

Bluesday Tuesday

Reading, mental health, and wellbeing

We know that reading is good for our mental health.

Suffolk Mind are part of the National Literacy Trust's 'Year of Reading'.

We are encouraging children and their families to think about how the characters are moving in the story, and how they could move to change their mood.

Worksheets for KS1 and KS2 are included in this pack. You can link the work to each person's own reading book, to the class story, or Suffolk Mind's Sammy the Sea Squirt (ideal for KS1).

KS1 objectives

- I can plan a cosy reading space to read a book and make a list.
- I can write about how reading makes me feel.
- I can notice how the character in the story is moving.



KS2 objectives

- I can plan a cosy reading space and consider meeting my emotional need for privacy.
- I can notice what emotions the characters in a book are feeling and why.
- I can consider how the main character is meeting their need for movement at the moment.
- I can imagine what else could they do to move to change their mood.

