt calmer <input type="checkbox"/> felt worse <input type="checkbox"/> not sure
Hard moments	Your best reset today was... <input type="checkbox"/> pause <input type="checkbox"/> look back <input type="checkbox"/> breathe
Today	Today I stayed steady... <input type="checkbox"/> easily <input type="checkbox"/> sometimes <input type="checkbox"/> not yet
Next time	Next time I will... <input type="checkbox"/> stay calm <input type="checkbox"/> rush less <input type="checkbox"/> reset faster

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Circle the word dog.	If you circled the wrong word, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> fixed it
Red ball	If you forgot one word, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back
"Come here," said Mum.	If you mixed speaker, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
The bird flew over the fence.	If the picture went fuzzy, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> quit <input type="checkbox"/> looked back
Cats have tails and claws.	If you forgot one fact, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back

## DAY 2 — Theme: Cat & Shoes

### Outcome (Day 2)

By the end of Day 2, the learner can **recover calmly after mixing details**, and correct themselves.

### Progression (Day 2)

- **Block 1:** Time/place details increase confusion risk
- **Block 2:** Steps expand and errors occur
- **Block 3:** Learner reflects on reset methods
- **Block 4:** Learner practises calm recovery through mixed prompts

### BLOCK 1 — READING WARM-UP

READ	MARK ONE
The cat slept on the bed.	If you forgot, what did you do? <input type="checkbox"/> stayed calm <input type="checkbox"/> rushed <input type="checkbox"/> looked back
The cat slept on the soft bed.	If you missed “soft”, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back
The cat slept on the soft bed upstairs.	If you forgot upstairs, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back
The cat slept on the soft bed upstairs alone.	If you mixed details, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
The cat slept on the soft bed upstairs alone all day.	If you lost time detail, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back

### BLOCK 2 — READING PRACTICE

READ	MARK ONE
The girl found her shoes. The shoes were wet. She put them outside.	If you forgot wet, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back
+ They dried in the sun.	If you lost track, what did you do? <input type="checkbox"/> steady reset <input type="checkbox"/> upset <input type="checkbox"/> looked back
New paragraph	If you mixed order, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
+ detail	If detail caused trouble, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back
+ sentence	If it was too much, what did you do? <input type="checkbox"/> steady reset <input type="checkbox"/> quit <input type="checkbox"/> looked back

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Cat sentences	After mistakes, I... <input type="checkbox"/> stayed calm <input type="checkbox"/> got frustrated <input type="checkbox"/> not sure
Shoe story	Best reset today: <input type="checkbox"/> pause <input type="checkbox"/> look back <input type="checkbox"/> breathe
Hard moments	When I made a mistake, I... <input type="checkbox"/> kept going steady <input type="checkbox"/> rushed <input type="checkbox"/> gave up
Today	Today I stayed steady... <input type="checkbox"/> often <input type="checkbox"/> sometimes <input type="checkbox"/> not yet
Next time	Next time I will... <input type="checkbox"/> reset faster <input type="checkbox"/> stay calm <input type="checkbox"/> not sure

### BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Draw a star.	If you drew the wrong thing: <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> fixed it
Blue car	If you forgot one word: <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back
"Wait here," said Dad.	If you mixed speaker: <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
The fish swam under the bridge.	If picture was fuzzy: <input type="checkbox"/> steady <input type="checkbox"/> quit <input type="checkbox"/> looked back
Dogs bark loudly at night.	If you forgot one idea: <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back

### DAY 3 — Theme: Food & School

#### Outcome (Day 3)

By the end of Day 3, the learner can **stay steady even when the order of steps slips**.

#### Progression (Day 3)

- **Block 1:** Sentence load causes slips
- **Block 2:** Routine steps cause mistakes
- **Block 3:** Learner reflects on staying calm after errors
- **Block 4:** Learner practises recovery across short mixed prompts

**BLOCK 1 — READING WARM-UP**

READ	MARK ONE
The boy ate an apple.	If you forgot, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back
The boy ate a red apple.	If you missed “red”, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back
The boy ate a red apple after school.	If you forgot time, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
The boy ate a red apple after school alone.	If you mixed details, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back
The boy ate a red apple after school alone at home.	If you forgot place, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back

**BLOCK 2 — READING PRACTICE**

READ	MARK ONE
The class lined up. The bell rang. They went inside.	If you lost the order, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
+ The teacher waited.	If you forgot a step, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back
New paragraph	If you mixed steps, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back
+ detail	If detail caused trouble, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
+ sentence	If it became too much, what did you do? <input type="checkbox"/> steady reset <input type="checkbox"/> quit <input type="checkbox"/> looked back

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Apple sentences	After a mistake, I... <input type="checkbox"/> stayed calm <input type="checkbox"/> got frustrated <input type="checkbox"/> not sure
Class story	Best reset: <input type="checkbox"/> pause <input type="checkbox"/> look back <input type="checkbox"/> breathe
Hard moments	When I made a mistake, I... <input type="checkbox"/> kept going steady <input type="checkbox"/> rushed <input type="checkbox"/> gave up
Today	Today I stayed steady... <input type="checkbox"/> often <input type="checkbox"/> sometimes <input type="checkbox"/> not yet
Next time	Next time I will... <input type="checkbox"/> reset faster <input type="checkbox"/> stay calm <input type="checkbox"/> not sure

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Write your name.	If you wrote wrong: <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> fixed it
Green tree	If you forgot one word: <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back
“Go now,” said Mum.	If speaker mixed: <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
The plane flew above the clouds.	If picture fuzzy: <input type="checkbox"/> steady <input type="checkbox"/> quit <input type="checkbox"/> looked back
Birds have wings and beaks.	If forgot one fact: <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back

**DAY 4 — Theme: Toys & Playground****BLOCK 1 — READING WARM-UP**

READ	MARK ONE
The girl lost her toy.	If you forgot, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back
The girl lost her blue toy.	If you missed “blue”, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back
The girl lost her blue toy at school.	If you forgot school, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
The girl lost her blue toy at school yesterday.	If you forgot yesterday, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back
The girl lost her blue toy at school yesterday alone.	If you lost a detail, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back

**BLOCK 2 — READING PRACTICE**

READ	MARK ONE
The children played. They ran fast. They laughed.	If you forgot an action, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
+ The bell rang.	If you lost track, what did you do? <input type="checkbox"/> steady reset <input type="checkbox"/> upset <input type="checkbox"/> looked back
New paragraph	If you mixed actions, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
+ detail	If detail caused trouble, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back

+ sentence	If it became too much, what did you do? <input type="checkbox"/> steady <input type="checkbox"/> reset <input type="checkbox"/> quit <input type="checkbox"/> looked back
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### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Toy sentences	After mistakes, I... <input type="checkbox"/> stayed calm <input type="checkbox"/> got frustrated <input type="checkbox"/> not sure
Playground story	Best reset: <input type="checkbox"/> pause <input type="checkbox"/> look back <input type="checkbox"/> breathe
Hard moments	When I made a mistake, I... <input type="checkbox"/> kept going steady <input type="checkbox"/> rushed <input type="checkbox"/> gave up
Today	Today I stayed steady... <input type="checkbox"/> often <input type="checkbox"/> sometimes <input type="checkbox"/> not yet
Next time	Next time I will... <input type="checkbox"/> reset faster <input type="checkbox"/> stay calm <input type="checkbox"/> not sure

### BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Pick up the toy.	If you did wrong: <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> fixed it
Yellow ball	If you forgot one word: <input type="checkbox"/> steady <input type="checkbox"/> guessed <input type="checkbox"/> looked back
"Put it away," said Mum.	If speaker mixed: <input type="checkbox"/> steady <input type="checkbox"/> rushed <input type="checkbox"/> looked back
The children ran across the field.	If picture fuzzy: <input type="checkbox"/> steady <input type="checkbox"/> quit <input type="checkbox"/> looked back
Bears have fur and claws.	If forgot one fact: <input type="checkbox"/> steady <input type="checkbox"/> upset <input type="checkbox"/> looked back

### WEEK 7 — KNOWING WHAT HELPS WHEN IT'S HARD

Student message (shown once):

This week you will practise noticing what strategy helps you when reading gets hard.

