Vowel	Reflection
Acknowledgment How did I deal with my excitement, anxiety, distractions, and/or concerns that might disrupt my reading?	
Exercise	
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?	
Others	
How did I help others in my class or family to become better readers?	
Unexpressed	
What am I irritated or upset about that prevents me from reading? What should I talk to my teacher about?	
Yay!	
What is my major celebration for reading this week?	

Retrieved from the companion website for "I Hate Reading": Overcoming Shame in the Reading Classroom by Justin M. Stygles. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2023 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.