

**Chryse Hutchins, coauthor *7 Keys to Comprehension:  
How to Help Your Kids Read It and Get It!***

**Reading mindfully - Cultivating awareness as we puzzle through text**

Dennie Wolf, *Reading Reconsidered*. "Research suggests that one of the ways skillful and less-successful readers often differ is in exactly how aware they are of that internal monologue about the reading."

Jeffrey D. Wilhelm, *Improving Comprehension with Think-Aloud Strategies*. "Reviews of American education show that we spend most of our time teaching students information, filling them with declarative knowledge (the *what*), instead of assisting them to enact new and more proficient ways of reading, problem solving, and making meaning (the *how*)."

*Good readers stop when there's a comprehension breakdown, take stock of the situation, and figure out how to fix the problem.*

**Questions to help students read mindfully:**

- "So I'm curious, you just did a retell of this chapter, but seem unclear about some events. What will you do to fill in the gaps?"
- "What do you need from me to make sense of this story?"
- "Please mark the passage that causes confusion. Then I can do my best teaching!"
- "What did you do to fix your understanding?"
- "As your reading teacher, do you think that I think you understand this page? Why not?"
- "You've just said, 'I don't get this.' That's the first step in repairing our understanding. Let's brainstorm some fix-up strategies to get back on track."
- "You just went back to the spot where meaning broke down and reread from that point. What do you understand now that you didn't understand before?"
- "Sometimes making a conscious decision to keep reading clears up confusion. Let me know how that works for you."
- "Your reading camera shut off. What will you do to click on your mental picture?"

**Self talk to help us read mindfully:**

- My mind must have wandered. What's going on? I need to reread.
- I didn't know this! I've got to build my background knowledge about...
- This sentence doesn't make sense. I need to ask someone for help.
- After retelling myself what's happened so far, I'm still confused, so I'll...
- I don't know this word, so I'll...