

Did you know? Reading for just 10 minutes every day can help you relax, learn and feel good!



Changing life stories

[literacytrust.org.uk/take10](http://literacytrust.org.uk/take10)

The National Literacy Trust is a registered charity no. 1116260 (England and Wales) and SC042944 (Scotland).



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My name is ..... and I #Take10ToRead every day!

Colour in for every day you read!



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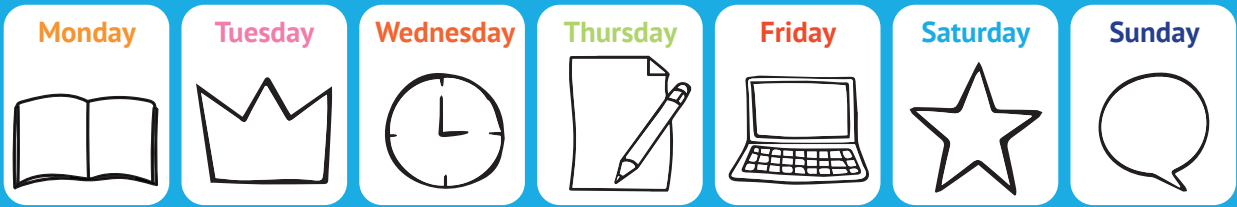
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