



FIRST READ: GIST

Start with the big picture before the details.



THE IDEA

A first read helps students understand what the text is about before they focus on details.

Finding the gist (building a general understanding) makes the second read more effective and less overwhelming.

1 READ QUICKLY

Read the text once, without stopping for unknown words. Focus on the overall meaning.



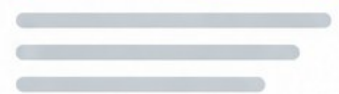
2 FIND THE GIST

Identify what the text is mainly about. You can use:

- the **title** and headings
- **pictures, diagrams** or graphs
- the **first and last** paragraphs
- **repeated words** or key ideas

Example: Article

The Water Cycle



IN THE CLASSROOM

Model a first read with a short text.

Ask students to summarise the gist in one sentence.

Use visual support to help identify the main idea.

Compare gists in pairs or small groups to check understanding.

3 SUMMARISE

Explain the gist in your own words or choose the best summary from a few options.

"This text explains how water moves around Earth in a cycle."

Useful sentence frames

- This text is mainly about ...
- The main idea is ...
- The text explains ...
- Overall, the text is about ...
- In general, this text ...

4 CHECK YOUR PREDICTION

After the first read, you can predict what the text might include in more detail. This helps you read with a purpose in the second read.



EAL UPGRADE

Teach the word *gist* and related terms (main idea, overall meaning, summary).



TRY IT TOMORROW

Choose a short subject text. Ask students to read it once and write a one-sentence gist, then compare and discuss.



TEACHER LANGUAGE

"What is this text mainly about?"
 "What helps you know?"
 "Can you summarise the gist in one sentence?"
 "What might it explain next?"