



Bloom ABA



\$12

ACTIVITY PACK

Reading Confidence Activity Pack

Ten short activities to build reading confidence for kids who find reading aloud stressful.

Why reading aloud feels stressful for some kids

For many neurodivergent children, reading aloud combines several hard things at once — decoding words, tracking a line of text, managing an audience, and self-correcting in real time. These ten activities are designed to build confidence one skill at a time, in low-pressure, one-on-one settings, rather than asking for all of it together.

Ten activities, five minutes each

- 1. Echo reading — you read a line, your child repeats it, no pressure to decode alone
- 2. Finger tracking — child follows along with a finger while you read, building left-to-right tracking
- 3. Choral reading — read the same passage together, out loud, at the same pace
- 4. Whisper reading — child reads quietly to themselves before reading aloud, reducing performance pressure
- 5. Favourite re-reads — re-reading a familiar, already-mastered book to build fluency and confidence
- 6. Word hunts — find and circle a target word on the page before reading, building recognition first
- 7. Prediction pauses — stop mid-page and guess what happens next, keeping engagement high
- 8. Reader's theatre — assign characters and read dialogue with expression, taking the "test" feeling out of it
- 9. Recorded reading — child records themselves reading, then listens back — many kids enjoy hearing themselves
- 10. Choice reading — child picks the book; motivation matters more than reading level on confidence-building days

Ground rules that make these work

- ☐ Never correct mid-sentence — let your child finish, then gently revisit if needed
- ☐ Celebrate effort and attempts, not just correct answers
- ☐ Keep sessions short — five focused minutes beats twenty frustrated ones
- ☐ Follow your child's interest for book choice whenever possible
- ☐ Skip any activity that raises anxiety on a given day — there is no required order

GOOD TO KNOW

None of these activities require special materials — any book your child already has works. The goal is confidence, not correction.

Designed for one-on-one use by Bloom ABA's Toronto-based team. Questions about which activities fit your child best? Book a free 20-minute call at bloomaba.ca/contact.