



Benefits of reading for pleasure

We know that you know reading for pleasure is important but does everyone else in your school?

We've pulled together some of the many benefits that exploring books and building a reading habit can bring so that you can easily share them with staff, students or parents if you want to.

- Reading for pleasure has many non-literacy benefits and can increase empathy, improve relationships with others, reduce the symptoms of depression and improve wellbeing throughout life (The Reading Agency 2015).
- Reading for pleasure has social benefits as well and can make people feel more connected to the wider community. Reading increases a person's understanding of their own identity, improves empathy and gives them an insight into the world view of others (The Reading Agency 2015).
- Students with more positive attitudes towards reading are more likely to read at or above the expected level for their age (Clark 2014).
- There is a strong association between the amount of reading for pleasure students say they do and their reading achievement (Twist 2007).
- Students who read for pleasure make significantly more progress in vocabulary, spelling and maths than children who read very little (Sullivan and Brown 2013).
- Teachers who encourage students to read books of their choice for pleasure is a major contribution towards students developing a positive attitude towards reading and a life-long interest in reading. (International Reading Association, 2014).

Top tip: why not try displaying some of these around the library for everyone to see when they come in?