

## CLB-Referenced and Other Online Resources for Teaching Literacy and CLB 1

### ESL Literacy

Bow Valley College hosts a collection of online resources that includes the following titles:

[Theme Unit and Lesson Planning Guide](#)

[Process of Strategy Instruction](#)

[Portfolio Planning and Implementation](#)

[Learning for LIFE: An ESL Literacy Handbook](#)

[Learning for LIFE: An ESL Literacy Curriculum Framework](#)

[Guiding Principles for Teaching ESL Literacy Learners](#)

[WRITING PROFILE: PHASES I - III](#)

## *A Practical Guide to Teaching ESL Literacy*

This resource, published by Bow Valley College, is a useful and in-depth resource for ESL literacy practitioners. The resource can support both instructors with dedicated classes of ESL literacy learners and instructors who have ESL literacy learners mixed with non-literacy learners. It introduces a Framework of Literacy Skills for Adult ESL Literacy Learners, which outlines the skills for the development of literacy. The resource also explores effective approaches to teaching adult ESL literacy learners.

[A Practical Guide to Teaching ESL Literacy](#) includes:

- An Introduction to ESL Literacy
- The Framework of Literacy Skills for Adult ESL Literacy Learners
- Creating an Effective Learning Environment
- Planning Instruction
- Approaches to Teaching Oral Language Skills
- Approaches to Teaching Literacy Skills
- Materials and Resources

## *ESL Literacy Readers – Introduction*

Bow Valley College's collection of forty theme-based readers, along with an instructors guide, will support ESL literacy instructors to create comprehensive, theme-based lessons for adult ESL literacy learners. The themes were carefully chosen and are both of high interest to learners, and more importantly, relevant to their lives. Every effort was made to ensure the stories would authentically represent learners themselves as well as events and issues that a typical learner may experience.

N.B.: This collection of beloved theme-based readers for beginning levels of ESL literacy has been discontinued (in late 2024), and is no longer available at the Bow Valley College site. However, colleagues at the Immigrant Welcome Center in Indianapolis, Indiana, USA have a number of the readers posted (with permission) on their Adult ELL Pathway to Literacy website. Please visit [this page](#), which outlines the changes and how to find these materials. The [direct link](#) to where the readers are is part of a larger collection of readers. Click Ctrl + F and then enter the text "Bow Valley" to locate each reader on this page.

There is also a related instructional video from Bow Valley College about using books with literacy learners, called [Using Books in the ESL Literacy Classroom](#).

And the following two Instructor Information PDF documents are still available on the Bow Valley College site (note that these reference all forty of the readers):

#### [Levels A – G](#)

The ESL Literacy Readers are organized into seven levels, suitable for learners at different stages of literacy development. The text, structure, and vocabulary increase in difficulty. At the lower levels, the learner is supported with large photographs and simple sentences. Higher-level stories are written in paragraphs with more complex language and ideas. This PDF provides a table with descriptions of text, structure and vocabulary for each of the seven levels, as well as the titles of the readers in the collection to which they correspond.

#### [Instructor Guide](#)

The ESL Literacy Readers Guide supports the use of the Readers in the classroom. Included in this guide are pre-reading and extension ideas to enable you to create comprehensive, theme-based lessons for adult ESL literacy learners. The guide also contains a list of best practices for creating ESL literacy stories.

The Readers themselves are grouped by level and with two versions each:

- Audio Book (allows you to preview the contents of the book)
- Print PDF (has the book laid out for printing as a booklet).

The print settings are listed beside each book. Information on the complexity of the text, structure, and vocabulary for each level of Readers (A – G) is also listed.

## Literacy Centre of Expertise – Resource Bank

Developed by The Immigrant Education Society (TIES), this resource bank provides handwriting tutorials for the English alphabet, interactive modules, PBLA assessments, reading skills stories and skill-building resources.

