

Sample Think Aloud of a Self-regulation Plan (Lower Grades):

Today I will model how I write a story. I'll use POW to help me. I'll go through each step of POW. I'll act like I'm a student in this class thinking through how I will write my story. Please notice how I use self-talk to keep myself encouraged and tell myself what to do. (Note: Set a focus for your think aloud with your students. Have them look for how you self-regulate frustration, keep a steady pace or have a skill focus such as which elements I include when I write.) OK, curtain up, I'll begin now. What do I need to do here? I always begin with POW. That tells me all the steps to follow when I use the writing process. I will write POW on top of my scrap paper. The P tells me to pull apart the prompt and pick my ideas. Let me read the prompt. (Teacher: Read prompt aloud and pull it apart. Do a "do what" to it.) Great! Now I have pulled apart the prompt. Now I will do the other part of P which is to pick my ideas. I know this is just an easy list of my first ideas so I'll just list out whatever comes to mind when I think about the prompt. Let my mind be free. I don't need to organize my ideas yet. Here I just list them. (Teacher: List some ideas related to the prompt.) I will cross out the P in POW on my scrap paper now. OK on to the O. The O tells me to develop and organize my ideas.

How can I develop these ideas? I'm afraid I don't have great ideas. I just want to rush. Stop it! I can relax and slow down. But I feel nervous and stuck. I don't need to worry so much. I have the tools to do this. Let me look at my self-talk list and try some. OK I know what I need to do. I will just take it step by step. Let me look at the prompt and story again, and look over the elements that the prompt wants me to include in my story so I can organize carefully. So clearly if I am told to write a story, I know I need to use the WWWwhat2how2 mnemonic and not the others. This is the story mnemonic. Let me jot down the parts of this mnemonic on my scrap paper so I'll be sure to include all the main elements. Let me also put a few hints for how I can develop up each part of the story. I know that WWWwhat2how2 is just the story structure. I can add great details and ideas to make my story super interesting and fun to read.

Let me begin to put my ideas next to the parts that I have listed on my planner. This feels good now because I'm getting started. But now I have to choose my ideas. Sometimes I have too many ideas. I get really excited and want my story to be just so much fun! Other times I feel stuck. I feel like I have ideas in my mind but it is hard to find the words to tell those ideas. I want to say them but it is tough to find the right words to use to put them on paper. OK take a deep breath. I can do this. I know my planner is just my first ideas. I'll add more ideas later and I can always change them as I go and make them better. My planner does not need to be perfect at all! I just put first draft ideas here. Don't get all worked up.

(Teacher: Actually map out each section of WWWwhat2how2. Usually students call WWW the easy part. They find What2 harder so slow down there and show how to cope with this part, or any part, when it is hard.) OK now I have an outline. Let me be sure it has all the parts of WWWwhat2how2. Yes, it does. I'm not so happy with everything on it but it is ok. I like some of ideas. I know it is just a plan and I can change it. Now I will get ready to actually write my story. I am now at the W in POW. I will cross out O also now. Let me look at my planner again. I will begin with my WWW. Let me think of a fun lead that will also give rich details about the setting. Now that I have those parts in my story, I will cross them out on my planner. Moving from a plan to a piece of writing is such a big step! I just have a few words written for my goal but now I need to really develop that. My goal today is to be sure that I use everything in my writing that I had on my planner. Last time I had great ideas on my planner. But then I got tired and didn't end up including everything from my planner. I will be sure to cross each part as I use it so I can see that I was sure to include each element from my planner in my actual writing.

Ok! I have a story, I know it is just a first draft, but it is pretty good! I will reread it. Whew – POW and WWWwhat2how really helped me! So did self-talk. These tools I have make writing easier and I think I am a much better writer now. I know my stories are so much richer now than my pre-assessment was. I'm becoming a super writer! Curtain up. Now let's reflect on all you observed during the think aloud.