

# Readaxation

by Nicola Morgan

never stop  
growing  
your  
minds:  
Books  
grow  
yours



Love your brain:  
love reading

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Reading for relaxation:  
building brilliant brains

Nicola Morgan

## MY HOLIDAY READING FOR PLEASURE PLEDGE

NAME: .....

- ✓ *I will read every day because I love my brain!*
- ✓ *I will read every night before I sleep.*
- ✓ *I will feel proud every time I read, because reading grows my brain and stretches my mind.*
- ✓ *\*I especially love it when a book:*

1. ....

2. ....

(\*Examples: relaxes me; makes me laugh; fires my imagination; shows me amazing facts; helps me have empathy; is about people like me; is about people different from me; is exciting and even scary; makes me forget my worries. Whatever you feel or think!)

**For more about Nicola Morgan's work, books and talks:**

**[www.nicolamorgan.com](http://www.nicolamorgan.com)**