

4 - Reading for Wellbeing

Reading provides wellbeing benefits for children:

Internal	External
Self-regulation Self-awareness Perspective and insight	Empathy and social skills Fostering relationships Navigating social contexts

Think of a significant book from your own childhood and reflect on how it affected your wellbeing at the time.

Assignment: Share a book with a small group of children daily for a week. Choose your books carefully, thinking about their themes and content. Use questioning to encourage discussions about the stories. Observe the children's wellbeing over the course of week, has this regular reading experience improved their wellbeing and overall engagement?