

Why is reading for pleasure important?

Research shows that regular reading:

- improves **brain** connectivity.
- increases your vocabulary and comprehension.
- empowers you to empathize with other people.
- aids in sleep readiness.
- reduces **stress**.
- lowers blood pressure and heart rate.
- fights depression symptoms.

Year 7 Spring Wider

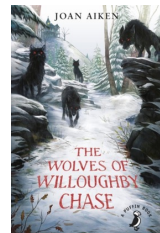
Reading List

If you cannot stay away from your phone for too long, but still want to read, check out:

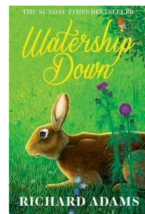
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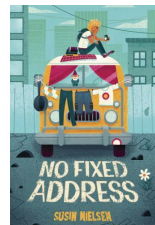
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The Wolves of Willoughby Chase by Joan Aitken



Watership Down by Richard Adams



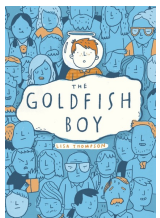
No Fixed Address By Susan Nielsen



Skulduggery Pleasant by Derek Landy



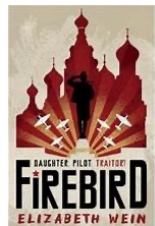
Lou Out of Luck By Nat Luursemma



The Goldfish Boy by Lisa Thompson



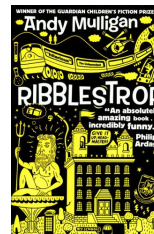
Stay a little longer By Bali Rai



Firebird by Elizabeth Wein



The Land of Roar By Jenny McLachlan



Ribblestrop By Andy Mulligan

Here are a range of fun activities you can do to accompany your reading. Choose as many as you like to complete (but try at least one per week)

Record yourself reading the book aloud. Think carefully about tone, speed, and different voices for the characters.	Talk to your family about their favourite books. What did they read? Are their tastes different to yours?	Create a thought bubble outlining the character's thoughts, feelings, opinions and ideas at an important part of the novel	Your book is to be made into a film. Write the pitch to the producer and create the film poster
Flick to any page and write down the five most interesting words on that page. Find out their meanings and create new sentences.	Redesign the book cover and the blurb	Make a model of your favourite character. Choose materials you have at home already.	Find a "hole" in the story where the character disappears for a time and describe what they do when we can't see them.

If you manage to read all of these books, let Mrs Morrison know and you could be in the chance of winning a reading champion prize!