

# BENEFITS OF READING FOR PLEASURE

by Nicola Morgan



The crucial thing to remember is that everyone appreciates *different* benefits. Some readers love learning something; others like to be carried away by a story; some might enjoy a scary book and others want to laugh. Some want to read stories about familiar things, others want to be carried into different worlds or fantasy settings. If we *discuss* the possible benefits, young readers can choose ones they like the sound of. After discussion, ask them to *choose* 2-4 that appeal and then to see whether they notice these benefits after reading.

Discuss which of these resonate with the young people you work or live with. (You might also find my Readaxation Diary useful for this.)

1. You can feel less stressed – your heart rate slows down
2. You can switch off from worries
3. It helps you get to sleep
4. It gives you a quiet time to refresh your mind
5. It helps you understand other people better
6. It helps you face and understand difficult times
7. It helps you know more about the world – including facts
8. It improves imagination/creativity
9. It exercises lots of areas of the brain
10. It helps you succeed better at school subjects
11. It increases your vocabulary
12. It makes you a better writer
13. It raises your confidence and self-esteem
14. It helps you work through your own worries or problems
15. It lets you feel emotions you *want* to feel
16. It raises your spirits by making you laugh
17. You can take risks and face adventures in a book while staying safe
18. It makes your life feel better
19. It makes you more open-minded and tolerant
20. It lets you escape into another world for a while

For the science and evidence for the benefits of reading, see the Reading Brain section of my website.

*Nicola Morgan is the author of award-winning books of fiction and non-fiction and is an international expert on aspects of wellbeing, adolescence and reading. She lectures on the science and benefits of reading (and other topics connected to wellbeing and adolescence. See her website for lots of free resources and details of her work, including her exciting and award-winning novels for teenagers.*  
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