Take 10 ideas for high 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, launching on 10 October (10/10), World Mental Health Day.

National Literacy Trust research shows that children and young people 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 students to take 10 minutes to read…

1. **Drop everything and read**
   Celebrate the launch of Take 10 by holding a 'drop everything and read' event for 10 minutes. You could bring the whole school together to read in once 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 secondary schools, which help teachers to explore the topic of wellbeing and the ways that reading can help students to feel happier.

3. **Encourage reading at home**
   Invite parents into school to join reading events or to talk about their favourite books. You could also share book lists and information about the benefits of reading for 10 minutes every day.

4. **Get teachers talking about reading**
   Make sure teachers of all subjects across the school have a book on their desk and are happy to talk to students about their favourite books and what they are currently reading. They should also be ready to share recommended books relevant to their subject.

5. **Wellbeing book list**
   The National Literacy Trust's wellbeing and happiness booklist features titles for children and young people which deal with issues such as friendships, family stress, happiness, grief, anxiety and mindfulness.

6. **Embrace reading in all its forms**
   Encourage students to read more than just fiction books – they might enjoy taking 10 minutes to read non-fiction, newspapers, magazines or blogs.

7. **Set a reading challenge**
   Create some healthy competition with a reading challenge! Students could be tasked with reading books from lots of different genres or work in teams to read a certain number of books.

8. **Reading displays**
   Dedicate displays in classrooms and corridors to promoting reading for pleasure. Share students' recommendations and short book reviews or highlight books linked to recent films. You could also display pictures of teachers reading.

9. **Peer reading**
   Set up a peer reading scheme and encourage older students to spend time reading with pupils in Year 7 and 8.

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 Black History Month. Contact Cheryl Pridgeon/Margaret Duff for more information.

Find out more and download resources at readmanchester.org.uk.