

## READING FOR PLEASURE ACTIVITY:

### “What I like about reading”

by Nicola Morgan



Everyone likes *different* things. Some love learning something; others like to be carried away in fiction; some enjoy a scary book and others want to laugh. Some want stories about familiar things, others to be transported into new worlds or fantasy settings. This activity promotes that idea in a practical way and empowers readers to read for reasons *they* will like and therefore makes them likely to read more. This is how to build a desired habit.

A. With your group (class, reading group, any young readers, or your own children) ask the following question: “What can you think of that people might enjoy about reading? Or that you sometimes enjoy about reading?” You might ask them to think of a book they once loved. They can also choose books that were read to them.

Below are some ideas, many of which they’ll think of themselves. Record the ones they like.

1. Lets you escape into another world for a while
2. You can feel less stressed // switch off from worries
3. You can feel emotions you want – you can choose to be scared or sad or happy
4. Can make you laugh, raising your mood
5. Helps you get to sleep
6. Peace/space from demands of other people
7. Helps you understand other people better
8. Helps you feel better about difficult situations // work through worries or problems
9. Helps you know more facts or have more ideas – opens your mind
10. Teaches you new words
11. Improves imagination/creativity
12. Exercises lots of areas of the brain (they may not know this but will probably like it)
13. Makes you a better writer
14. Makes you feel proud and confident
15. You can take risks and face adventures in a book while staying safe
16. You can choose to read about people just like you or people who are different

B. After a brief discussion, ask each person to write down 2-4 that appeal to them most, the things they would love to feel while reading a book.

C. Give them the chance to choose a book they think will give them those desired benefits. Some readers will need help but the school librarian will be brilliant at this.

D. Once each reader has chosen a book, create the reading opportunity. This could be a whole-group quiet reading session or it could be for them to do at home before bed.

E. Crucially, afterwards, discuss whether they noticed the desired benefits. If they did, excellent – job done. If not, discuss choosing a different book and trying again.

*Nicola Morgan, The Teenage Brain Woman, is the author of award-winning books of fiction and non-fiction and is an international expert on aspects of wellbeing, adolescence and reading. See her website for lots of free resources and details of her work, including her exciting and award-winning novels for teenagers. [www.nicolamorgan.com](http://www.nicolamorgan.com)*