Helpful strategies can be: slow down, pause, look back to make sure, or repeat in your head.

#### DAY 1 — Theme: Dog & Bag

**BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
The dog ran to the gate.	What helped you most? <input type="checkbox"/> nothing needed <input type="checkbox"/> slowed down <input type="checkbox"/> looked back to make sure
The dog ran to the gate fast.	What helped you keep “fast”? <input type="checkbox"/> slowed down <input type="checkbox"/> repeated it <input type="checkbox"/> looked back
The dog ran to the gate fast after lunch.	What helped most now? <input type="checkbox"/> pause <input type="checkbox"/> repeat details <input type="checkbox"/> look back
The dog ran to the gate fast after lunch at home.	What helped you keep place + time? <input type="checkbox"/> slow down <input type="checkbox"/> say it again <input type="checkbox"/> look back
The dog ran to the gate fast after lunch at home alone.	What helped you keep all parts? <input type="checkbox"/> chunk it <input type="checkbox"/> look back <input type="checkbox"/> ask for a break

**BLOCK 2 — READING PRACTICE (STRATEGY CHOICES)**

READ	MARK ONE
The boy picked up his bag. The bag was heavy. He walked to the door.	What helped keep the order? <input type="checkbox"/> repeat steps <input type="checkbox"/> slow down <input type="checkbox"/> look back
+ He left the house.	What helped when it got longer? <input type="checkbox"/> pause <input type="checkbox"/> chunk it <input type="checkbox"/> look back
New paragraph, same length	What helped? <input type="checkbox"/> read slowly <input type="checkbox"/> picture it <input type="checkbox"/> look back
New paragraph + one detail	What helped? <input type="checkbox"/> highlight detail <input type="checkbox"/> repeat detail <input type="checkbox"/> look back
New paragraph + one sentence	What helped most? <input type="checkbox"/> pause + reset <input type="checkbox"/> chunk it <input type="checkbox"/> look back

**BLOCK 3 — RESET & LOOK BACK (WHAT HELPED TODAY)**

READ	MARK ONE
Dog sentences	Your best strategy today was... <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back
Bag story	What helped most with the longer part? <input type="checkbox"/> pause <input type="checkbox"/> chunk steps <input type="checkbox"/> look back
Hard moments	When it was hard, you... <input type="checkbox"/> stayed calm <input type="checkbox"/> rushed <input type="checkbox"/> reset
Today	Today I used strategies... <input type="checkbox"/> well <input type="checkbox"/> sometimes <input type="checkbox"/> not yet



Next time	Next time I will try... <input type="checkbox"/> the same strategy <input type="checkbox"/> a new strategy <input type="checkbox"/> not sure
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#### **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Circle the word dog.	What helped you do it right? <input type="checkbox"/> slowed down <input type="checkbox"/> looked back <input type="checkbox"/> repeated
Red ball	What helped? <input type="checkbox"/> picture it <input type="checkbox"/> repeat <input type="checkbox"/> look back
"Come here," said Mum.	What helped keep speaker clear? <input type="checkbox"/> slow down <input type="checkbox"/> repeat speaker <input type="checkbox"/> look back
The bird flew over the fence.	What helped keep picture clear? <input type="checkbox"/> picture it <input type="checkbox"/> slow down <input type="checkbox"/> look back
Cats have tails and claws.	What helped keep both facts? <input type="checkbox"/> chunk 2 facts <input type="checkbox"/> repeat <input type="checkbox"/> look back

#### **DAY 2 — Theme: Cat & Shoes**

#### **BLOCK 1 — READING WARM-UP**

READ	MARK ONE
The cat slept on the bed.	What helped? <input type="checkbox"/> nothing needed <input type="checkbox"/> slow down <input type="checkbox"/> look back
The cat slept on the soft bed.	What helped keep "soft"? <input type="checkbox"/> repeat soft <input type="checkbox"/> slow down <input type="checkbox"/> look back
The cat slept on the soft bed upstairs.	What helped? <input type="checkbox"/> picture upstairs <input type="checkbox"/> repeat <input type="checkbox"/> look back
The cat slept on the soft bed upstairs alone.	What helped? <input type="checkbox"/> chunk details <input type="checkbox"/> pause <input type="checkbox"/> look back
The cat slept on the soft bed upstairs alone all day.	What helped most? <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back

#### **BLOCK 2 — READING PRACTICE**

READ	MARK ONE
The girl found her shoes. The shoes were wet. She put them outside.	What helped keep wet + outside? <input type="checkbox"/> repeat <input type="checkbox"/> slow down <input type="checkbox"/> look back
+ They dried in the sun.	What helped? <input type="checkbox"/> picture sun <input type="checkbox"/> pause <input type="checkbox"/> look back

New paragraph	What helped? <input type="checkbox"/> read slowly <input type="checkbox"/> repeat steps <input type="checkbox"/> look back
+ detail	What helped? <input type="checkbox"/> focus on detail <input type="checkbox"/> repeat detail <input type="checkbox"/> look back
+ sentence	What helped? <input type="checkbox"/> pause/reset <input type="checkbox"/> chunk it <input type="checkbox"/> look back

### **BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Cat sentences	Best strategy: <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back
Shoe story	Best strategy: <input type="checkbox"/> pause <input type="checkbox"/> picture it <input type="checkbox"/> look back
Hard moments	When it was hard, you... <input type="checkbox"/> used a strategy <input type="checkbox"/> rushed <input type="checkbox"/> guessed
Today	Today I used strategies... <input type="checkbox"/> well <input type="checkbox"/> sometimes <input type="checkbox"/> not yet
Next time	Next time I will... <input type="checkbox"/> try slow down <input type="checkbox"/> try repeat <input type="checkbox"/> try look back

### **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Draw a star.	What helped? <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back
Blue car	What helped? <input type="checkbox"/> picture it <input type="checkbox"/> repeat <input type="checkbox"/> look back
"Wait here," said Dad.	What helped? <input type="checkbox"/> repeat speaker <input type="checkbox"/> slow down <input type="checkbox"/> look back
The fish swam under the bridge.	What helped? <input type="checkbox"/> picture it <input type="checkbox"/> slow down <input type="checkbox"/> look back
Dogs bark loudly at night.	What helped? <input type="checkbox"/> chunk it <input type="checkbox"/> repeat <input type="checkbox"/> look back

### **DAY 3 — Theme: Food & School**

#### **BLOCK 1 — READING WARM-UP**

READ	MARK ONE
The boy ate an apple.	What helped? <input type="checkbox"/> nothing needed <input type="checkbox"/> slow down <input type="checkbox"/> look back