The main page, at: <https://literacycentre.immigrant-education.ca/resource-bank/>, provides links to the following literacy content:

- [Canadian Indigenous Readers](#) (a series of videos and PDFs introducing *The Maker Series* – four interactive digital books)
- [Adults Learn to Print](#) (an interactive guide to handwriting each letter of the English alphabet in both capitals and lowercase)
- [Modules](#) (interactive modules including stories, activities and handbooks on a range of settlement topics for Literacy Foundation - Literacy 1, Literacy 2L/3L, and Literacy 3L/4L)
- [PBLA Assessments](#) (assessment tools in Google Forms format for a range of tasks, covering Foundation Literacy to Literacy 4L, plus "About Me" resources)
- [Reading Skills Stories](#) (four collections of interactive stories for students: *Phonics Stories\**, *Interactive Foundational Stories\**, *Kasi and Dami Series\**, and *Canadian Indigenous Readers – The Maker Series*)  
\*see details below
- [Skill-Building](#) (skill-building resources on Canadian currency and English alphabet, to support real-world tasks)

\*Details of Reading Skills Stories:

- [Phonics Stories](#) (four workbooks, each with activities for each vowel sound and phonics story, links to audio files and videos, teacher instructions, and answer key)
- [Interactive Foundational Stories](#) (five stories)
- [Kasi & Dami Series](#) (ten stories, which are organized into two books (Book 1: Stories 1-5 and Book 2: Stories 6-10). Each story can be used over three lessons (A, B and C). Each pair of stories (1-2, 2-4, 5-6, 7-8, 9-10) focus on one short vowel sound.)

There is also a collection of modules for Literacy Foundation – Literacy 1. Each module contains all or some of the following: handbook(s), stories, activities and videos.

Access them at:

- [Cleaning Module](#)
- [Winter Weather Module](#)
- [Winter Clothing Module](#)
- [Fruit Module](#)
- [Making Fruit Salad Module](#)
- [Summer Clothing Module](#)
- [A Visit to the Doctor Module](#)
- [Recycling, Garbage and Compost](#)
- [School Supplies](#)

## *Healthy Eating Toolkit – A Resource for Teaching English as an Additional Language*

The [Healthy Eating Toolkit](#) was developed by Nicole Sibilleau and funded by Seven Oaks Healthy Living and Healthy Together Now in Manitoba. It was developed for English as an Additional Language (EAL) instructors teaching students at the CLB 1 and Phase 1 levels. With the use of the extension activities and necessary modifications, the toolkit could be used with students up to CLB 4. And with some adaptation, it can also be used for beginner level in more informal settings such as English conversation circles and tutoring.

This toolkit was developed using the EAL concept of scaffolding – building on vocabulary and learning in previous activities to develop the language needed for more complicated concepts and language in later activities. The curriculum can be taught from beginning to end to provide a basic introduction to nutrition including:

- Food vocabulary
- Canada's Food Guide
- Serving sizes
- Grocery shopping
- Meal planning
- Basic food safety

Educators can also choose activities based on learner needs and interests. For example, educators may choose more advanced activities in Modules 3 and 4 and support them with vocabulary activities in Module 1 as necessary. The toolkit is meant to be a framework that EAL educators can build upon to tailor their lessons to their learners' unique needs.

Each activity includes:

- A worksheet for CLB 1 and CLB Phase 1 language learners
- Suggested methodology and materials for the teacher
- Background information on nutrition content for the teacher, online resources and community resources

A complete list of online and community resources in the activities can be found in Appendix A and B.

*N.B.: The community resources in Appendix B are localized for Manitoba and Winnipeg*

## *Language Learning for Health: Resources for ESL / LINC Practitioners*

Ottawa Public Health (OPH), in collaboration with the Ottawa-Carleton District School Board, produced a series of lessons in 2014 and 2015 (some now updated) to promote health among newcomers in ESL and LINC programs.

A “healthy immigrant effect” has been observed in Canada – immigrants arrive in relatively good health but over time, their health declines as they adopt unhealthy habits, such as increased consumption of junk food and lack of exercise. Newcomers face multiple barriers that impact their health, such as language, cultural differences, social isolation, poverty, unstable housing and unemployment, and often have difficulty navigating the health and social system and accessing needed services and programs.

These lessons are based on the Canadian Language Benchmarks (CLB). Each topic includes a lesson plan at each of the following levels:

- ESL Literacy-CLB 1
- CLB 2-3, and
- CLB 4-5

The ESL Literacy-CLB 1 lessons, each one in PDF format, appear below.  
(Please see “CLB-Referenced and Other Online Resources for Teaching Health”  
for the CLB 2-3 and CLB 4-5 lessons.)

