

Comprehension may improve with movement

Reading is often thought of as a calm and cozy activity. But research suggests that children can improve their comprehension and memory by moving around and acting out what they've read.

Acting out a phrase or a passage can help children make connections between the words on a page and real actions. Physically crawling, for example, can help a young child understand the word crawl better.

Here are some strategies for you and your child to try after reading a story together:

- Play dress up. Dress up as favorite characters. Use props from around the house and reenact exciting scenes. Use words from the story. "I'm climbing to the peak of the mountain! The very top!"
- Put on a play. Help your child write a short skit based on the story. Gather friends and family to participate or sit in the audience and cheer him on.
- Do a dramatic reading. Act out the story as you read it aloud. Take turns with your child or let him perform the whole thing. Use exaggerated actions and tones to bring the story to life.
- Plan a puppet show and act out a few scenes from the story with your child. If you don't have puppets, make some from old socks or small paper bags.

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