The boy ate a red apple.	What helped keep “red”? <input type="checkbox"/> repeat red <input type="checkbox"/> slow down <input type="checkbox"/> look back
The boy ate a red apple after school.	What helped keep time? <input type="checkbox"/> repeat time <input type="checkbox"/> pause <input type="checkbox"/> look back
The boy ate a red apple after school alone.	What helped? <input type="checkbox"/> chunk details <input type="checkbox"/> slow down <input type="checkbox"/> look back
The boy ate a red apple after school alone at home.	What helped most? <input type="checkbox"/> picture it <input type="checkbox"/> repeat <input type="checkbox"/> look back

## BLOCK 2 — READING PRACTICE

READ	MARK ONE
The class lined up. The bell rang. They went inside.	What helped keep the steps? <input type="checkbox"/> repeat steps <input type="checkbox"/> slow down <input type="checkbox"/> look back
+ The teacher waited.	What helped? <input type="checkbox"/> pause <input type="checkbox"/> chunk steps <input type="checkbox"/> look back
New paragraph	What helped? <input type="checkbox"/> read slowly <input type="checkbox"/> repeat steps <input type="checkbox"/> look back
+ detail	What helped? <input type="checkbox"/> focus on detail <input type="checkbox"/> repeat detail <input type="checkbox"/> look back
+ sentence	What helped? <input type="checkbox"/> pause/reset <input type="checkbox"/> chunk it <input type="checkbox"/> look back

## BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Apple sentences	Best strategy: <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back
Class story	Best strategy: <input type="checkbox"/> repeat steps <input type="checkbox"/> pause <input type="checkbox"/> look back
Hard moments	When it was hard, you... <input type="checkbox"/> used a strategy <input type="checkbox"/> rushed <input type="checkbox"/> guessed
Today	Today I used strategies... <input type="checkbox"/> well <input type="checkbox"/> sometimes <input type="checkbox"/> not yet
Next time	Next time I will... <input type="checkbox"/> try slow down <input type="checkbox"/> try repeat <input type="checkbox"/> try look back

## BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Write your name.	What helped? <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back

Green tree	What helped? <input type="checkbox"/> picture it <input type="checkbox"/> repeat <input type="checkbox"/> look back
"Go now," said Mum.	What helped? <input type="checkbox"/> repeat speaker <input type="checkbox"/> slow down <input type="checkbox"/> look back
The plane flew above the clouds.	What helped? <input type="checkbox"/> picture it <input type="checkbox"/> slow down <input type="checkbox"/> look back
Birds have wings and beaks.	What helped? <input type="checkbox"/> chunk facts <input type="checkbox"/> repeat <input type="checkbox"/> look back

## DAY 4 — Theme: Meals & Home Routine

### BLOCK 1 — READING WARM-UP

READ	MARK ONE
The girl ate lunch.	What helped? <input type="checkbox"/> nothing needed <input type="checkbox"/> slow down <input type="checkbox"/> look back
The girl ate hot lunch.	What helped keep "hot"? <input type="checkbox"/> repeat hot <input type="checkbox"/> slow down <input type="checkbox"/> look back
The girl ate hot lunch at school.	What helped keep place? <input type="checkbox"/> picture school <input type="checkbox"/> repeat <input type="checkbox"/> look back
The girl ate hot lunch at school alone.	What helped? <input type="checkbox"/> chunk details <input type="checkbox"/> pause <input type="checkbox"/> look back
The girl ate hot lunch at school alone at noon.	What helped most? <input type="checkbox"/> repeat time <input type="checkbox"/> slow down <input type="checkbox"/> look back

### BLOCK 2 — READING PRACTICE

READ	MARK ONE
The boy washed his hands. He dried them. He sat down.	What helped keep steps? <input type="checkbox"/> repeat steps <input type="checkbox"/> slow down <input type="checkbox"/> look back
+ He ate dinner.	What helped when longer? <input type="checkbox"/> pause <input type="checkbox"/> chunk it <input type="checkbox"/> look back
New paragraph	What helped? <input type="checkbox"/> read slowly <input type="checkbox"/> repeat steps <input type="checkbox"/> look back
+ detail	What helped? <input type="checkbox"/> focus detail <input type="checkbox"/> repeat <input type="checkbox"/> look back
+ sentence	What helped? <input type="checkbox"/> pause/reset <input type="checkbox"/> chunk it <input type="checkbox"/> look back

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
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Lunch sentences	Best strategy: <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back
Routine story	Best strategy: <input type="checkbox"/> pause <input type="checkbox"/> chunk steps <input type="checkbox"/> look back
Hard moments	When it was hard, you... <input type="checkbox"/> used a strategy <input type="checkbox"/> rushed <input type="checkbox"/> guessed
Today	Today I used strategies... <input type="checkbox"/> well <input type="checkbox"/> sometimes <input type="checkbox"/> not yet
Next time	Next time I will... <input type="checkbox"/> keep same <input type="checkbox"/> try new <input type="checkbox"/> not sure

#### **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Feed the cat.	What helped? <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back
Brown dog	What helped? <input type="checkbox"/> picture it <input type="checkbox"/> repeat <input type="checkbox"/> look back
"Come inside," said Dad.	What helped? <input type="checkbox"/> repeat speaker <input type="checkbox"/> slow down <input type="checkbox"/> look back
The horse jumped over the fence.	What helped? <input type="checkbox"/> picture it <input type="checkbox"/> slow down <input type="checkbox"/> look back
Fish have fins and tails.	What helped? <input type="checkbox"/> chunk facts <input type="checkbox"/> repeat <input type="checkbox"/> look back

#### **WEEK 8 — LOOKING BACK TO LEARN FOR NEXT TIME**

Student message (shown once):

This week you will practise looking back and learning what to do next time.

You are not judging yourself. You are learning from what happened.

#### **DAY 1 — Theme: Dog & Bag**

#### **BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
The dog ran to the gate.	What would you do next time? <input type="checkbox"/> keep reading <input type="checkbox"/> slow down <input type="checkbox"/> look back sooner

The dog ran to the gate fast.	Next time, how will you keep “fast”? <input type="checkbox"/> repeat it <input type="checkbox"/> slow down <input type="checkbox"/> look back
The dog ran to the gate fast after lunch.	Next time, what will help? <input type="checkbox"/> pause <input type="checkbox"/> chunk details <input type="checkbox"/> look back
The dog ran to the gate fast after lunch at home.	Next time, what will help? <input type="checkbox"/> picture it <input type="checkbox"/> repeat <input type="checkbox"/> look back
The dog ran to the gate fast after lunch at home alone.	Next time, what will help most? <input type="checkbox"/> stop earlier <input type="checkbox"/> use a reset <input type="checkbox"/> ask for help

## **BLOCK 2 — READING PRACTICE (LEARNING FROM WHAT HAPPENED)**

READ	MARK ONE
The boy picked up his bag. The bag was heavy. He walked to the door.	Next time, what will help? <input type="checkbox"/> repeat steps <input type="checkbox"/> slow down <input type="checkbox"/> look back
+ He left the house.	Next time, what will help? <input type="checkbox"/> pause <input type="checkbox"/> chunk it <input type="checkbox"/> look back
New paragraph, same length	Next time, what will help? <input type="checkbox"/> read slower <input type="checkbox"/> picture it <input type="checkbox"/> look back
New paragraph + one detail	Next time, what will help? <input type="checkbox"/> focus on detail <input type="checkbox"/> repeat <input type="checkbox"/> look back
New paragraph + one sentence	Next time, what will help most? <input type="checkbox"/> reset earlier <input type="checkbox"/> chunk it <input type="checkbox"/> look back

