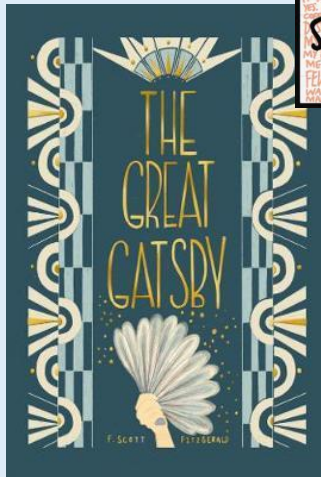
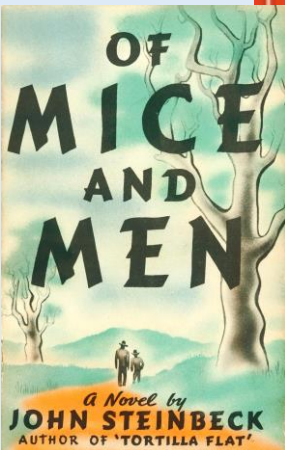
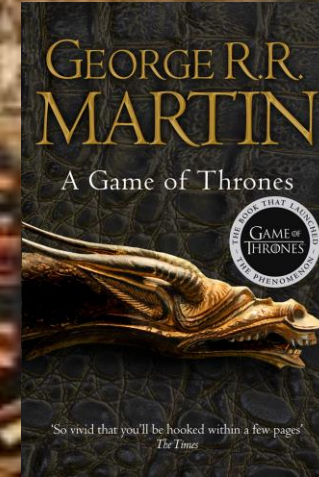
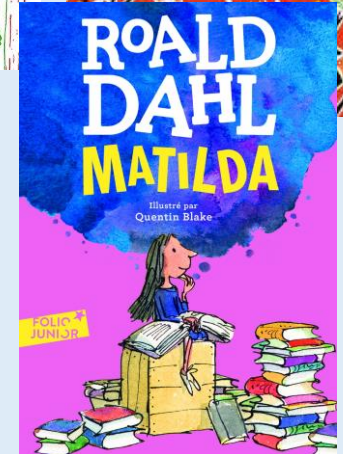
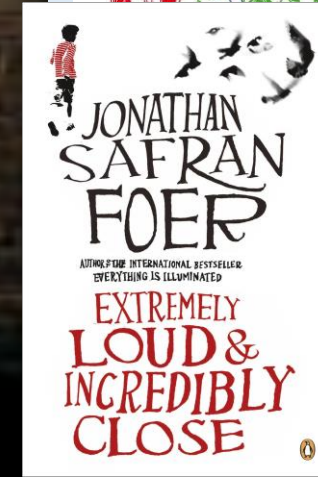
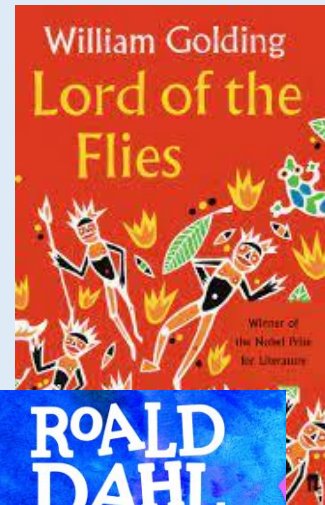
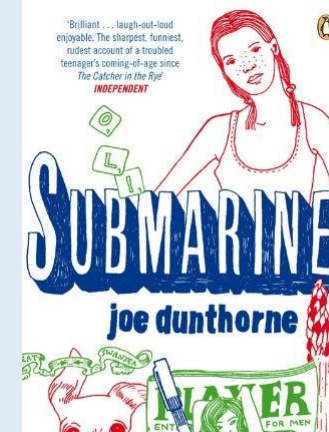
