



Practicing skills regularly can help you improve in sports, at home, and at school. The Literacy exercises you are going to begin are like a workout for your brain.

Playing these games can help you listen better in class and when talking with friends or family. They also help improve your memory, which means following directions better and recalling more information on tests and assignments.

The exercises help people read faster and understand better. This can make school work less confusing, shorten homework time, and make some responsibilities less stressful.

But for the games to work, they have to be played regularly, for the full time assigned each time, and you need to try hard each session.

I promise to try hard on my exercises and follow the directions I'm given each session.

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Student Signature