

Effective Strategies for Developing Reading Habits in Elementary School Students

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Abstract: The importance of reading for the growth of a person's life is self-evident. In order for children to hold books and fall in love with reading, the formation of good reading habits is essential, and primary school is particularly important for the formation of a person's habits. Starting from the importance of cultivating primary school students' reading habits, this article discusses effective strategies for cultivating primary school students' reading habits from the aspects of creating a good reading environment, stimulating primary school students' interest in reading, and guiding primary school students to form correct reading habits.

Keywords: Elementary School Students; Reading Habits; Interest Cultivation.

1. Introduction

Mr. Zang Kejia, a famous writer, once said: "Reading a good book is like making a good friend, and the longer time passes, the deeper the friendship." Indeed, reading is so important. The Standards for the Language Curriculum in Compulsory Education (2022 Edition) points out that teaching reading is a process of dialogue between students, texts and teachers. In recent years, the country has paid more and more attention to language, accounting for an increasing proportion of students' assessment subjects, and reading is the most important part of language. Therefore, in primary school, how to cultivate good reading habits of primary school students and improve students' overall language literacy has a great impact on students' future development and the improvement of national quality.

2. The Importance of Cultivating Reading Habits Among Primary School Students

2.1. Adapt to the Development of Contemporary Society

In 2020, the Ministry of Publicity and Distribution issued the Opinions on Promoting Reading for All. The "Opinions" pointed out that reading is an important way to acquire knowledge and increase wisdom, an important way to inherit civilization and improve the quality of the people, and in-depth promotion of reading by the whole people is of great significance to strengthening the construction of socialist spiritual civilization and promoting social progress. As the basic layer of reading for all, primary school students, as future successors, play an important role in promoting this opinion. Through reading, students can understand the development process of society, understand the excellent traditions of Chinese culture, improve the civilized quality of students, etc., which is fully in line with the development of contemporary society.

2.2. Improve Comprehensive Language Literacy

The "Standards for Chinese Curriculum in the Compulsory

Education Stage (2022 Edition) sets out relevant requirements for students' reading volume, with the total amount of extracurricular reading in the first section (grades 1-2) not less than 50,000 words, the total extracurricular reading in the second section (grades 3-4) not less than 400,000 words, and the total extracurricular reading in the third section (grades 5-6) not less than 1 million words. Judging from the provisions of the new curriculum standard on the total amount of extracurricular reading for primary school students, reading is a very important part of language learning. Reading is of great help to improve the listening, speaking, reading and writing skills of primary school students. Developing good reading habits will help improve primary school students' Chinese learning awareness, learning ability and learning level, thereby improving their language literacy. In the current stage of language teaching practice, although the overall effectiveness of language reading teaching is not outstanding, from the analysis of many students with excellent language performance, their high scores are greatly related to reading. Not only that, Mr. Lu Shuxiang, a well-known linguist in China, also mentioned: If you ask people with higher language proficiency what experience they have, they will say that they benefit from extracurricular reading.

2.3. It is Conducive to the Development of Primary School Students' Personality

Primary school students are in an important period of character formation, each student is an independent individual, they all have their own unique personality, and they also have a strong plasticity. They have not yet entered the society, can only explore knowledge, society and the world in the micro-society of school, they will form their own values, outlook on life and world view, and reading can make them have a more comprehensive and complete understanding of history, things, external society, etc., and can also cultivate their ability to think positively, analyze things, and express themselves. Excellent literary works can help students find their correct coordinates in life, guide students to face various difficulties and challenges in study and life with a positive, sunny, healthy and upward attitude, and gradually become qualified builders and successors who can shoulder the heavy responsibilities of the times.

3. Effective Strategies for Cultivating Reading Habits Among Primary School Students

3.1. Create a Good Reading Environment

3.1.1. Scholarly Campus

The school should strive to create a strong reading environment and atmosphere, pay attention to cultural construction, and build the school into a scholarly campus, so that students can feel the charm of reading everywhere. Strengthen the construction of libraries in schools, recommend books according to types and grades, the list of books should be as complete as possible, and the environment of the library should be as warm as possible, so that children can read, read well, and enjoy reading at any time and everywhere. You can also hold some reading activities on campus, such as: campus poetry competition, reading essay competition, reading sharing meeting, etc., to create a good atmosphere for students to read, so that students can gradually develop the good habit of loving reading, reading diligently, and enjoying reading.