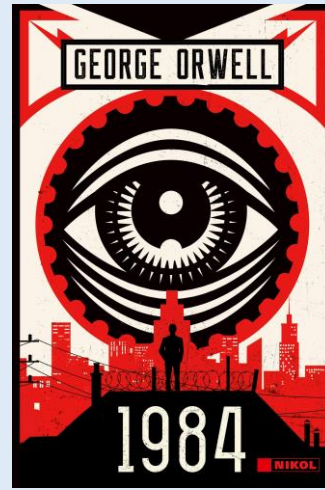
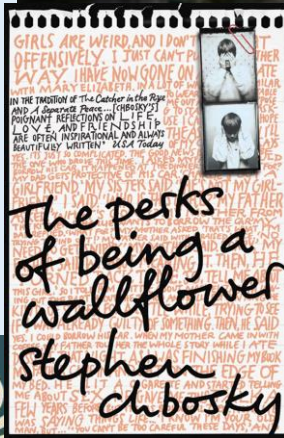
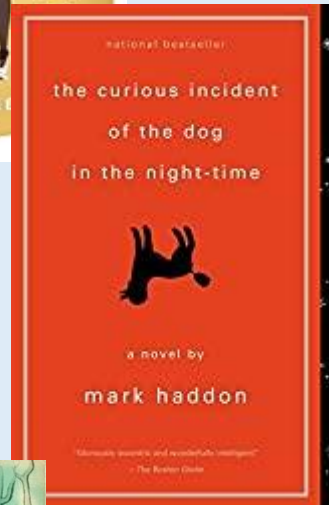
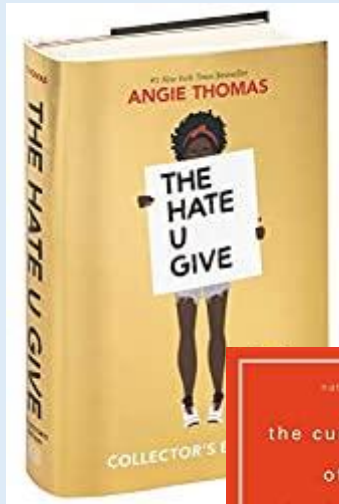
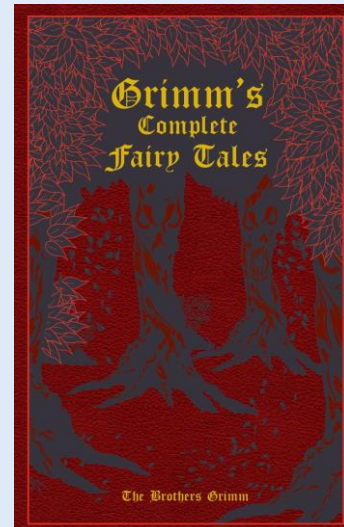
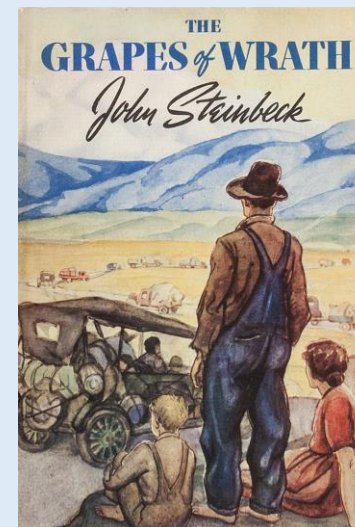
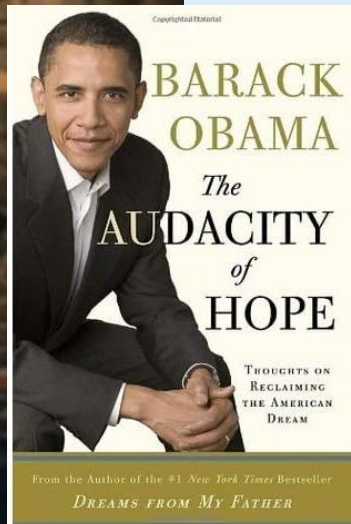


