

## **RH7Reads!**

*At this moment in our society, reading for pleasure, sharing stories, being able to escape our four walls through the pages of a book could be more important than ever.*

*Reading can help with our mental health and well-being: reading for just 6 minutes has been shown to reduce stress levels by 68%.*

*But more than that, taking time to share stories, losing ourselves in a book, travelling the high seas or the Milky Way from the comfort of a sofa might just be the tonic we all need.*

### **So, where do you start? 10 Top Tips**

1. **Read to each other and together.** Click [here](#) to read about the benefits, even if your child is an independent reader.
2. **Read the book first then watch the tv show/film.** Which do you prefer? Click [here](#) for some recommendations.
3. **100 Book Challenge** – titles for each Year group are in the back of Prep diaries. How many can you read?
4. **Award Winners** – it's the time of year when there are Book Awards galore! Click [here](#) to find a list of the best book award winners 2018 – 2019. Shortlists and winners for 2020 are being announced now. Which is your favourite?
5. **Be a Reading Star:** Have fun as a family by playing the [Reading Star Game](#)
6. **Take part in our [Share a Story Photograph Competition](#)**
7. **Listen to audio books:**
  - <https://www.audible.co.uk/> requires an account and monthly subscription for access to a wide range of audio books
  - <https://www.bbc.co.uk/teach/school-radio/audio-stories/zh3t2sg> Online audio stories for children aged 4 - 11. Stories cover a broad range of primary topics. Stories are grouped by theme and Key Stage and are typically about 5 minutes long.
8. **Take part in an author masterclass!** Listen to authors talk about their work, read extracts and be inspired for free! <https://authorfy.com/masterclasses/> and <https://www.worldbookday.com/online-masterclasses/>
9. Explore [The Reading Realm](#) is a fantastic app to explore books, some of it for free.
10. **Discover** what to read next at [Toppsta](#) or even better, write a review yourself!

***“Reading gives us some place to go when we have to stay where we are.”***  
***(Mason Cooley)***