

take

10



minutes
to read

relax,

learn

and

feel good

**Take part in the Take 10 Challenge
on Friday 8 October!**

**Reading for just 10 minutes
a day can help you...**

Feel
calm

Improve your
memory and
concentration

Reduce your
stress levels

Feel
relaxed

**Join hundreds of schools, families and businesses across the
UK as we drop everything and read together for 10 minutes!**



Changing life stories

literacytrust.org.uk/take10

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



WESLEYAN
we are all about you



**ARTS COUNCIL
ENGLAND**

Inspire your colleagues and employees to join the Take 10 Challenge, encouraging them to read for 10 minutes every day to support their wellbeing.

Kick off your team's reading by joining our national Take 10 moment!

#Take10ToRead at 10am on Friday 8 October

Join hundreds of organisations and schools across the country as they drop everything and read for 10 minutes at the same time.

1. Let us know you're taking part [here](#)
2. Send an email or calendar invite to your colleagues/employees to get them involved
3. **Read for 10 minutes at 10am on Friday 8 October**
4. Take a picture of your team's Take 10 moment and share on social media using **#Take10ToRead** and tagging the **National Literacy Trust**

Encourage reading in your workplace

- Set up a book group
- Organise book swaps or an office library space
- Create a book recommendation noticeboard
- Add a 'currently reading' line to your email signatures
- Set up lunch time reading areas

Visit literacytrust.org.uk/take10 for more assets, ideas and information