

Curriculum Messaging for EFAL Foundation Phase

EFAL Foundation Phase: COVID-19 MESSAGING

The focus this week is on guided reading.

Good day, School Principals, please provide parents with the following tips on how to support their children with reading at home:

Step 1: Select a Book:

- Select a book that is of interest and at his/her level.

Step 2: Introduce the Book:

- Share a bit about the story.
- Tell him/ her what to look for e.g. Why the person was so happy?

Step 3: Child reads the book

- The reading can be done silently or softly.
- Help when necessary and praise when he/she reads well.

Step 4: Talk about what was read

- By asking the child to read loudly, you can note recognition of words, fluency and expression
- After reading, ask child what the text/ story was about.

Also find some tips on helping the child how to develop survival and coping skills when anxious:

- Notice what activities help your child relax or feel better and focus on positive thinking.
- Name a scenario that makes one anxious and think through together how to sort out the situation if it happens, and possible solutions.
- Help them maintain a healthy lifestyle with regular exercise to reduce the levels of stress hormones, good sleeping habits, calm bedtime routines, limited screen or computer time in the evening, a healthy diet and limited sugar, involvement in art, writing or listen to music regularly.
- Get professional help if you feel your child's anxiety is not getting any better or is getting worse.