

Reading for wellbeing in PSHE



To mark World Book Day, which took place earlier this month, Lower 4 have focused on the benefits of reading in PSHE. The class did some group reading and explored the audio book platform at Gateways which allows people to access books in a different way. Many people enjoy reading; It offers us a chance to learn, engage our imaginations and allows us to explore different topics and concepts.

Reading regularly helps improve our vocabulary and can make us into a better communicator – skills that become ever more vital as we enter the world of work. Moreover, reading helps us to improve our sense of empathy (understanding the feelings of others), which in turn can make us a better friend.

Not only this, but research shows regular reading can reduce stress, calm anxiety and improve our sleep quality. Books provide an escape from life, reducing worry and making us feel more relaxed. It can be a great way to wind down at the end of the day, allowing us to get better quality sleep.

With all these benefits on offer, taking time to centre reading and incorporate it into the routines of our lives is definitely a worthwhile endeavour.

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