

Beyond Take 10

Ideas to help promote reading for wellbeing for pupils aged 4–14 (Reception to KS3/ P1 to S2)

Use this resource to support the Take 10 campaign in your school.

What is Take 10?

Life is busy and it isn't always easy to find time for yourself.

Reading can help you relax, boost your mood and escape elsewhere – and it doesn't have to be a book. It could be the post-match analysis of Saturday's football game, an interview with your favourite actor, DIY hacks or even recipes. Reading something that interests you can transport you away from day-to-day life.

That's why, on Tuesday 10 October at 10am we are calling on the nation to #Take10ToRead with us in support of World Mental Health Day.

Take 10 is a campaign to promote the wellbeing benefits of reading. Try it for 10 minutes today and see where it takes you.

We know you know the benefits that reading can bring to your students. The right words can spark their imagination, calm their minds and improve their wellbeing.

Encourage pupils to escape into a book and #Take10ToRead.

“When asked for their reasons for reading in 2022, children and young people aged 8 to 18 gave a variety of motivations. Many indicated reasons to read for wellbeing, with over half saying they read to relax (55.4%) and 2 in 5 (41.0%) reading to feel happy.”

Children and young people’s reading engagement in 2022,

Cole, Brown, Clark and Picton

Ideas to promote reading for wellbeing in your setting

Depending on your timetable, having time to read will look differently in every school. It's important that pupils have plenty of opportunities to read for pleasure, but we also encourage you to provide pupils with the opportunity to explore reading as a way to promote wellbeing.

Sometimes reading can help us to relax, switch off or learn something new – or even explore or understand a tricky emotion. These are all things that can help our wellbeing.

Below are ideas to help promote reading for wellbeing in your school:

Playtime Take 10 boxes

Create book boxes that are accessible in playtimes to ensure pupils always have the opportunity to have a relaxing read. The book boxes can be updated regularly with interesting and varied reads (you might like to select Take 10 Ambassadors to help with this) and can be taken out to the playground/field at playtimes and lunch time. You could also provide a blanket/beanbags to create a cosy reading space on warmer days.

Wellbeing book reviews

Print the 'wellbeing book review' template found in the Appendices and attach a few of these with treasury tags to the front of books. When pupils have read the book, they can leave a review about how the book made them feel and inspire others to give the book a read. This idea could be paired with playtime book boxes.

Take 10 ambassadors

Recruit pupil volunteers to help promote Take 10 in your school. Find pupils who value the benefit of reading for wellbeing and can promote or spread the word to

others. Your ambassadors could be in charge of other ideas such as the Playtime Take 10 boxes or Take 10 displays.

School newsletter Take 10 feature

Many schools have a school newsletter for parents. Encourage pupils to write a review for a book they particularly enjoyed and would recommend to peers as a relaxing read to take 10. Find space in your newsletter for this to become a regular feature to promote reading for wellbeing.

Take 10 Book club

Encourage pupils to join a teacher or a student led Take 10 book club. The book club can promote reading for wellbeing by encouraging pupils to take 10 to read before taking part in book discussion. You could read seasonally themed texts, texts that have been recommended in the newsletter or a text the pupils simply like the look off. Help pupils to reflect on the ways in which the reading supported their wellbeing: did the text make them laugh, relax, find out something new or explore a tricky emotion?



Take 10 displays

Create a fun and engaging display filled with a diverse range of texts and pupil recommendations to help inspire the school community to take 10 and read. Provide



a spare for pupils to share a read that supported their wellbeing: a text that helped them laugh, relax, discover something new or explore a tricky emotion.

Take 10 journals

Provide pupils with a reading journal or consider creating a whole class one, in which pupils can record any texts they have read that have helped them to relax, switch off, laugh or discover something new. The journal should be theirs, to do with as they please without it being marked and can be used to record their favourite Take 10 reads to look back on throughout the year and recommend to others.



Appendices

Wellbeing book reviews

**National
Literacy
Trust**
Change your story

**IMAGINE IF YOU COULD
ESCAPE THE REAL WORLD
AND VISIT A SUPERHERO
UNIVERSE, A MAGICAL
KINGDOM OR EVEN
OUTER SPACE
READING CAN TAKE YOU THERE**

Try it for 10 minutes and
see where it takes you.

#Take10toRead

Read and recommend!

Let others know about something you enjoyed reading.

Name: _____ Age: _____

I enjoyed reading _____

Because _____

Circle how you feel when you read this:

