Take 10 ideas for primary schools

As part of the Read Manchester campaign, Manchester City Council and the National Literacy Trust are launching a new initiative to inspire the city to read for 10 minutes every day.

Take 10 celebrates the benefits of reading and calls on children and adults to start a daily reading habit on Wednesday 10 October (10/10), World Mental Health Day.

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**
   Hold a 'drop everything and read' event for 10 minutes. You could bring the whole school together to read in one place, or encourage teachers to incorporate it into their lessons.

2. **Hold a reading and wellbeing assembly**
   The National Literacy Trust has produced an assembly plan and accompanying teacher notes for primary schools, which help teachers to explore the topic of wellbeing and the ways that reading can help pupils to feel happier.

3. **Encourage reading at home**
   Inspire parents of the school's youngest children to share stories at home for 10 minutes every day with Read Manchester's 'Enjoy reading together' leaflet. You could also invite parents into school to join reading events or talk about their favourite books.

4. **Get teachers talking!**
   Make sure teachers across the school have a book on their desk and are happy to talk to pupils about their favourite children's books and what they are currently reading.

5. **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.

6. **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.

7. **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.

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. **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.

10. **Make links with your local library**
    Manchester Libraries offer a free programme to schools, including author/illustrator visits, themed activity sessions and national reading events such as World Book Day and the Summer Reading Challenge. Contact [Cheryl Pridgeon](#)/[Margaret Duff](#) for more information.

Find out more and download resources at [readmanchester.org.uk](#).