# take 10 minutes to read

## relax, learn and feel good

## Take part in the Take 10 challenge on Friday 8 October!

### Reading for just 10 minutes a day can help you...

Feel calm

Improve your memory and concentration

Reduce your stress levels

Feel relaxed

**Join hundreds of schools, families and businesses across the UK as we drop everything and read together for 10 minutes!**

National Literacy Trust

Changing life stories

## literacytrust.org.uk/take10

Connecting Stories

take 10

ARTS COUNCIL ENGLAND

WESLEYAN
we are all about you

READ
Manchester

MANCHESTER
CITY COUNCIL

**Inspire your colleagues and employees to join the Take 10 Challenge, encouraging them to read for 10 minutes every day to support their wellbeing.**

Kick off your team's reading by all joining our national Take 10 moment!

**#Take10ToRead at 10am on Friday 8 October**

**Join hundreds of organisations and schools across the country as they drop everything and read for 10 minutes at the same time.**

1. Let us know you're taking part **here**
2. Send an email or calendar invite to your colleagues/employees to get them involved
3. **Read for 10 minutes** at **10am** on **Friday 8 October**
4. Take a picture of your team's Take 10 and share on social media using **#Take10ToRead** and tagging the **National Literacy Trust**

**Encourage reading in your workplace**

- Set up a book group
- Organise book swaps or an office library space
- Create a book recommendation noticeboard
- Add a 'currently reading' line to your email signatures
- Set up lunch time reading areas

Visit **readmanchester.org.uk** and **literacytrust.org.uk/take10** for more assets, ideas and information