



## Take 10 ideas for primary schools

As part of the [Connecting Stories](#) campaign, the National Literacy Trust are inviting people across the nation to take part in our Take 10 challenge to celebrate Mental Health Awareness Week this May.

Take 10 celebrates the benefits of reading for wellbeing and calls on children and adults to start a daily reading habit from Monday 10<sup>th</sup> May. [National Literacy Trust research](#) shows that children who enjoy reading are three times more likely to have good mental wellbeing than children who don't enjoy reading.

Here are 10 ways you can encourage your pupils to take 10 minutes to read...

### 1. Drop everything and read

Join our national 'drop everything and read' event on May 10<sup>th</sup> at 10am. You could bring the whole school together to read in one place, or encourage teachers to incorporate it into their lessons. Take pictures and share them with us to help spread the message that reading is great for your wellbeing! Register [here](#) to take part.

### 2. Encourage reading at home

Inspire parents of the school's youngest children to share stories at home for 10 minutes every day. There are lots of tips and activities for families to support them with reading at home on our [Words for Life](#) webpage. You could also invite parents into school to join reading events or talk about their favourite books.

### 3. Wellbeing book list

[The National Literacy Trust's wellbeing and happiness booklist](#) features titles for children, which deal with issues such as friendships, family stress, happiness, grief, anxiety and mindfulness.

### 4. Find fun places to read!

This Mental Health Awareness Week, the theme is connecting with nature. Why not try encouraging children to spend time reading outdoors. What are their favourite spots to read in?

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## 5. Embrace reading in all its forms

Encourage pupils to read more than just fiction books – they might enjoy taking 10 minutes to read non-fiction, comic books, magazines or online articles.

## 6. Read to the whole class

Even as children get older and can read independently, reading out loud allows them to enjoy the magic of a great story. Sharing a book as a whole class for 10 minutes every day can be a great way to build excitement about reading and encourage discussion.

## 7. Reading displays

Dedicate displays in classrooms and corridors to promoting reading for pleasure. You could share pupils' recommendations, short book reviews or a book of the week.

## 8. Set a reading challenge

Encourage pupils to take part in the Reading Miles Challenge, which rewards them with 500 reading miles for every 10 minutes they spend reading. They can record their reading miles in a special reading passport which can be [downloaded here](#).

## 9. Make links with your local library

Local libraries are a fantastic place to find resources and support around reading for enjoyment, with opportunities to get involved in storytelling activities and workshops and visits from authors and illustrators. Contact your local library to find out what's on near you. [Local library services - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

## 10. Join the Summer Reading challenge

Encourage pupils to take part in the [Summer Reading Challenge](#) to continue their reading journey over the summer break.

Find out more and download resources [here](#)