



A STUDENTS GUIDE TO READING AT HOME

SET YOUR SPACE

Find a place you feel safe – your bed, an armchair, the garden, the loo!

Make sure it is well lit and get comfy with accessories such as cushions, a blanket or a favourite mug.



LESSEN DISTRACTIONS

Silence your phone or lock it away if you need to.

BE YOURSELF

The book you choose doesn't have to impress anyone, be a best seller or a classic.

The important thing is that the subject matter has captured your interest and will provide a space for your mind to relax in every day.

THE RIGHT ONE

Use the five finger test to help decide if a book is right for you. Open the book and read a page. Every time you find a word you don't know count one finger.

If you get to five the book is likely too hard, so try another.

BE KIND TO YOURSELF

Reading the news may not be the best choice right now if it makes you feel angry or helpless.

Pick a novel where you can escape into another world. Or read about an activity that you enjoy- a hobby, travel, food.

EASE ANXIETY

Reading relaxes your body by lowering your heart rate and easing the tension in your muscles.

It works better and faster than other relaxation methods, such as listening to music or drinking a hot cup of tea.

CHANGE YOUR MINDSET

Reading for pleasure is different to 'required' reading such as emails, news, school work, signs etc.

Reading can be a wonderful escape from the stress of everyday life. We all need a distraction.



JOURNAL IT

Use a journal to track your progress or compile a poster of your reading journey with book covers.



TAKE COMFORT IN THE FAMILIAR



If you want to read the same book do it again and again! Re-reading builds confidence and fluency.

READ WHAT YOU LOVE



It's fine to stop reading a book if it doesn't feel right. But try to read at least 10 minutes or a first chapter. Do you want to find out what happens next ?

THE POWER OF WORD OF MOUTH

Share what you have enjoyed reading with friends and ask for book recommendations from each other or use your social media.

Your generation is living through a unique shared experience and teachers/librarians can't always relate quite as well.



TRY MANGA OR A GRAPHIC NOVEL



Available in a range of genres - from classics reimagined to adventure, fantasy and biography.

See excelsioraward.co.uk for recommendations.



STORIES THAT SPEAK TO YOU

Download an audiobook on your daily walk/run or to chill out with before bed .

As well as being calming this will help improve your pronunciation, memory and critical thinking skills.

REDUCE VISUAL STRESS

If you are dyslexic or struggle with black text on a white background try a coloured overlay. Available to order online in mixed packs, experiment to see which colour works best for you.

POETRY FOR EVERYONE

Don't dismiss poetry - full length novels written in verse are a popular trend. All that white space on a page makes them super readable and they can pack a punch.

Try Kwame Alexander, Sarah Crossan, Dean Atta or Jason Reynolds.

IN IT TOGETHER

If possible read with a sibling. Life is busy and alongside creating memories you can also offer practical support to parents or primary caregivers who maybe struggling to balance work with homework.