ESL Literacy-CLB 1 lessons	
<a href="#">Physical Activity_ESL Literacy &amp; CLB 1 (PDF)</a>	<a href="#">Reading Food Labels_ESL Literacy &amp; CLB 1 (PDF)</a>
<a href="#">Dental Health_ESL Literacy &amp; CLB 1 (PDF)</a>	<a href="#">Reducing Salt Consumption_ESL Literacy &amp; CLB 1 (PDF)</a>
<a href="#">Mental Health_ESL Literacy &amp; CLB 1 (PDF)</a>	<a href="#">Calcium &amp; Vitamin D_ESL Literacy &amp; CLB 1 (PDF)</a>
<a href="#">Canada's Food Guide_CLB 1 &amp; 1L (PDF)</a> (updated 2022)	<a href="#">Diabetes Prevention_ESL Literacy &amp; CLB 1 (PDF)</a>
<a href="#">Everybody's Food Budget_ESL Literacy &amp; CLB 1 (PDF)</a>	<a href="#">Sugared Beverages_ESL Literacy &amp; CLB 1 (PDF)</a>
<a href="#">Let's Go Shopping for Food_ESL Literacy &amp; CLB 1 (PDF)</a>	



## *Literacy Resources*

The written form of English is based on letter-sound relationships. In order for us to read and write we must be able to hear and say the sounds of English (phonemic awareness), we must be able to instantly recognize the letters, words, spaces and punctuation of written English (orthographic awareness), and we must learn the relationships between the two (phonics). These letter-sound linking charts, developed by Linda Peteherych (a Burnaby, BC-based Adult ESL and Literacy teacher), assisted by Stephanie Taniguchi for layout and design, will help instructors to teach phonemic awareness, orthographic awareness, and phonics.

### Teacher Notes

[24" x 36" colour letter-sound linking chart poster \(with bleed edges for professional printing\)](#)

[24" x 36" colour letter-sound linking chart poster \(no bleed edges\)](#)

[11" x 17" colour letter-sound linking chart for student binders \(with bleed edges for professional printing\)](#)

[11" x 17" colour letter-sound linking chart for student binders \(no bleed edges\)](#)

[11" x 17" black & white letter-sound linking chart for student binders](#)

[11" x 17" black & white letter-sound linking chart for student binders with blanks for date and name](#)

### *Hands On! A Collection of ESL Literacy Activities*

The [Hands On!](#) collection of activities, was developed by Kathy Burnett of the Halifax Immigrant Learning Centre in 1999 and updated by a team of authors of the Immigrant Services Association of Nova Scotia (ISANS) in 2019. It is for instructors working with adult ESL learners who have had little or no opportunity to develop reading and writing skills.

The chapters focus on topics usually explored in any adult ESL class, although references are made to areas and names within Nova Scotia. Although the primary focus is to provide a thematic-based approach to learning reading and writing, the activities will also serve as catalysts for speaking and listening activities. Hands On! (a PDF document) is not a curriculum, but one of many resources that can be used to teach learners how to read and write.

### *Read Today: A Language Learning Platform*

Designed for young children but perfect for literacy learners, the US-based [Read Today: A Language Learning Platform](#) features an interactive series of engaging animations and activities. These cover how to recognize and type the letters of the English alphabet (both upper and lowercase) and the Arabic numerals one to ten. They also assist with how to recognize common shapes and colours, as well as type the names of the numbers, colours and shapes. Be sure to watch the orientation video on the main page for instructions on how to do the activities, as well as how the online keyboard can also be used to do the activities.

N.B.: The Workbooks are purchase only.

## *English Vocabulary with Sounds*

Literacy (and lower CLB level) learners will benefit from hearing spoken English vocabulary in this sound-integrated guide from the US site <https://www.languageguide.org/english/vocabulary/>. Touch or place the cursor over an object, word or phrase to hear it pronounced aloud. Challenges to prove vocabulary mastery are also available.

Topics include:

- Writing (the alphabet)
- Numbers
- The Body
- Clothing
- Food
- Animals
- Nature
- The House
- Miscellaneous
- Transportation
- Geography

N.B.: Site is ad-supported, so care is needed while navigating.