## **BLOCK 3 — RESET & LOOK BACK (LESSON LEARNED)**

READ	MARK ONE
Dog sentences	The best thing I can do next time is... <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back sooner
Bag story	The moment I should reset next time is... <input type="checkbox"/> first sign <input type="checkbox"/> middle <input type="checkbox"/> end
Hard moments	When it got hard, I learned that... <input type="checkbox"/> details pile up <input type="checkbox"/> order matters <input type="checkbox"/> not sure
Today	Today I learned... <input type="checkbox"/> how to reset <input type="checkbox"/> what makes it hard <input type="checkbox"/> both
Next time	Next time I will... <input type="checkbox"/> be more careful <input type="checkbox"/> stay calm <input type="checkbox"/> not rush

## **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
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Circle the word dog.	Next time I will... <input type="checkbox"/> slow down <input type="checkbox"/> check first <input type="checkbox"/> not rush
Red ball	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> repeat it <input type="checkbox"/> look back sooner
"Come here," said Mum.	Next time I will... <input type="checkbox"/> check speaker <input type="checkbox"/> repeat speaker <input type="checkbox"/> look back
The bird flew over the fence.	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> slow down <input type="checkbox"/> look back
Cats have tails and claws.	Next time I will... <input type="checkbox"/> chunk 2 facts <input type="checkbox"/> repeat <input type="checkbox"/> look back

## DAY 2 — Theme: Cat & Shoes

### BLOCK 1 — READING WARM-UP

READ	MARK ONE
The cat slept on the bed.	Next time I will... <input type="checkbox"/> keep going <input type="checkbox"/> slow down <input type="checkbox"/> look back sooner
The cat slept on the soft bed.	Next time I will... <input type="checkbox"/> repeat soft <input type="checkbox"/> slow down <input type="checkbox"/> look back
The cat slept on the soft bed upstairs.	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> repeat upstairs <input type="checkbox"/> look back
The cat slept on the soft bed upstairs alone.	Next time I will... <input type="checkbox"/> chunk details <input type="checkbox"/> pause <input type="checkbox"/> look back
The cat slept on the soft bed upstairs alone all day.	Next time I will... <input type="checkbox"/> stop earlier <input type="checkbox"/> reset earlier <input type="checkbox"/> ask for help

### BLOCK 2 — READING PRACTICE

READ	MARK ONE
The girl found her shoes. The shoes were wet. She put them outside.	Next time I will... <input type="checkbox"/> repeat steps <input type="checkbox"/> slow down <input type="checkbox"/> look back
+ They dried in the sun.	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> pause <input type="checkbox"/> look back
New paragraph	Next time I will... <input type="checkbox"/> read slower <input type="checkbox"/> repeat steps <input type="checkbox"/> look back

+ detail	Next time I will... <input type="checkbox"/> focus on detail <input type="checkbox"/> repeat <input type="checkbox"/> look back
+ sentence	Next time I will... <input type="checkbox"/> reset earlier <input type="checkbox"/> chunk it <input type="checkbox"/> look back

### **BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Cat sentences	I learned that I need to... <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back sooner
Shoe story	I learned that I should reset... <input type="checkbox"/> early <input type="checkbox"/> middle <input type="checkbox"/> late
Hard moments	The hardest part was... <input type="checkbox"/> details <input type="checkbox"/> steps <input type="checkbox"/> both
Today	Today I learned... <input type="checkbox"/> what helps <input type="checkbox"/> what hurts <input type="checkbox"/> both
Next time	Next time I will... <input type="checkbox"/> stay calm <input type="checkbox"/> not rush <input type="checkbox"/> ask for help

### **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Draw a star.	Next time I will... <input type="checkbox"/> slow down <input type="checkbox"/> check first <input type="checkbox"/> not rush
Blue car	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> repeat it <input type="checkbox"/> look back
"Wait here," said Dad.	Next time I will... <input type="checkbox"/> check speaker <input type="checkbox"/> repeat <input type="checkbox"/> look back
The fish swam under the bridge.	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> slow down <input type="checkbox"/> look back
Dogs bark loudly at night.	Next time I will... <input type="checkbox"/> chunk it <input type="checkbox"/> repeat <input type="checkbox"/> look back

### **DAY 3 — Theme: Food & School**

#### **BLOCK 1 — READING WARM-UP**

READ	MARK ONE
The boy ate an apple.	Next time I will... <input type="checkbox"/> keep going <input type="checkbox"/> slow down <input type="checkbox"/> look back sooner



The boy ate a red apple.	Next time I will... <input type="checkbox"/> repeat red <input type="checkbox"/> slow down <input type="checkbox"/> look back
The boy ate a red apple after school.	Next time I will... <input type="checkbox"/> repeat time <input type="checkbox"/> pause <input type="checkbox"/> look back
The boy ate a red apple after school alone.	Next time I will... <input type="checkbox"/> chunk details <input type="checkbox"/> slow down <input type="checkbox"/> look back
The boy ate a red apple after school alone at home.	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> repeat <input type="checkbox"/> look back

## BLOCK 2 — READING PRACTICE

READ	MARK ONE
The class lined up. The bell rang. They went inside.	Next time I will... <input type="checkbox"/> repeat steps <input type="checkbox"/> slow down <input type="checkbox"/> look back
+ The teacher waited.	Next time I will... <input type="checkbox"/> pause <input type="checkbox"/> chunk it <input type="checkbox"/> look back
New paragraph	Next time I will... <input type="checkbox"/> read slower <input type="checkbox"/> repeat steps <input type="checkbox"/> look back
+ detail	Next time I will... <input type="checkbox"/> focus on detail <input type="checkbox"/> repeat <input type="checkbox"/> look back
+ sentence	Next time I will... <input type="checkbox"/> reset earlier <input type="checkbox"/> chunk it <input type="checkbox"/> look back

## BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Apple sentences	I learned I need... <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back sooner
Class story	I learned I should... <input type="checkbox"/> reset early <input type="checkbox"/> reset middle <input type="checkbox"/> reset late
Hard moments	The hard part was... <input type="checkbox"/> order <input type="checkbox"/> details <input type="checkbox"/> both
Today	Today I learned... <input type="checkbox"/> what helps me <input type="checkbox"/> what makes it hard <input type="checkbox"/> both
Next time	Next time I will... <input type="checkbox"/> stay calm <input type="checkbox"/> not rush <input type="checkbox"/> ask for help

## BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Write your name.	Next time I will... <input type="checkbox"/> slow down <input type="checkbox"/> check first <input type="checkbox"/> not rush

Green tree	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> repeat it <input type="checkbox"/> look back
"Go now," said Mum.	Next time I will... <input type="checkbox"/> check speaker <input type="checkbox"/> repeat <input type="checkbox"/> look back
The plane flew above the clouds.	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> slow down <input type="checkbox"/> look back
Birds have wings and beaks.	Next time I will... <input type="checkbox"/> chunk facts <input type="checkbox"/> repeat <input type="checkbox"/> look back

#### **DAY 4 — Theme: Meals & Home Routine**

##### **BLOCK 1 — READING WARM-UP**

READ	MARK ONE
The girl ate lunch.	Next time I will... <input type="checkbox"/> keep going <input type="checkbox"/> slow down <input type="checkbox"/> look back sooner
The girl ate hot lunch.	Next time I will... <input type="checkbox"/> repeat hot <input type="checkbox"/> slow down <input type="checkbox"/> look back
The girl ate hot lunch at school.	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> repeat school <input type="checkbox"/> look back
The girl ate hot lunch at school alone.	Next time I will... <input type="checkbox"/> chunk details <input type="checkbox"/> pause <input type="checkbox"/> look back
The girl ate hot lunch at school alone at noon.	Next time I will... <input type="checkbox"/> stop earlier <input type="checkbox"/> reset earlier <input type="checkbox"/> ask for help

