Saint Ninian's Reading Festival

It would be a crime not to read.

Our Purpose:

- ✓ **To establish the benefits of reading**

- ✓ **To work out how we can begin to seek these benefits, especially if we are struggling or reluctant readers**

1. Reading raises attainment.

Proof

- Reading improves memory

- It helps you to decode information

- Reading has a greater impact on success than your background and parental influence

- The more books in the home, the greater the attainment

Solution

- Reading is a brain exercise- the more you do, the more you will remember

- Talk about books constantly (or keep a reading journal for yourself)

- Keep a word bank of useful terms

- Make sure books are valued in the home and there is plenty of choice

2. Reading improves mental health.

Proof

- Reading can reduce stress by over two thirds

- Reading focuses our brains in a busy world

- Reading can reduce feelings of loneliness

- Reading increases our self-esteem and resilience

Solution

- Start small and keep increasing the time spent on reading

- Be disciplined- fight the urge to use your phone!

- Try different books and find a character you connect with

- Choose books on subjects or issues that mean something to you

3. Reading makes you a better person.

Proof

- Readers are more empathetic and emotionally intelligent

- Reading opens us up to other cultures, ideas and experiences

- Reading allows us to make deep connections

- Readers have a better quality of life in terms of jobs and life expectancy

Solution

- If you are struggling with what to read, work out your passions, interests and opinions. Read a book which agrees with or challenges these.

- Talk about books. Always.

Final Words.

"Great books help you understand, and they help you feel understood."

(John Green)

"I have never met a well-read person who is not also an interesting person. But I've come across quite a number of boring people who clearly never open a book."

(Blog post)

https://www.youtube.com/watch?v=ATeoup5a-XU