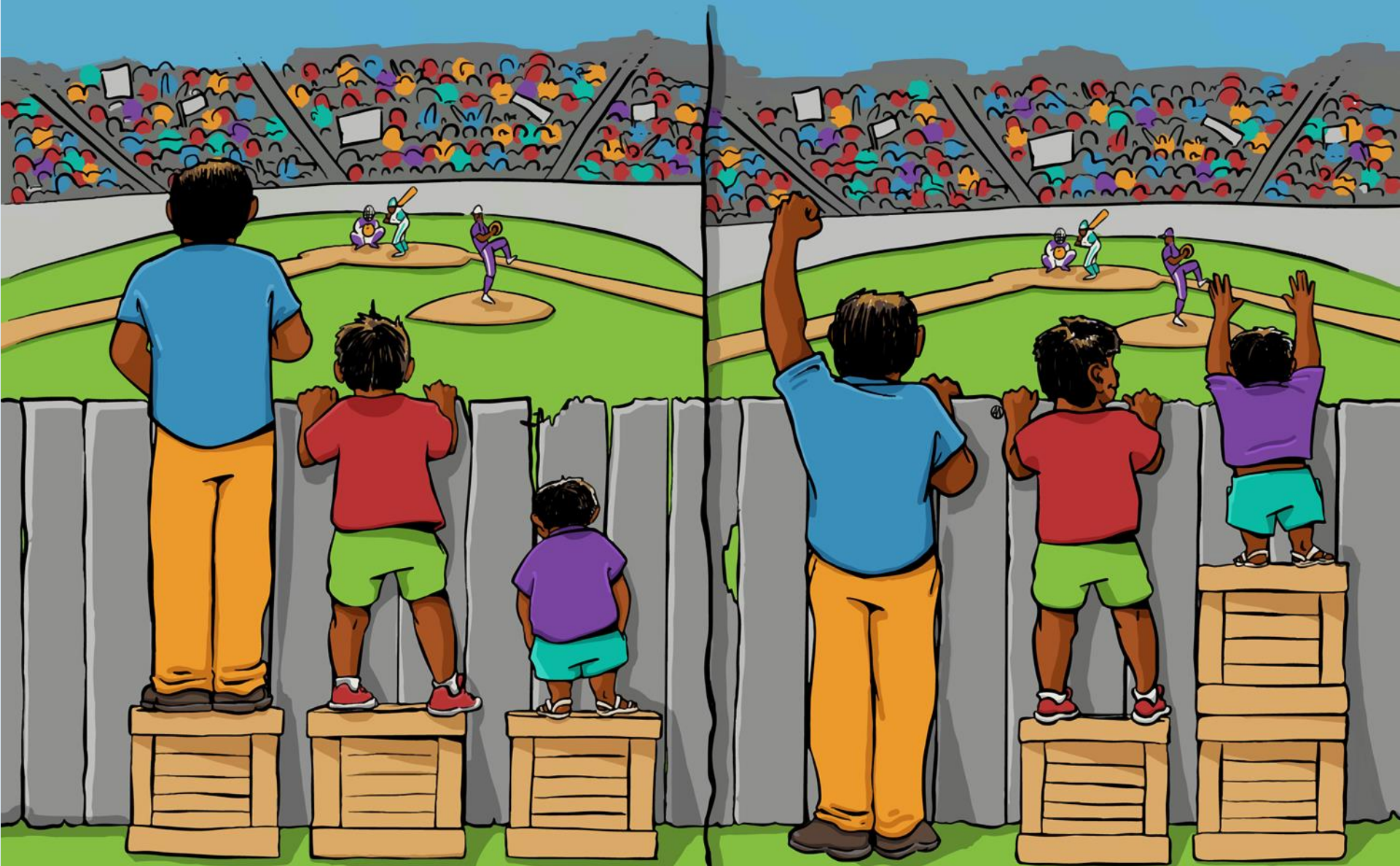
Every book teaches you something...



