

With help from the folk tale character Goldilocks, the first graders are learning to choose "Just Right" books to practice reading. Goldilocks (as she is called in the book) introduced a strategy called the Five Finger Rule to help us. Below is some information to help your child pick a "Just Right" book when you are at home, the library, or your local book store.

## Picking Out Books With the Five Finger Rule

Sometimes it is difficult to know if a book is going to be too easy or too hard by just looking at it. A strategy called the Five Finger Rule is one way to "test" a book before you spend too much time with it and get frustrated.

- First choose the book you think you would like to read.
- Find a page of text somewhere in the middle of the book. Find a page with lots of text (words).
- Begin to read the page. It is best to read the page aloud or in a whisper if possible while doing the test so you can hear the places where you have difficulty.
- Each time you come to a word you don't know, hold one finger up.
- If you have all five fingers up before you get to the end of the page, wave the book "good-bye." It is probably too difficult for you right now. Try it again later in the year.
- If you have no fingers up when you finish the page, then the book may be an easy read for you.
- If you have less than five fingers but more than one or two fingers up when you finish reading the page, the book may be just what you need to grow as a reader.