



Module 4 - Reading for wellbeing

Primary Curriculum links:

“Through reading in particular, pupils have a chance to develop culturally, emotionally, intellectually, socially and spiritually.” [page 13]

“Reading also feeds pupils’ imagination and opens up a treasure-house of wonder and joy for curious young minds.” [page 14]

Reading Framework links:

Pupils who read regularly report heightened levels of social and emotional wellbeing. [pages 12 & 13]

Source provided: 5 Batini, J., F., Luperini, V., Cei, E., Izzo, D. and Toti, G. (2021) *The Association Between Reading and Emotional Development: A Systematic Review* *Journal of Education and training studies* 9(1)12-48.

EYFS Framework links:

Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. [page 9]

Learning Outcomes:

- To recognise the potential wellbeing effects of reading
- To understand the mechanisms by which reading can affect wellbeing
- To appreciate the adult’s role in reading for wellbeing

Module overview:

This module focuses on the role reading plays in children's wellbeing by:

- Highlighting contemporary research which supports the positive relationship between reading and children's wellbeing – exploring the internal and external benefits of reading.
- Exploring some of the mechanisms by which reading can influence children's wellbeing including:

- exploring emotions through books

- books as a safe space

- empathy and understanding

- connection and community

These are supported in video format by children's author Michael Rosen and director of the University of Edinburgh Literacy Lab Sarah McGeown.

- Focusing on the role of the adult in reading for wellbeing, including video content from practising teaching assistant Sophie Jebb, on the themes of:

- engaging children through shared reading and reading aloud

- scaffolding children's book choices and exploring genre

- using dialogue and questioning in reading experiences

- Summarising key learning points and introducing an optional assignment which encourages application of theory into practice.