The things I've never seen and done

- Been to California
- Lived in the Victorian era
- Married a prince
- Been elected to office
- Been a famous musician





EQUALITY

EQUITY

Reading & empathy



Higher literacy skills are associated with a range of positive societal benefits, including having a stronger sense of belonging to society and being more likely to trust others.

Research suggests that **both life-time experience of reading fiction and the extent to which a reader feels 'transported' by the narrative are associated with empathy**. This study examined these relationships further by delineating empathy into cognitive and affective components.

 **empathy**

/ˈɛmpəθi/

noun

noun: **empathy**

the ability to understand and share the feelings of another.

Similar:

affinity with

rapport with

sympathy with

understanding of



Origin

GREEK

em-
in

GREEK

GREEK

pathos
feeling

→ empathia

GERMAN

Einfühlung

→ empathy
early 20th century

Studies have found that reading for pleasure enhances understanding of the self, and the ability to understand one's own and others' identities. ²³ For example, reading Harry Potter has been shown to improve children's attitudes toward stigmatized groups such as immigrants, refugees, and members of the LGBT community. ²⁴

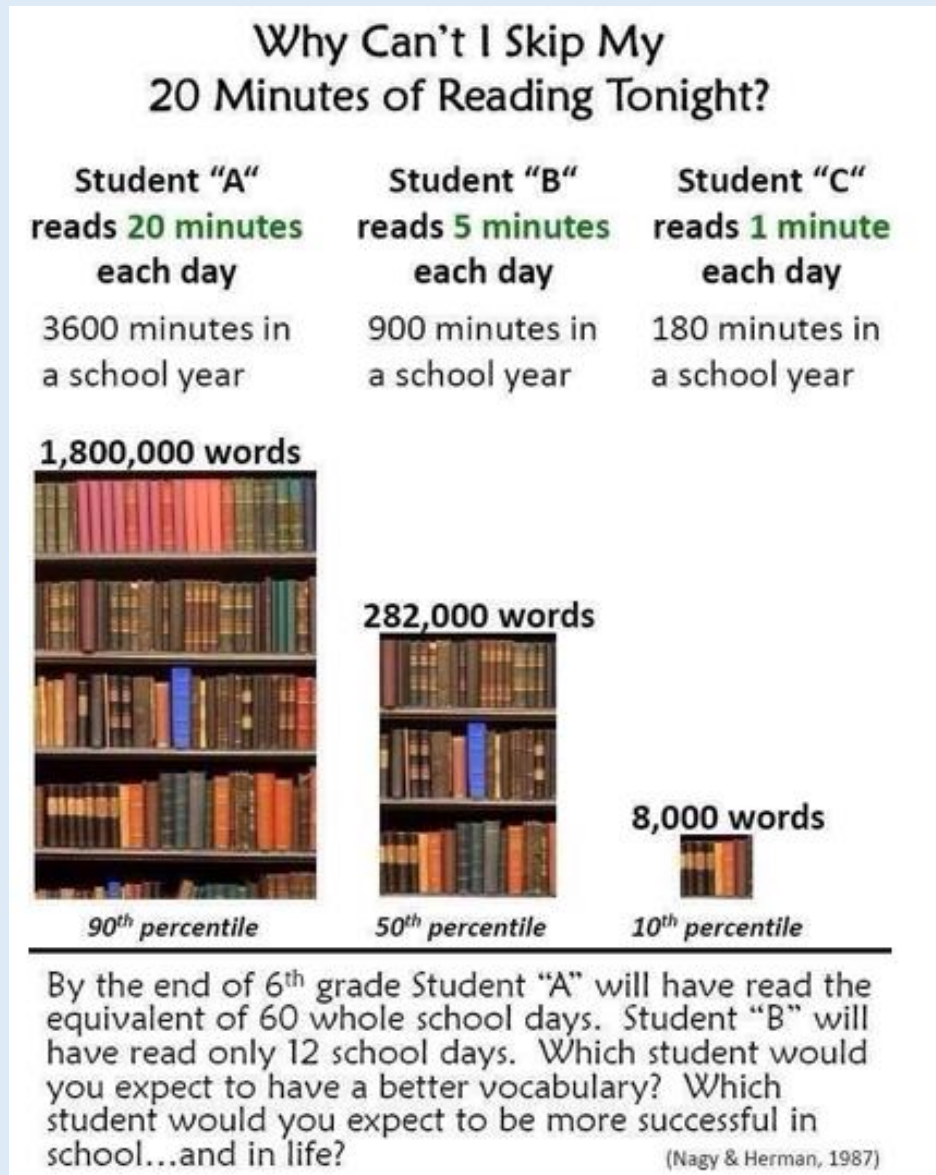
According to "Psychology Today", Emory University did a study that was titled "Short and Long Term Effects of a Novel on Connectivity in the Brain". It was published in the journal "Brain Connectivity". The researchers doing the study figured out that reading improves the connectivity and the function of the brain. It also improves empathy or the ability for the readers to put themselves in another person's shoes.

Reading & Mental Health



- Non-readers are 28% more likely to report feelings of depression
- An online poll of over four thousand people from a representative sample in the UK revealed that regular readers for pleasure reported fewer feelings of stress and depression than non-readers, and stronger feelings of relaxation from reading than from watching television or engaging with technology intensive activities.
- Studies have shown that those who read for pleasure have higher levels of self-esteem and a greater ability to cope with difficult situations. Reading for pleasure was also associated with better sleeping patterns.
- Adults who read for just 30 minutes a week are 20% more likely to report greater life satisfaction.

Proof that reading makes you smarter:



- Children who read books often at age 10 and more than once a week at age 16 gain higher results in maths, vocabulary and spelling tests at age 16 than those who read less regularly.
- 14-year olds who read often and independently know 26% more words than those who never read.
- while there is a significant connection between reading ability and success in all GCSE subjects, the link between good reading and good grades is actually higher in maths than in some arts subjects like English literature and history.

Reading and professional success

88% of financially successful people read at least 30 mins per day – Tom Corley “Change your habits, change your life.”

"I really had a lot of dreams when I was a kid, and I think a great deal of that grew out of the fact that I had a chance to read a lot."

