

7.3 Managing My Reading Life: The VOWELS Checklist (Beginner Version)

Vowel	Reflection
A cknowledgment How did I deal with my excitement, anxiety, distractions, and/or concerns that might disrupt my reading?	
E xercise How did I give myself an appropriate amount of time to practice my reading this week?	
I What did I do for myself as a reader this week that makes me enjoy reading or helps me become a “better” reader?	
O thers How did I help others in my class or family to become better readers?	
U nexpressed What am I irritated or upset about that prevents me from reading? What should I talk to my teacher about?	
Y ay! What is my major celebration for reading this week?	