3.1.2. Bookish Class

In the classroom, we attach importance to creating a bookish environment. You can make full use of the interior and exterior walls of the classroom to create a bookish theme wall with strong characteristics, and set up various columns such as "Scholarly Youth", "Reading Role Model" and "Reading Short Story"; The class has a special book corner and a librarian, and each student provides 2-3 books for the whole class to borrow. Arrange easy-to-go corridors and corridor bookshelves to provide children with a sufficient number of books and provide a reading environment for children in various forms; Organize a reading exchange meeting regularly to show the class the recent reading achievements, so that students can collide with sparks in the process of communication, increase knowledge and stimulate their interest in reading.

3.1.3. Bookish Family

Wilson said that books are a window through the mind to the world, and that without books in a home is like a room without a window. Family is the child's first school, the creation of family environment atmosphere has a very important impact on the growth of children, so every family should be committed to creating a family environment with a strong smell of books. First of all, it is necessary to provide a special learning area for children, for students to complete homework and read, the learning area must be neat and quiet, and to create a special bookcase for children, which is placed with some books he has read since kindergarten, increasing year by year, so that children can have a sense of achievement after reading. The books placed should be as wide as possible, including science fiction, picture books, literature, science, humanities, history and other aspects. Secondly, to create a bookish reading atmosphere for children in the family, this not only requires children to have a good learning environment, but also parents should set an example for their children to love reading.

3.2. Stimulate Primary School Students' Interest in Reading

3.2.1. Use "Story" to Excite Fun

Whether they are children who love to read or do not want to read, they are very happy to listen to stories, and they can

always be immersed, empathetic and inspired by the storyline with rich voices and ups and downs. Therefore, parents and teachers can use the opportunity of children's love of listening to stories to guide them to love reading, so that this external motivation can be transformed into their own internal motivation, so as to achieve the purpose of stimulating interest and expanding the amount of reading. Traditional education methods of reading teaching lack of interest and vividness, and it is difficult to mobilize students' interest in reading, but through story-guided methods, language teachers can fully stimulate students' interest in reading in the process of guiding students to read based on the thinking ability and growth needs presented by primary school students, and improve students' comprehensive ability to read and think about articles. The introduction of interesting reading is to make full use of the characteristics of primary school students who love to listen to stories, tell stories, and discuss the content of stories, make full use of students' imagination and creativity, integrate the process of reading teaching into students' experience of listening to stories, and subtly improve students' reading ability, comprehension and expression ability.

3.2.2. Give Full Play to Role Models

Most of the primary school students will have the characteristics of inattention, long-term concentration, playfulness, and activity, and at the same time, they also have a strong curiosity and the spirit of not admitting defeat, so teachers should understand the psychological characteristics of students, so as to make the right medicine, develop strengths and avoid weaknesses. In the classroom, teachers can capture this psychology of students and make full use of the role of setting an example. If teachers themselves can be a role model, teachers should read as widely as possible, be able to include the range of students' reading, so that they can share with students when they communicate, and expand and supplement, so that students will admire and learn from teachers. In addition, you can also set a student example for students, inadvertently praise a student in the class who loves to read, a certain classmate is friends with books, rich knowledge accumulation, good reading habits, students do not admit defeat and ask for teacher praise psychology will prompt will also learn from role models, unconsciously will stimulate students' interest in reading.

3.2.3. Carry Out Colorful Activities to Enrich the Reading Experience

When cultivating students' reading habits, teachers should combine different groups of students to teach according to their aptitude, adopt corresponding reading methods, and carry out diversified reading activities, so that different types of students can actively participate and stimulate students' interest and enthusiasm for active participation. Taking diversified reading activities as the carrier to help students have good feelings in reading, which is of positive significance to improve the quality of students' reading activities and improve students' comprehensive learning ability. First, rationally design reading planning. Learning is something that requires proper planning, and the same is true of reading. Primary school students' thinking development is not yet mature, and they do not have the ability to reasonably plan reading, which requires teachers to combine students' different learning conditions in guiding students' reading learning to help students reasonably design different reading plans, which helps to mobilize students' enthusiasm for active participation. For example: one reading class per week, you

must ensure half an hour of reading every day, read about 2 good books a month, and concentrate on quiet when reading. Second, collect reading quotes. Teachers can organize students to discover quotes about reading during the reading process, share them with classmates in class, and arrange Chinese and foreign quotes on the wall and blackboard. Third, carry out reading activities. Teachers can combine the progress of teaching and the needs of students' quality and ability training, and each class can conduct a reading activity once a month. Teachers choose American texts for students, so that students can feel the connotation of classics and the beauty of language in reading, so as to improve students' reading quality. Fourth, tell good book stories. Teachers can choose the content of interest in the book according to a certain frequency, prepare in advance, arrange students to tell good book stories, let students organize language storytelling on the basis of combining reading content, and exercise their courage and language expression ability on stage in the story explanation.