Bill Gates



The richest man in the world reads 50 books a year.

Gates shares that while he can travel anywhere and meet with anyone, reading is still the main way that he learns new things and tests his understanding. He always has a book with him wherever he goes.



Elon Musk taught himself to build rockets by reading. The costs to build a rocket were prohibitively high, so Musk concluded he could do it himself after reading how to do it. He was driven by a specific goal, and a desire to acquire specific knowledge. He didn't stop until he learned what he wanted to learn.




**I ONLY STARTED READING AT 17,
AND IT COMPLETELY CHANGED MY
OUTLOOK AND MENTALITY.**

MARCUS RASHFORD
ON HIS NEW BOOK CLUB FOR KIDS



Marcus Rashford MBE 
@MarcusRashford

Reading is cool. Books are cool.
That's it. That's the tweet 

Easy steps to become a reader...



1. **Get to the Library!** (Use our ILC or your free school log in to the SORA app if you prefer to read on an e-reader – Kindle – or tablet). Use www.Lovereadng4kids.co.uk for inspiration if you don't know what to read



2. **Give it 2 chapters...** if it's not for you, try something else!



3. **Set a timer:** Whether you want to read for 10 minutes or 30 minutes, it will stop you getting distracted and allow you to fully immerse yourself.



4. **Put your phone out of the way,** so you're not distracted by social media



5. **Remember all reading is valuable** – news articles, factual books, magazines, autobiographies, interviews. Use an e-reader or a tablet if you prefer this technology.

NETFLIX

The average Netflix subscriber spends 8 hours and 52 minutes watching every week!

That could be hours and hours of reading!

“Turning on the subtitles while children are watching television can **double the chances of a child becoming good at reading**. It’s so brilliantly simple and can help children’s literacy so much that we want to shout it from the rooftops!”

... but it’s not just for kids.

It models:

- Spelling
- Punctuation
- Sentence construction
- Correct grammar



Never make fun
of someone if they
mispronounce a word.
It means they learned it
by reading.