##### **BLOCK 2 — READING PRACTICE**

READ	MARK ONE
The boy washed his hands. He dried them. He sat down.	Next time I will... <input type="checkbox"/> repeat steps <input type="checkbox"/> slow down <input type="checkbox"/> look back

+ He ate dinner.	Next time I will... <input type="checkbox"/> pause <input type="checkbox"/> chunk it <input type="checkbox"/> look back
New paragraph	Next time I will... <input type="checkbox"/> read slower <input type="checkbox"/> repeat steps <input type="checkbox"/> look back
+ detail	Next time I will... <input type="checkbox"/> focus detail <input type="checkbox"/> repeat <input type="checkbox"/> look back
+ sentence	Next time I will... <input type="checkbox"/> reset earlier <input type="checkbox"/> chunk it <input type="checkbox"/> look back

### **BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Lunch sentences	I learned I should... <input type="checkbox"/> slow down <input type="checkbox"/> repeat <input type="checkbox"/> look back sooner
Routine story	I learned I should reset... <input type="checkbox"/> early <input type="checkbox"/> middle <input type="checkbox"/> late
Hard moments	The hardest part was... <input type="checkbox"/> steps <input type="checkbox"/> details <input type="checkbox"/> both
Today	Today I learned... <input type="checkbox"/> what helps <input type="checkbox"/> what hurts <input type="checkbox"/> both
Next time	Next time I will... <input type="checkbox"/> stay calm <input type="checkbox"/> not rush <input type="checkbox"/> ask for help

### **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Feed the cat.	Next time I will... <input type="checkbox"/> slow down <input type="checkbox"/> check first <input type="checkbox"/> not rush
Brown dog	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> repeat it <input type="checkbox"/> look back
"Come inside," said Dad.	Next time I will... <input type="checkbox"/> check speaker <input type="checkbox"/> repeat <input type="checkbox"/> look back
The horse jumped over the fence.	Next time I will... <input type="checkbox"/> picture it <input type="checkbox"/> slow down <input type="checkbox"/> look back
Fish have fins and tails.	Next time I will... <input type="checkbox"/> chunk facts <input type="checkbox"/> repeat <input type="checkbox"/> look back

## **WEEK 9 — SCHOOL ROUTINE & STUDY SKILLS (HARDER, MORE INDEPENDENT)**

Student message (shown once):

This week you will practise the same awareness skills, using school and study examples.

Your job is to notice changes in your thinking and respond early (slow down, pause, or look back).

## DAY 1 — Theme: Homework Instructions

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
Write your homework in your book.	What happened in your head? <input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Write your homework in your blue book.	What changed? <input type="checkbox"/> still clear <input type="checkbox"/> forgot blue <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Write your homework in your blue book after break.	What changed? <input type="checkbox"/> still clear <input type="checkbox"/> forgot after break <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Write your homework in your blue book after break in class.	What changed? <input type="checkbox"/> still clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Write your homework in your blue book after break in class quietly.	What changed? <input type="checkbox"/> still clear <input type="checkbox"/> lost one detail <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

### BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)

READ	MARK ONE
Open your workbook. Find page 12. Start question 1.	What happened? <input type="checkbox"/> kept order clear <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Show your working.	What happened? <input type="checkbox"/> stayed clear <input type="checkbox"/> forgot new step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph, same length	What happened? <input type="checkbox"/> clear <input type="checkbox"/> lost the middle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	What happened? <input type="checkbox"/> clear <input type="checkbox"/> detail confused me <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	What happened? <input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Homework details	What changed first? <input type="checkbox"/> colour/detail <input type="checkbox"/> time <input type="checkbox"/> place <input type="checkbox"/> not sure
Workbook steps	What slipped first? <input type="checkbox"/> first step <input type="checkbox"/> middle step <input type="checkbox"/> last step <input type="checkbox"/> not sure
Hard moment	Early warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessing <input type="checkbox"/> look back
Strategy	What helped today? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> reset earlier <input type="checkbox"/> stay calm <input type="checkbox"/> not rush

### BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Circle the word page.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to circle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Green folder	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
"Please listen," said the teacher.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The bell rang before lunch.	<input type="checkbox"/> kept time word clear <input type="checkbox"/> forgot before <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The timetable has 5 subjects and 2 breaks.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

### DAY 2 — Theme: Group Project

**BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
The group planned the project.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The group planned the project together.	<input type="checkbox"/> clear <input type="checkbox"/> forgot together <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The group planned the project together after class.	<input type="checkbox"/> clear <input type="checkbox"/> forgot after class <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The group planned the project together after class in the library.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The group planned the project together after class in the library quickly.	<input type="checkbox"/> clear <input type="checkbox"/> lost one detail <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

**BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
Choose a topic. Share ideas. Write a plan.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Pick one person to write.	<input type="checkbox"/> clear <input type="checkbox"/> forgot role <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph, same length	<input type="checkbox"/> clear <input type="checkbox"/> lost middle step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> clear <input type="checkbox"/> detail confused <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	<input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Project details	What changed first? <input type="checkbox"/> place <input type="checkbox"/> time <input type="checkbox"/> extra word <input type="checkbox"/> not sure

Project steps	What slipped first? <input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last <input type="checkbox"/> not sure
Hard moment	Warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Strategy	What helped? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> chunk steps <input type="checkbox"/> reset early <input type="checkbox"/> ask for help

#### **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Underline the word plan.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to underline <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Blue marker	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
“Take turns,” said the coach.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The meeting started after school.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot after school <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The poster needs 3 pictures and 2 headings.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

#### **DAY 3 — Theme: Test Preparation**

#### **BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
The learner studied for the test.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner studied for the math test.	<input type="checkbox"/> clear <input type="checkbox"/> forgot math <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner studied for the math test after dinner.	<input type="checkbox"/> clear <input type="checkbox"/> forgot after dinner <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

The learner studied for the math test after dinner at home.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner studied for the math test after dinner at home for 20 minutes.	<input type="checkbox"/> clear <input type="checkbox"/> too many details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)

READ	MARK ONE
Read your notes. Practice 5 questions. Check your answers.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Fix the ones you got wrong.	<input type="checkbox"/> clear <input type="checkbox"/> forgot new step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph, same length	<input type="checkbox"/> clear <input type="checkbox"/> lost middle step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> clear <input type="checkbox"/> detail confused <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	<input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Study details	What changed first? <input type="checkbox"/> subject <input type="checkbox"/> time <input type="checkbox"/> number detail <input type="checkbox"/> not sure
Study steps	What slipped first? <input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last <input type="checkbox"/> not sure
Hard moment	Warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Strategy	What helped today? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> stop early <input type="checkbox"/> reset early <input type="checkbox"/> stay calm

## BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
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Circle the word test.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to circle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Red pen	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
"Check your answers," said the teacher.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The test starts before break.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot before <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The study plan has 3 steps and 1 goal.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

#### **DAY 4 — Theme: Sports Practice**

##### **BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
The team practised the drill.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The team practised the drill quickly.	<input type="checkbox"/> clear <input type="checkbox"/> forgot quickly <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The team practised the drill quickly after school.	<input type="checkbox"/> clear <input type="checkbox"/> forgot after school <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The team practised the drill quickly after school on the field.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The team practised the drill quickly after school on the field for 10 minutes.	<input type="checkbox"/> clear <input type="checkbox"/> too much detail <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

**BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
Warm up. Run 2 laps. Drink water.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Then start the drill.	<input type="checkbox"/> clear <input type="checkbox"/> forgot new step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph, same length	<input type="checkbox"/> clear <input type="checkbox"/> lost middle step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> clear <input type="checkbox"/> detail confused <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	<input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Practice details	What changed first? <input type="checkbox"/> speed <input type="checkbox"/> time <input type="checkbox"/> number detail <input type="checkbox"/> not sure
Practice steps	What slipped first? <input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last <input type="checkbox"/> not sure
Hard moment	Warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Strategy	What helped? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> chunk steps <input type="checkbox"/> reset early <input type="checkbox"/> stay calm

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Underline the word drill.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to underline <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

Green cone	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
"Run again," said the coach.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Practice starts after lunch.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot after lunch <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The drill has 2 parts and 1 rule.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## WEEK 10 — DIGITAL TASKS & INFORMATION LOAD (HARDER, MORE INDEPENDENT)

Student message (shown once):

This week you will practise awareness when reading screens, messages, and instructions.

Your job is to notice when your thinking changes and choose a strategy early.

### DAY 1 — Theme: Online Lesson Instructions

#### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
Click the lesson link.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Click the lesson link on your tablet.	<input type="checkbox"/> clear <input type="checkbox"/> forgot tablet <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

Click the lesson link on your tablet after school.	<input type="checkbox"/> clear <input type="checkbox"/> forgot after school <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Click the lesson link on your tablet after school in your room.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Click the lesson link on your tablet after school in your room quietly.	<input type="checkbox"/> clear <input type="checkbox"/> lost one detail <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## **BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
Log in. Open the course. Find the quiz.	<input type="checkbox"/> kept order clear <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Answer all questions.	<input type="checkbox"/> clear <input type="checkbox"/> forgot new step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph, same length	<input type="checkbox"/> clear <input type="checkbox"/> lost the middle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> clear <input type="checkbox"/> detail confused <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	<input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## **BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Online instructions	What changed first? <input type="checkbox"/> place/device <input type="checkbox"/> time <input type="checkbox"/> extra step <input type="checkbox"/> not sure
Quiz steps	What slipped first? <input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last <input type="checkbox"/> not sure
Hard moment	Warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Strategy	What helped today? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> reset earlier <input type="checkbox"/> stay calm <input type="checkbox"/> not rush

## **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Circle the word quiz.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to circle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Blue screen	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
“Submit your work,” said the teacher.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The video starts before the quiz.	<input type="checkbox"/> kept time word clear <input type="checkbox"/> forgot before <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The lesson has 3 parts and 2 videos.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## DAY 2 — Theme: Text Message Instructions

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
Send the message.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Send the message to your friend.	<input type="checkbox"/> clear <input type="checkbox"/> forgot friend <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Send the message to your friend after homework.	<input type="checkbox"/> clear <input type="checkbox"/> forgot after homework <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Send the message to your friend after homework from home.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Send the message to your friend after homework from home politely.	<input type="checkbox"/> clear <input type="checkbox"/> lost one detail <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

**BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
Read the message. Reply. Check spelling.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Add a greeting.	<input type="checkbox"/> clear <input type="checkbox"/> forgot new step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph, same length	<input type="checkbox"/> clear <input type="checkbox"/> lost middle step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> clear <input type="checkbox"/> detail confused <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	<input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Message details	What changed first? <input type="checkbox"/> person <input type="checkbox"/> time <input type="checkbox"/> extra detail <input type="checkbox"/> not sure
Message steps	What slipped first? <input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last <input type="checkbox"/> not sure
Hard moment	Warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Strategy	What helped? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> reset early <input type="checkbox"/> check order <input type="checkbox"/> stay calm

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
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Underline the word reply.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to underline <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Green chat	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
"Please answer now," said Mum.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The message came after dinner.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot after <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The message has 2 requests and 1 question.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

### DAY 3 — Theme: Research Reading

#### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
The learner read an article.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner read a science article.	<input type="checkbox"/> clear <input type="checkbox"/> forgot science <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner read a science article after class.	<input type="checkbox"/> clear <input type="checkbox"/> forgot after class <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner read a science article after class in the library.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

The learner read a science article after class in the library for 15 minutes.	<input type="checkbox"/> clear <input type="checkbox"/> too many details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
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## BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)

READ	MARK ONE
Read the heading. Find 3 facts. Write them down.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Add one example.	<input type="checkbox"/> clear <input type="checkbox"/> forgot new step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph, same length	<input type="checkbox"/> clear <input type="checkbox"/> lost middle step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> clear <input type="checkbox"/> detail confused <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	<input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Article details	What changed first? <input type="checkbox"/> subject <input type="checkbox"/> place <input type="checkbox"/> number detail <input type="checkbox"/> not sure
Research steps	What slipped first? <input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last <input type="checkbox"/> not sure
Hard moment	Warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Strategy	What helped today? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> chunk it <input type="checkbox"/> reset early <input type="checkbox"/> stay calm

## BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Circle the word facts.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to circle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure



Red heading	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
"Use your own words," said the teacher.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The notes must be done before Friday.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot before <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The article has 4 paragraphs and 2 pictures.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

#### **DAY 4 — Theme: Multistep Classroom Task**

##### **BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
The learner finished the task.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner finished the task carefully.	<input type="checkbox"/> clear <input type="checkbox"/> forgot carefully <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner finished the task carefully before break.	<input type="checkbox"/> clear <input type="checkbox"/> forgot before break <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner finished the task carefully before break in class.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner finished the task carefully before break in class without talking.	<input type="checkbox"/> clear <input type="checkbox"/> too many details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

##### **BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
Get a ruler. Draw a line. Measure 10 cm.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Write the number next to it.	<input type="checkbox"/> clear <input type="checkbox"/> forgot new step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

New paragraph, same length	<input type="checkbox"/> clear <input type="checkbox"/> lost middle step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> clear <input type="checkbox"/> detail confused <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	<input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Task details	What changed first? <input type="checkbox"/> time <input type="checkbox"/> behaviour rule <input type="checkbox"/> extra detail <input type="checkbox"/> not sure
Task steps	What slipped first? <input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last <input type="checkbox"/> not sure
Hard moment	Warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Strategy	What helped? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> reset earlier <input type="checkbox"/> chunk steps <input type="checkbox"/> stay calm

### BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Underline the word ruler.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to underline <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Blue line	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
“Work quietly,” said the teacher.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The work must be done after lunch.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot after <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

The task has 3 tools and 2 steps.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
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## **WEEK 11 — REAL-LIFE PROBLEMS & DECISION MAKING (HARDER, MORE INDEPENDENT)**

Student message (shown once):

This week you will practise awareness while solving real-life problems.

Your job is to notice when thinking changes, stop early, and choose a helpful strategy.