3.3. Guide Primary School Students to Form Correct Reading Habits

3.3.1. Different Genres Use Different Reading Methods

Children read differently at each stage, and of course, different genres also use different reading methods. In order to improve the efficiency of reading, students can be required to initially master the "three reading" method of intensive reading, skimming and browsing. Such as: compulsory reading texts and famous works in intensive reading books; skimming fairy tales and entertainment books; Browse newspapers, magazines and books.

3.3.2. Be able to Take Reading Notes

Taking good reading notes can not only test students' reading effectiveness, but also facilitate future review and review, and students can choose appropriate note-taking methods according to the type of books they read, personal preferences, etc. First, the excerpt style is to extract your favorite words, sentences or fragments that you like, wonderful, deeply experienced or incomprehensible in the process of reading, and the excerpts can be classified and carried out, such as: characters, scenes, objects, aphorisms, etc. are classified and extracted. Second, the experience style, that is, after reading, write down your current feelings, realizations and other true feelings in connection with your reality, and you can write down your experience again when you repeat it in the future, you can compare the difference between several readings, and achieve the effect of reading the book a hundred times and its intention appears. Third, the outline style, that is, in the process of reading, the context of the article can be drawn, which is of great help to clarify the main content of the article, the relationship between characters and the writing ideas. Fourth, the annotation style, that is, when reading, in order to deepen the understanding of the content of the article, you can circle while reading, outline the key words and important content in the book, or write criticism, experience, and opinions in the blank. Fifth, bookmark, in the usual reading process, if you encounter content that you want to memorize or like very much, you can write it down on the bookmark, and you can take it out to read and memorize when you have free time.

3.3.3. Will Imitate Relevant Fragments

Imitation can improve students' writing ability and flexible use. For example, after learning to read "Sparrow", students

can write about other animals they love. Or in the teaching of texts, encountering some sentences with a very distinctive sentence arrangement can allow students to imitate and brainstorm, so that not only train students' reading ability, but also train their imagination and improve their writing level.

3.3.4. Read Reasonably in a Planned Way

Reading should be gradually extended from inside the classroom to outside the classroom. Primary school language teaching should not be confined to the classroom and textbooks, but should broaden the content, form and channels of learning. While ensuring the efficiency of classroom teaching, teachers should lead students to contact various types of articles and fully feel the wonder and greatness of the motherland's writing. In the usual extracurricular reading teaching arrangement, teachers can recommend some books that are suitable for parents and students to choose independently. In addition, during some special holidays, students can be recommended to read and explain some relevant articles to help them better connect with reality and deepen understanding. At the same time, there should also be a certain plan for reading time and reading volume, from low to high grades, reading time and reading volume must be gradually increased, such as: lower students should read two extracurricular books in one semester, and senior students should read four books in one semester.

3.3.5. Read Step by Step

Zhu Xi, a philosopher of the Southern Song Dynasty, once said: "The method of reading books is gradual and orderly, and it is read and pondered." Teaching reading is a long-term and arduous project, and primary school students have just begun to read text, so they must adhere to the principle of gradual progress in order to be more effective. First, start with books that students like to strengthen their interest. This requires primary school students to "do what they like", first guide them to read picture book stories, fairy tales, fables, etc., and first stimulate primary school students' interest in reading. Second, start with easy-to-understand books to reduce the difficulty. When primary school students read relatively simple books, they will have a sense of accomplishment, which can also generate more interest and make students enjoy the process of reading. Therefore, in the beginning of primary school, students can be recommended some books with simple plots and pictures and texts, and students in the middle section have a certain amount of literacy, and can recommend some phonetic versions of Hans Christian Andersen's fairy tales, Grimm's fairy tales, or plain text books, and the psychology of senior students gradually matures, and they begin to shift from focusing on themselves to paying attention to others, groups, and current affairs, so you can recommend some books on history, science and other aspect.

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