

MONDAY
Money

TUESDAY
Build the Change

WEDNESDAY
Sport

THURSDAY
Science

FRIDAY
Culture

THE DAY
Build a better world



NEWS DETECTIVES

TODAY'S BIG STORY

Five reasons to get lost in a good book

Are books more fun than video games? Yesterday people dressed up as their favourite character for World Book Day. But not everyone knows the many benefits of reading.

What is the point of reading? Why do we stare at marks on a piece of paper for hours? Is it not faster to learn something from a video, and more fun to watch a TV show?

Don't be silly! In honour of World Book Day, here are five reasons to get lost in a good book.

Reading puts you in other people's shoes. When you read a book, you get to see the world through the eyes of another person. Stepping outside of yourself makes you more **sympathetic**.

Reading helps you pay attention. "Reading is to the mind what exercise is



Booksmart: Scientists have shown that regular reading makes your brain work faster.

THE STORY SO FAR

World Book Day was started in 1995 by the **United Nations**. It aims to encourage reading for people of all ages and is celebrated in more than 100 countries around the world.

to the body," wrote Joseph Addison in the 18th Century. Scientific studies back him up. People who read books get their **neurons** firing faster and are better at solving problems.

Reading makes your vocabulary bigger. Reading books makes you

perspicuous, judicious, and sagacious. Knowing more words is like having more colours to paint with. You can **express** the full rainbow of your feelings.

Reading makes you live longer. One scientific study found that people who read more than three and a half hours a week lived almost two extra years!

Reading is how you feed your imagination. The point of life is not just to live a long time, but to make the most of our time here. Picturing worlds inside your head will help you to see how your life might be **otherwise**, and how you could change it.

KEY WORDS

Sympathetic: Able to understand and feel for other people

Neurons: Brain cells

Perspicuous: Being able to express an idea clearly

Judicious: Sensible

Sagacious: Wise and good judgement

Express: Put into words

Otherwise: Different

United Nations: A group aiming to make the world peaceful



YOU DECIDE

Are books more fun than video games?

YES. There is no comparison between what a computer can do and what you can imagine.

NO. A game is pure entertainment. More than 90% of American children play video games — so they must be fun.



THE DETECTIVE ZONE

SPOT THE FAKE

One of these three news stories is fake. Which one?

Mexican president posts photo of an ancient 'elf'

Vatican to hold training in fighting demon possessions

Italian government bans gnomes from public squares

What is the most sold book ever?



- A) The Bible
- B) Harry Potter and the Philosopher's Stone
- C) The Quran
- D) The Lord Of The Rings

TIME TO DESIGN!

They say don't judge a book by its cover. But now your job is to help someone do just that. Think of a book you love and design a new cover for it!

Step one:
Think about your design! Why do you love the book? What picture might show someone else what is so great about the book?

Step two:
Create your design! Draw your book cover. If you have time, you could even make a video trailer for the book.



Talking point

If you have seen the film of a story, why might you still want to read the book?

Amaze someone

World Book Day was started partly to celebrate the Spanish writer Miguel de Cervantes, but his book Don Quixote is about the dangers of too much reading.

The earliest named author is Enheduanna, a priestess in Sumer (now Iraq). She wrote hymns about the Sumerian gods about 4,300 years ago.

THE EXTRA PAGE

What is World Book Day?

World Book Day is a day to inspire and encourage people, especially children, to read. In the UK, where the holiday started, students from all over receive a voucher to get a book just for them from registered schools. Not only is it a day for kids to embrace a new book, it is also a day to show some love to illustrators and authors. Many schools have activities to commemorate the day like dressing up as a beloved book character or having designated reading time.

When is World Book Day?

This year, it is celebrated on 2 March in the UK and Ireland (it is usually the first Thursday of March). In over 100 other countries, it is on 23 April.

How did World Book Day get started?

Established by UNESCO back in 1995, World Book Day was created to promote a love for reading and books. In 1997, it was first celebrated in the UK and Ireland to inspire a curiosity for reading.

Although it is celebrated in March in the UK, the United Nations selected 23 April for the holiday because of the many authors whose birth or death occurred on this day. For example, Shakespeare, Haldor K Laxness, and Manuel Mejia Vallejo were born on 23



Lost for words: Reading for pleasure is a sign of success at school and in later life.

April, while Shakespeare and Miguel de Cervantes passed away that day. The original idea for this holiday started with Vicente Clavel Andres, a writer from Valencia, who wanted to honour the author of Don Quixote, Miguel de Cervantes.

While this day does serve to remember and honour past authors, it is also a reminder that reading has many educational and social benefits. Reading is important for a child's development and well being, but it is also just fun!

How do they celebrate World Book day in the UK?

The World Book Day organisation works with schools to offer vouchers for each student to receive a free book. Then, a network of bookstores and publishers that have partnered with the World Book Day organisation accept

these vouchers or tokens. Their website provides a list of resources on how to get started and enjoy the day. They even have lists of book recommendations according to topic and age.

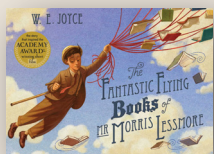
How is World Book Day celebrated elsewhere?

As part of World Book Day, UNESCO selects a World Book Capital for the year. The selected city promotes a love for reading for 12 months through cultural activities for all ages. Accra in Ghana is the World Book Capital for 2023.

In other countries, many schools and libraries have events and activities to celebrate the day. Many people donate to charities that make books more accessible in their communities. ■

This is an edited version of a story from © BookRiot [04/02/2022]

Now read the book



Fantastic Flying Books of Mr Morris Lessmore by William Joyce

Simon and Schuster
£7.99



The Ship of Shadows by Maria Kuzniar

Penguin Random House Children's UK
£7.99

Answer to the puzzles

Book question

The Bible — an estimated five billion copies sold

Spot the fake

Italian government bans gnomes from public squares