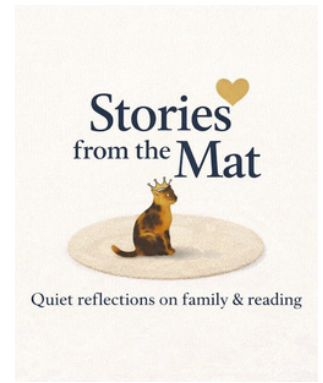


Stories from the Mat, *with Jan*



THE JAN TIME READING RITUAL STARTER.

7 days of tiny prompts to build confident learners from the very beginning.

Where families, educators and experts gather to build confident learners from the very beginning.

Before five, children aren't just learning skills. They are learning what learning feels like.

And that feeling shapes who they become as learners.

How to use this guide

Print this out and keep it by your bedside.

Choose a calm moment. Five minutes is enough.

Read a little. Pause a little. Notice a lot.

Repeat.

That's how confidence grows.



THE JAN TIME 5-MINUTE READING RITUAL.

You do not need to “teach”. You’re creating a feeling.

1) Settle (30 seconds)

Sit close. One deep breath together.

Say: “We’re having our story time.”

2) Read (3 minutes)

Read a page, a scene, or even a few paragraphs.

Stop while it still feels good. Leave them wanting more.

3) Notice (60 seconds)

Ask one gentle question:

- “What did you notice?”
- “What do you see?”
- “What do you think is happening?”

4) Name the feeling (20 seconds)

Help them tune in:

- “How did that part feel?”
- “Which bit felt cosy, brave, tricky, or funny?”

5) Close with one confidence line (10 seconds)

Choose one:

- “I love how you stayed with the story.”
- “You noticed so much.”
- “You’re becoming a reader.”
- “That was a lovely learning feeling.”

Remember: the goal is not finishing the book.

The goal is: reading feels safe, warm, and doable.



YOUR 7-DAY PROMPT JOURNEY

Use one prompt a day. Repeat favourites. Keep it light.

DAY 1 — Cosy noticing

“Show me the cosiest thing in the picture (or the story).”

DAY 2 — Thoughts and feelings

“What do you think the character is thinking?”

DAY 3 — Brave moments

“What’s the bravest tiny thing someone did?”

DAY 4 — Helping

“If you could help the character, what would you do?”

DAY 5 — Tricky and safe

“Which bit felt safe? Which bit felt a little tricky?”

DAY 6 — Tell it back

“Can you tell me what happened in three sentences?”

(If they’re small: one sentence is perfect.)

DAY 7 — Identity as a learner

“What kind of learner are you becoming?”

Offer choices: curious, brave, kind, persistent, thoughtful.

Tiny tip: If they shrug, you model it:

“I think you’re becoming a curious learner, because you asked a great question.”



FOR EDUCATORS (EARLY YEARS & P1)

This works on the carpet, the mat, or the story corner.

1) Settle (1 minute)

A calm signal. A breath. A consistent opening line:

“It’s story time. We are getting our minds ready.”

2) Read (3–4 minutes)

Choose a short section. Keep the pace warm.

3) Turn-and-tell (1 minute)

Pairs: “Tell your partner one thing you noticed.”

4) Feeling + identity (1–2 minutes)

Choose one question:

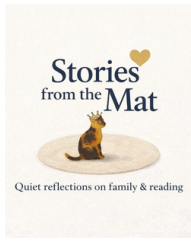
- “How did this part feel?”
- “What helped the character keep going?”
- “What do we do when something feels tricky?”

Close with a confidence statement (whole group):

“You stayed with the story. That’s what learners do.”

Three educator-friendly prompts

- “What did you notice first?”
- “What helped the character?”
- “What kind of learner was the character being?”



YOUR JAN TIME TRACKER (7 DAYS)

Tick a box each day. Five minutes counts.

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

Our favourite story moment this week was:

One thing my child noticed (that surprised me):

The “learning feeling” we’re growing is:

(cosy / brave / curious / calm / persistent / kind)

Want more?

Join the **Family & Teacher Clubs** on janfalconerauthor.com
and listen to Stories from the Mat, with Jan.

