

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 young people to...

Improve
their
wellbeing

Boost their
mood

Connect with
their emotions

Feel more
confident

Join authors Tom Percival or Louisa Reid for an exciting virtual event,
and then drop everything and read for 10 minutes as part of our
#Take10ToRead Challenge.



Changing life stories

literacytrust.org.uk/take10

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



Connecting
Stories



ARTS COUNCIL
ENGLAND

WESLEYAN
we are all about you

Encourage your pupils to join the Take 10 Challenge, encouraging them to read for 10 minutes every day to support their happiness and wellbeing.

Get inspired and join us at our national #Take10ToRead moment with authors Tom Percival or Louisa Reid: register [here!](#)

#Take10ToRead on Friday 8 October

9:45am

- Primary schools tune in to our event with Tom Percival
- Secondary schools tune in to our event with Louisa Reid

Authors will lead schools into our Take 10 moment at 10am!

Pupils can read anything they like – from books and comics to magazines and articles – independently or as a group.

Share your Take 10

Share pictures of your school's Take 10 moment on social media using #Take10ToRead and tag the National Literacy Trust to inspire your community to get involved!

Keep Take 10 going!

- Have daily Take 10 moments at break or lunch
- Create Take 10 displays of book recommendations
- Set up pupil-led book groups
- Set up mini libraries with books in various spots around school

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