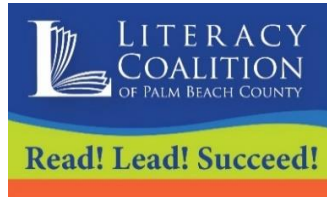


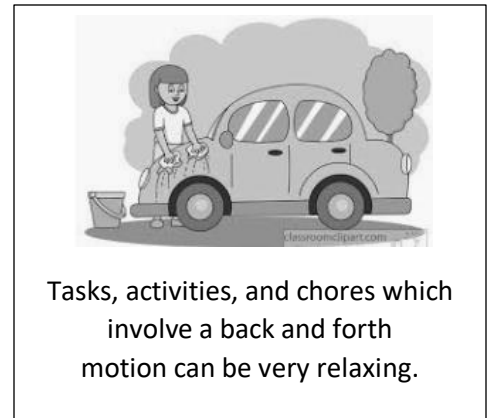
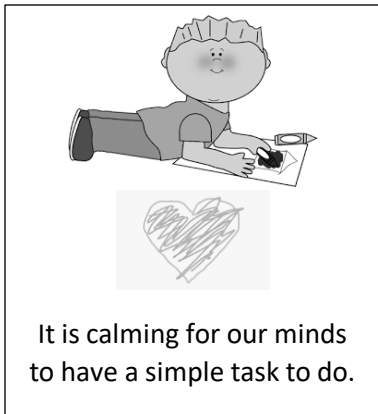
READ and THINK before you ACT.



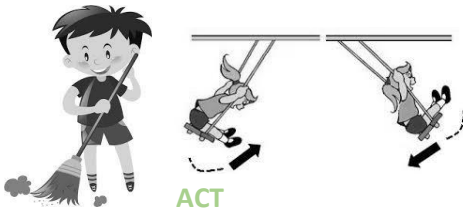
Leading through Reading

Repetition is Relaxing (K-2)

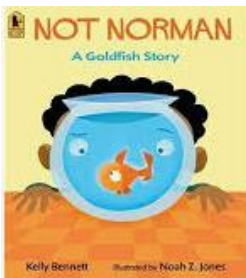
READ



THINK



All kinds of activities require a back and forth or side to side motion that must be done over and over again. What moving back and forth activities can you name? Now, name some activities with side to side motions?



Read! Some books have rhyming and repetitive phrases which make them soothing to read. Plus, reading involves a repetitive motion with your eyes. When you read, your eyes move back and forth! Favorite children's books are fun and soothing to read again and again. Often, children fall asleep after a bedtime story because reading is relaxing!

Try reading along with this video of the book [Not Norman](#) by Kelly Bennett. As you read, imagine Norman swimming around, and around and around.

Sing! Songs with repetitive verses or choruses can be soothing. Try simple, familiar tunes, such as [If You Are Happy and You Know It](#) or [Head, Shoulders, Knees and Toes](#), which has repetitive words and repetitive motions.

Be careful not to touch your face while you sing and move. Point to your eyes, ears, mouth and nose. Don't touch!



This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to nbirardi@literacypbc.org