### **DAY 1 — Theme: Packing for School**

#### **BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
Pack your school bag.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Pack your school bag with your books.	<input type="checkbox"/> clear <input type="checkbox"/> forgot books <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Pack your school bag with your books before you leave.	<input type="checkbox"/> clear <input type="checkbox"/> forgot before you leave <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Pack your school bag with your books before you leave in the morning.	<input type="checkbox"/> clear <input type="checkbox"/> mixed time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Pack your school bag with your books before you leave in the morning carefully.	<input type="checkbox"/> clear <input type="checkbox"/> too many details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

#### **BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
Check your timetable. Pick the right books. Put them in your bag.	<input type="checkbox"/> kept order clear <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

+ Add your pencil case.	<input type="checkbox"/> clear <input type="checkbox"/> forgot new step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph, same length	<input type="checkbox"/> clear <input type="checkbox"/> lost the middle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> clear <input type="checkbox"/> detail confused <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	<input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Packing details	What changed first? <input type="checkbox"/> extra items <input type="checkbox"/> time word <input type="checkbox"/> behaviour word <input type="checkbox"/> not sure
Packing steps	What slipped first? <input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last <input type="checkbox"/> not sure
Hard moment	Warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Strategy	What helped today? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> chunk steps <input type="checkbox"/> reset early <input type="checkbox"/> stay calm

### BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Underline the word timetable.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to underline <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Blue notebook	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
“Don’t forget your lunch,” said Mum.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

The bus comes before 7 o'clock.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot before <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The bag needs 3 books and 1 folder.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## DAY 2 — Theme: Shopping Money Problem

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
Buy a snack.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Buy a snack with your coins.	<input type="checkbox"/> clear <input type="checkbox"/> forgot coins <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Buy a snack with your coins after school.	<input type="checkbox"/> clear <input type="checkbox"/> forgot after school <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Buy a snack with your coins after school at the shop.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Buy a snack with your coins after school at the shop wisely.	<input type="checkbox"/> clear <input type="checkbox"/> too many details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

### BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)

READ	MARK ONE
Check your money. Choose a snack. Pay the cashier.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Count your change.	<input type="checkbox"/> clear <input type="checkbox"/> forgot new step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph, same length	<input type="checkbox"/> clear <input type="checkbox"/> lost middle step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

New paragraph + one detail	<input type="checkbox"/> clear <input type="checkbox"/> detail confused <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	<input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Money details	What changed first? <input type="checkbox"/> place <input type="checkbox"/> time <input type="checkbox"/> extra rule <input type="checkbox"/> not sure
Money steps	What slipped first? <input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last <input type="checkbox"/> not sure
Hard moment	Warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Strategy	What helped today? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> reset early <input type="checkbox"/> check steps <input type="checkbox"/> stay calm

### BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Circle the word change.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to circle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Red coin	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
“Count again,” said the cashier.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The shop closes after 5 o’clock.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot after <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The snack costs 7 rand and you have 10 rand.	<input type="checkbox"/> kept both numbers <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

### DAY 3 — Theme: Planning a Busy Afternoon

**BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
Finish your homework.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Finish your homework and chores.	<input type="checkbox"/> clear <input type="checkbox"/> forgot chores <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Finish your homework and chores before playing.	<input type="checkbox"/> clear <input type="checkbox"/> forgot before playing <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Finish your homework and chores before playing on your phone.	<input type="checkbox"/> clear <input type="checkbox"/> mixed details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Finish your homework and chores before playing on your phone without rushing.	<input type="checkbox"/> clear <input type="checkbox"/> too many details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

**BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
Do homework. Pack your bag. Eat a snack.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Then play outside.	<input type="checkbox"/> clear <input type="checkbox"/> forgot new step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph, same length	<input type="checkbox"/> clear <input type="checkbox"/> lost middle step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> clear <input type="checkbox"/> detail confused <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	<input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

**BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Afternoon details	What changed first? <input type="checkbox"/> extra task <input type="checkbox"/> time word <input type="checkbox"/> rule word <input type="checkbox"/> not sure
Afternoon steps	What slipped first? <input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last <input type="checkbox"/> not sure

Hard moment	Warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Strategy	What helped? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> chunk steps <input type="checkbox"/> reset early <input type="checkbox"/> stay calm

#### **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Underline the word homework.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to underline <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Green snack	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
“Do chores first,” said Dad.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The game starts after homework.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot after <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The plan has 4 tasks and 1 break.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

#### **DAY 4 — Theme: Solving a Small Conflict**

#### **BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
The learner felt upset.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure



The learner felt upset after a mistake.	<input type="checkbox"/> clear <input type="checkbox"/> forgot mistake <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner felt upset after a mistake in class.	<input type="checkbox"/> clear <input type="checkbox"/> forgot in class <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner felt upset after a mistake in class during reading.	<input type="checkbox"/> clear <input type="checkbox"/> mixed details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The learner felt upset after a mistake in class during reading but stayed calm.	<input type="checkbox"/> clear <input type="checkbox"/> too many details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## **BLOCK 2 — READING PRACTICE (ADDING A SENTENCE)**

READ	MARK ONE
Stop and breathe. Think again. Try the work slowly.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Ask for help.	<input type="checkbox"/> clear <input type="checkbox"/> forgot new step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph, same length	<input type="checkbox"/> clear <input type="checkbox"/> lost middle step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> clear <input type="checkbox"/> detail confused <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one sentence	<input type="checkbox"/> clear <input type="checkbox"/> too much <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## **BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Upset details	What changed first? <input type="checkbox"/> extra detail <input type="checkbox"/> place/time <input type="checkbox"/> emotion word <input type="checkbox"/> not sure
Calm steps	What slipped first? <input type="checkbox"/> first <input type="checkbox"/> middle <input type="checkbox"/> last <input type="checkbox"/> not sure

Hard moment	Warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessed <input type="checkbox"/> looked back
Strategy	What helped? <input type="checkbox"/> breathe <input type="checkbox"/> pause <input type="checkbox"/> look back
Next time	Next time I will... <input type="checkbox"/> reset early <input type="checkbox"/> stay calm <input type="checkbox"/> ask for help

#### **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Circle the word calm.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to circle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Blue feeling	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
“Try again,” said the teacher.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The apology comes after thinking.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot after <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The plan has 3 steps and 1 goal.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

#### **WEEK 12 — PUTTING IT ALL TOGETHER (FULL AWARENESS REVIEW)**

Student message (shown once):

This week you will practise ALL the awareness skills together.

You will notice changes, stop early, name what made it hard, and choose what helps.

## DAY 1 — Theme: Big Homework Task

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
Finish your homework.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Finish your homework and check it.	<input type="checkbox"/> clear <input type="checkbox"/> forgot check it <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Finish your homework and check it before dinner.	<input type="checkbox"/> clear <input type="checkbox"/> forgot before dinner <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Finish your homework and check it before dinner at home.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Finish your homework and check it before dinner at home without rushing.	<input type="checkbox"/> clear <input type="checkbox"/> too many details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

### BLOCK 2 — READING PRACTICE (FULL AWARENESS)

READ	MARK ONE
Read the instructions. Do the first 3 questions. Check your answers.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Fix mistakes and try again.	<input type="checkbox"/> stayed steady <input type="checkbox"/> got upset <input type="checkbox"/> reset and continued
New paragraph, same length	<input type="checkbox"/> stayed clear <input type="checkbox"/> lost the middle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> noticed what was added <input type="checkbox"/> got confused <input type="checkbox"/> looked back
New paragraph + one sentence	<input type="checkbox"/> stopped early <input type="checkbox"/> carried on too long <input type="checkbox"/> reset

### BLOCK 3 — RESET & LOOK BACK (REFLECTION)

READ	MARK ONE
Trouble sign	What was the first warning sign? <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessing <input type="checkbox"/> look back

