take 10 minutes to read

relax, learn and feel good

Join our Take 10 Challenge on Monday 10th May!

Reading for just 10 minutes a day can:

- Improve young people's wellbeing and boost their mood
- Help young people to connect with their emotions
- Improve confidence

Join best selling author Anthony Horowitz for an exciting virtual event, and then drop everything and read as part of our Take 10 Challenge.

National Literacy Trust

Changing life stories

getislingtonreading.org.uk

Reading for just 10 minutes a day can improve our wellbeing.

National Literacy Trust research shows that reading has been a source of escapism for children and young people in this difficult time, supporting their mental wellbeing and enabling them to dream about the future.

Drop everything and read!

Encourage your pupils to take 10 minutes to read by joining our Take 10 Challenge on the 10th May and help us achieve our goal of 100,000 people reading at once. Register here to receive your link to the free Anthony Horowitz launch event!

Join our Take 10 Challenge on 10th May

9.50am
Tune into an exciting virtual event with author Anthony Horowitz as he launches our Take 10 Challenge.

10am
Drop everything and read! Schools, authors and businesses across the nation will drop everything and read for 10 minutes to boost their wellbeing.
Pupils can read anything of their choice – this could be a fiction or on-fiction book, a magazine, a comic, or an online article. They can read independently or you could read as a group.

Afterwards
We'd love to hear from your pupils about how reading has helped their wellbeing. Send us quotes, videos or images of them reading. Encourage your pupils to keep up the Take 10 Challenge and read for 10 minutes every day.

Visit getislingtonreading.org.uk for more information.
Get Islington Reading is delivered by the National Literacy Trust and the Reading Agency in partnership with Islington Council Library Service, Islington Education Library Service and Islington School Improvement Service.