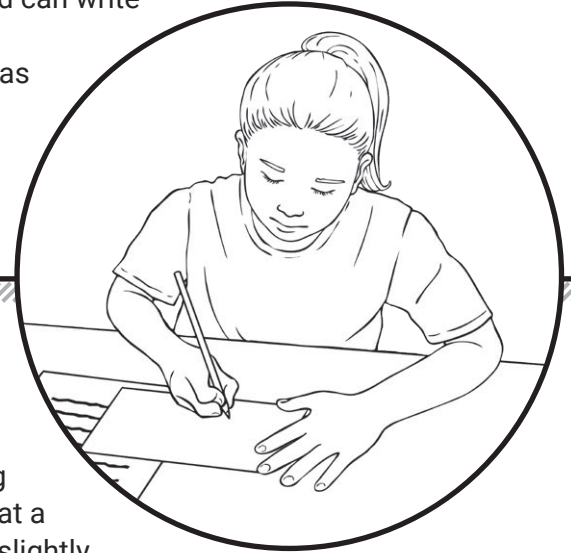


Building Writing Stamina Adult Guidance

What Is Writing Stamina?

Writing stamina means being able to write for an extended period of time without losing focus, being distracted by another task or giving up. Building writing stamina is important for any writer and is particularly useful for children who may not have written for a sustained period of time.

As building writing stamina is focused on the length of time that a child can write for, it is suggested that little emphasis is put on spelling, grammar and composition. All of the activities that are included within this pack act as prompts to encourage a range of creative writing. As writing stamina improves and the child is able to confidently write for an extended period of time, you may wish to challenge them to begin focusing on other elements of writing.



Building Writing Stamina

There are lots of different ways in which children can build their writing stamina. Giving children the opportunity to write daily for short bursts at a time, especially if the time or amount of writing expected is increased slightly each day, can have a great impact on their ability to write for sustained periods of time.

When children are building their writing stamina, it is important that they are given an open, non-restrictive topic to write about. While they are writing, they should be encouraged to focus purely on the task at hand. It is suggested that the activities in this pack should be completed in a quiet classroom that is free from distractions. A suitable amount of time should be set aside each day to complete each activity.

Using This Activity Pack

This activity pack contains ten activities that are designed to be completed daily over the course of two weeks. Each activity can be introduced using the [LKS2 Building Writing Stamina: Short Burst Writing PowerPoint](#) and completed using the accompanying activity sheets.

At the beginning of each activity, encourage children to warm up their writing muscles using the warm-up shown on the PowerPoint.

Although children are focusing on improving their writing stamina and not their spelling, grammar or composition, you may still wish to encourage them to take pride in their work by asking them to share a sentence or passage that they have written and are proud of.

The suggested amount of time for each day is as follows:

Day 1 2 minutes	Day 2 4 minutes	Day 3 6 minutes
Day 4 8 minutes	Day 5 10 minutes	
Day 6 12 minutes	Day 7 14 minutes	Day 8 16 minutes
Day 9 18 minutes	Day 10 20 minutes	