



Top 10 reasons why reading is so important:

1. Reading exercises our brains. Reading is a much more complex task for the human brain than, say, watching TV is. Reading strengthens brain connections and actually builds new connections.
2. Reading improves concentration. Children have to sit still and quietly so they can focus on the story when they're reading. If they read regularly as they grow up, they develop the ability to do this for longer and longer periods.
3. Reading teaches children about the world around them. Through reading, they learn about people, places and events outside their own experience. They are exposed to ways of life, ideas and beliefs about the world which may be different from those which surround them. This learning is important for its own sake; however it also builds a store of background knowledge which helps younger children learn to read confidently and well.
4. Reading improves a child's vocabulary, leads to more highly-developed language skills and improves the child's ability to write well. This is because children learn new words as they read but also because they unconsciously absorb information as they read about things like how to structure sentences and how to use words and language effectively.
5. Reading develops a child's imagination. This is because when we read our brains translate the descriptions we read of people, places and things into pictures. When we're engaged in a story, we're also imagining how the

characters are feeling. We use our own experiences to imagine how we would feel in the same situation.

6. Because reading does all the things mentioned above, children who read do better at school. And they don't just do better at subjects like reading, English and history. They do better at all subjects and they do better all the way through school.

7. Reading relaxes the body and calms the mind. This is an important point because these days we seem to have forgotten how to relax and especially how to be silent.

8. The constant movement, flashing lights and noise which bombard our senses when we're watching TV, looking at a computer or playing an electronic game are actually quite stressful for our brains. When we read, we read in silence and the black print on a white page is much less stressful for our eyes and brains.

9. Through books and stories, children can also learn about people and places from other parts of the world, improving their understanding of and concern for all of humanity. This, in turn, contributes towards our sense that we truly live in a "global village" and may help us bring about a more peaceful future for everyone. This can happen through nonfiction but, perhaps even more importantly, reading stories that are set in other places and time periods can give children a deeper understanding of others through identification with individual characters and their plights.

10. Through stories and novels children can vicariously try out new experiences and test new ideas, with no negative consequences in their real lives. They can meet characters who they'll enjoy returning to for comforting and satisfying visits when they reread a cherished book or discover a sequel. Books also give kids the opportunity to flex their critical thinking skills in such areas as problem solving, the concepts of cause and effect, conflict resolution, and acceptance of responsibility for one's actions. Mysteries allow children to follow clues to their logical conclusions and to try to outguess the author. Even for very young children, a simple story with a repetitive refrain or a simple mystery to solve gives a confidence boost. Children can predict the patterns and successfully solve the riddles.