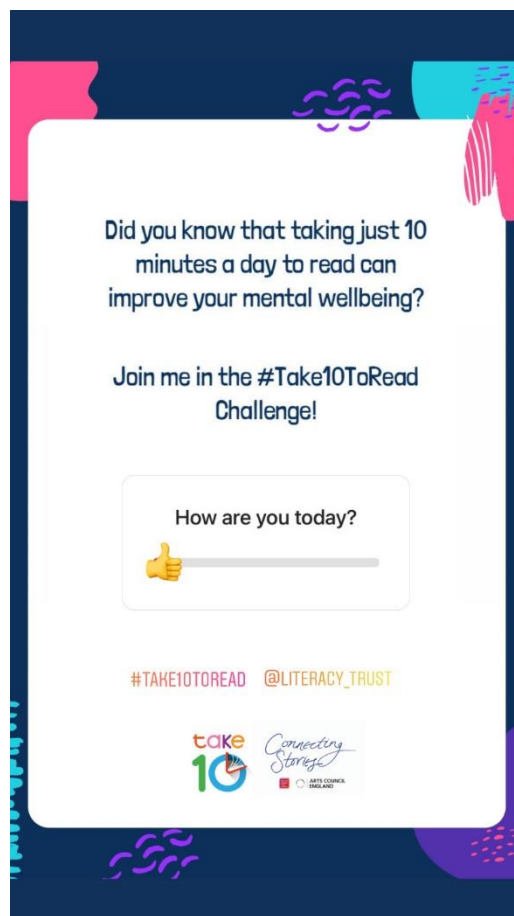


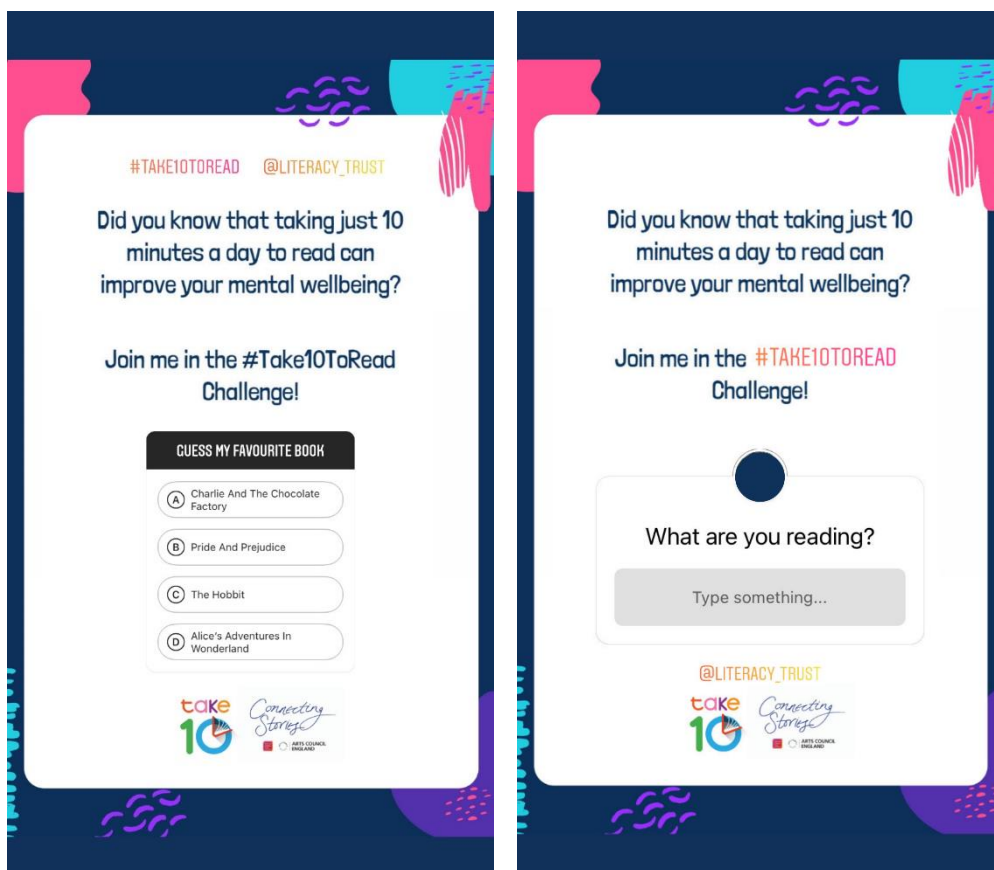
Reading for just 10 minutes a day can improve our wellbeing. Here are some ideas for social media posts you can use to encourage others to read, or raise awareness about the importance of mental health and wellbeing. The images/templates are available to download [here](#).

Instagram story examples:

Download our [Instagram story template](#) and use Instagram's features to make your post interactive. Remember to tag @Literacy\_Trust and use the hashtag #Take10ToRead

You could create a quiz to see how well your friends and family know you and what books you enjoy. You could ask for book recommendations using the 'Questions' feature.





### Facebook post:

Download our [Facebook post image](#) and post it alongside some text. You could share how reading helps your wellbeing or what books / genres you enjoy the most!

You could also create a [Facebook event](#) and invite your friends and family to join. Perhaps you could even meet on Zoom or Teams and virtually read together at 10am on 10<sup>th</sup> May.

Visit [literacytrust.org.uk/communities/connecting-stories/](https://literacytrust.org.uk/communities/connecting-stories/) for more information on our Take 10 Challenge and our Connecting Stories initiative – a calendar of exciting events funded by Arts Council England.