Hard reason	What made it harder? <input type="checkbox"/> extra details <input type="checkbox"/> extra steps <input type="checkbox"/> time/place <input type="checkbox"/> both
Best strategy	What helped most? <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back <input type="checkbox"/> repeat
Mistake moment	After a mistake you... <input type="checkbox"/> stayed calm <input type="checkbox"/> rushed <input type="checkbox"/> reset
Next time	Next time I will... <input type="checkbox"/> reset earlier <input type="checkbox"/> not rush <input type="checkbox"/> ask for help

#### **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Underline the word instructions.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to underline <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Blue checklist	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
“Check again,” said the teacher.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The homework must be done before bedtime.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot before <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The plan has 4 steps and 2 checks.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

#### **DAY 2 — Theme: Classroom Project**

#### **BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
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Start the project.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Start the project with your group.	<input type="checkbox"/> clear <input type="checkbox"/> forgot with your group <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Start the project with your group after lunch.	<input type="checkbox"/> clear <input type="checkbox"/> forgot after lunch <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Start the project with your group after lunch in class.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Start the project with your group after lunch in class quietly.	<input type="checkbox"/> clear <input type="checkbox"/> too many details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## **BLOCK 2 — READING PRACTICE (FULL AWARENESS)**

READ	MARK ONE
Choose a topic. Share ideas. Write a plan.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Pick roles for each person.	<input type="checkbox"/> stayed steady <input type="checkbox"/> got confused <input type="checkbox"/> reset
New paragraph, same length	<input type="checkbox"/> stayed clear <input type="checkbox"/> lost middle step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> noticed what was added <input type="checkbox"/> got confused <input type="checkbox"/> looked back
New paragraph + one sentence	<input type="checkbox"/> stopped early <input type="checkbox"/> carried on too long <input type="checkbox"/> reset

## **BLOCK 3 — RESET & LOOK BACK**

READ	MARK ONE
Trouble sign	First warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessing <input type="checkbox"/> look back
Hard reason	Made it harder: <input type="checkbox"/> roles <input type="checkbox"/> extra steps <input type="checkbox"/> details <input type="checkbox"/> both
Best strategy	Helped most: <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back <input type="checkbox"/> repeat
Mistake moment	After a mistake: <input type="checkbox"/> calm <input type="checkbox"/> rushed <input type="checkbox"/> reset
Next time	Next time: <input type="checkbox"/> reset earlier <input type="checkbox"/> chunk steps <input type="checkbox"/> ask for help

**BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Circle the word roles.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to circle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Red poster	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
“Take turns,” said the teacher.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The project is due after Friday.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot after <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The project has 3 tasks and 1 deadline.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

**DAY 3 — Theme: Sport or Club Practice****BLOCK 1 — READING WARM-UP (ADDING DETAILS)**

READ	MARK ONE
Start practice.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Start practice with the team.	<input type="checkbox"/> clear <input type="checkbox"/> forgot team <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Start practice with the team after school.	<input type="checkbox"/> clear <input type="checkbox"/> forgot after school <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Start practice with the team after school on the field.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Start practice with the team after school on the field for 10 minutes.	<input type="checkbox"/> clear <input type="checkbox"/> too many details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

**BLOCK 2 — READING PRACTICE (FULL AWARENESS)**

READ	MARK ONE
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Warm up. Run 2 laps. Drink water.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Then start the drill again.	<input type="checkbox"/> stayed steady <input type="checkbox"/> got confused <input type="checkbox"/> reset
New paragraph, same length	<input type="checkbox"/> stayed clear <input type="checkbox"/> lost the middle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> noticed what was added <input type="checkbox"/> got confused <input type="checkbox"/> looked back
New paragraph + one sentence	<input type="checkbox"/> stopped early <input type="checkbox"/> carried on too long <input type="checkbox"/> reset

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Trouble sign	First warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessing <input type="checkbox"/> look back
Hard reason	Made it harder: <input type="checkbox"/> extra steps <input type="checkbox"/> time/place <input type="checkbox"/> details <input type="checkbox"/> both
Best strategy	Helped most: <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back <input type="checkbox"/> repeat
Mistake moment	After a mistake: <input type="checkbox"/> calm <input type="checkbox"/> rushed <input type="checkbox"/> reset
Next time	Next time: <input type="checkbox"/> reset earlier <input type="checkbox"/> chunk steps <input type="checkbox"/> stay calm

### BLOCK 4 — DIFFERENT WAYS OF READING

READ	MARK ONE
Underline the word drill.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to underline <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Green cone	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
"Try again," said the coach.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Practice ends before dinner.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot before <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The drill has 2 parts and 1 rule.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

## DAY 4 — Theme: Busy Day Planning

### BLOCK 1 — READING WARM-UP (ADDING DETAILS)

READ	MARK ONE
Plan your day.	<input type="checkbox"/> clear <input type="checkbox"/> slipped <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Plan your day and make a list.	<input type="checkbox"/> clear <input type="checkbox"/> forgot list <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Plan your day and make a list before you start.	<input type="checkbox"/> clear <input type="checkbox"/> forgot before you start <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Plan your day and make a list before you start at home.	<input type="checkbox"/> clear <input type="checkbox"/> mixed place/time <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Plan your day and make a list before you start at home without rushing.	<input type="checkbox"/> clear <input type="checkbox"/> too many details <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure

### BLOCK 2 — READING PRACTICE (FULL AWARENESS)

READ	MARK ONE
Do homework. Pack your bag. Eat a snack.	<input type="checkbox"/> clear order <input type="checkbox"/> forgot a step <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
+ Then rest for 10 minutes.	<input type="checkbox"/> stayed steady <input type="checkbox"/> got confused <input type="checkbox"/> reset
New paragraph, same length	<input type="checkbox"/> stayed clear <input type="checkbox"/> lost the middle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
New paragraph + one detail	<input type="checkbox"/> noticed what was added <input type="checkbox"/> got confused <input type="checkbox"/> looked back
New paragraph + one sentence	<input type="checkbox"/> stopped early <input type="checkbox"/> carried on too long <input type="checkbox"/> reset

### BLOCK 3 — RESET & LOOK BACK

READ	MARK ONE
Trouble sign	First warning sign: <input type="checkbox"/> slow <input type="checkbox"/> confused <input type="checkbox"/> guessing <input type="checkbox"/> look back
Hard reason	Made it harder: <input type="checkbox"/> extra steps <input type="checkbox"/> time/number <input type="checkbox"/> details <input type="checkbox"/> both



Best strategy	Helped most: <input type="checkbox"/> slow down <input type="checkbox"/> pause <input type="checkbox"/> look back <input type="checkbox"/> repeat
Mistake moment	After a mistake: <input type="checkbox"/> calm <input type="checkbox"/> rushed <input type="checkbox"/> reset
Next time	Next time: <input type="checkbox"/> reset earlier <input type="checkbox"/> not rush <input type="checkbox"/> ask for help

#### **BLOCK 4 — DIFFERENT WAYS OF READING**

READ	MARK ONE
Circle the word list.	<input type="checkbox"/> clear <input type="checkbox"/> forgot what to circle <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
Blue plan	<input type="checkbox"/> clear <input type="checkbox"/> forgot one word <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
"Take a break," said Mum.	<input type="checkbox"/> kept speaker clear <input type="checkbox"/> mixed speaker <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The rest happens after homework.	<input type="checkbox"/> kept time clear <input type="checkbox"/> forgot after <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure
The day has 4 tasks and 1 break.	<input type="checkbox"/> kept both facts <input type="checkbox"/> forgot one <input type="checkbox"/> looked back because I forgot <input type="checkbox"/> looked back to make sure