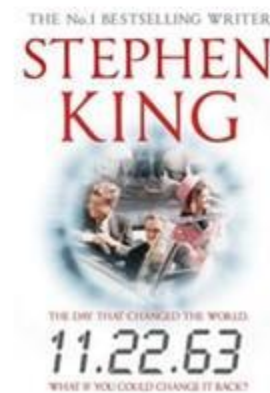
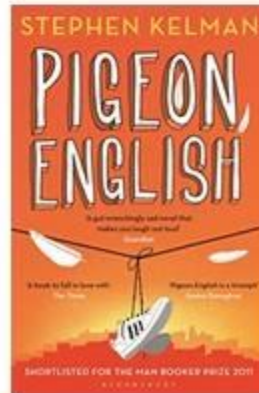
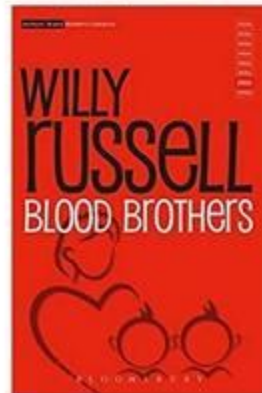
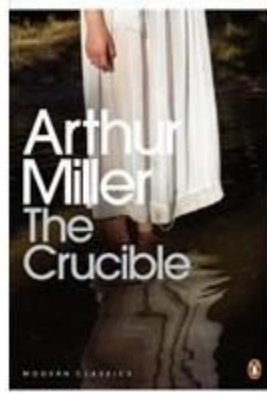
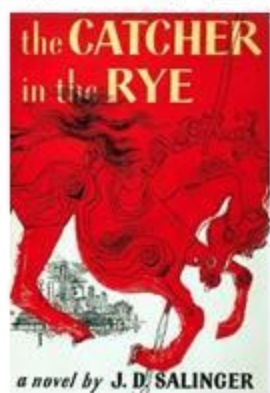
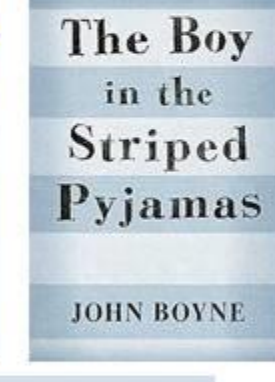
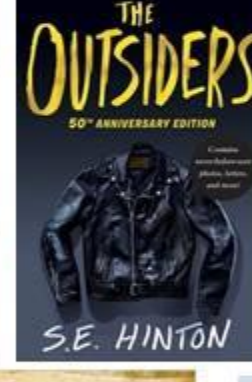
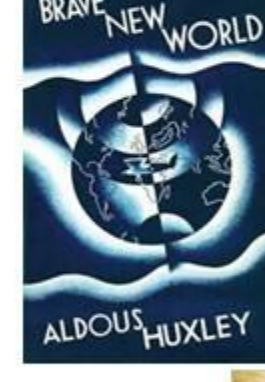
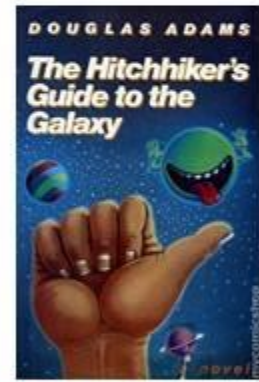
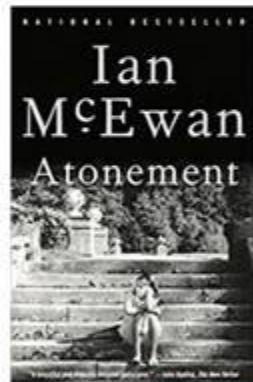
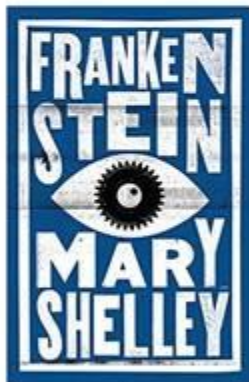
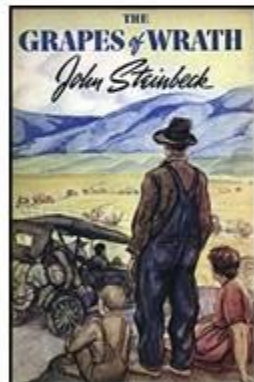
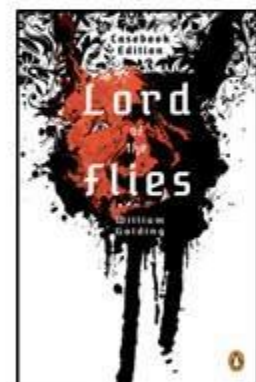
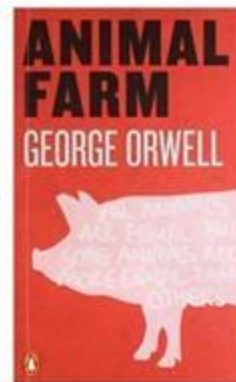
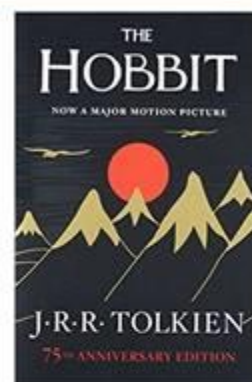
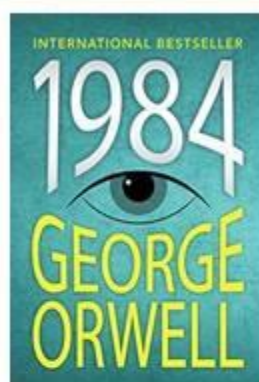
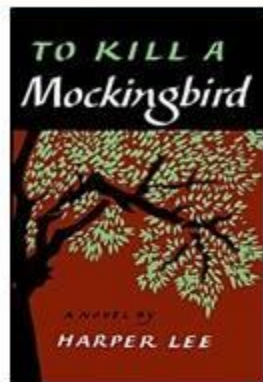
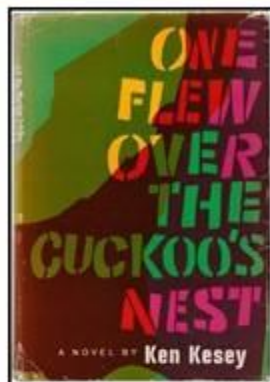
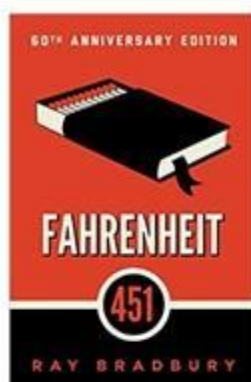


Melee
H'ors D'oeuvres
phlegm

Segue
Ally
Corp

Tucson
Façade
bologna
cerulean

16 before 16: Which one will you start with?



14 before 14: Which one will you start with?

