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All Story Project lessons use our unique S.T.O.R.Y. structure. Read more about how this works in our [blog post](#).

Resources needed	Activity A: books!	Activity B: Reading poster examples (below)
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Further facilitation notes are provided in the PowerPoint.

Aspect	Timing	Activity
Settle 	3 mins	Book Wave <ul style="list-style-type: none"> Stand up tall. Close your eyes and take a deep breath Reach out to the side with your left arm, wiggle your fingers. Now place your right arm on top of your left arm. Using your right arm, reach up and over your head like the page of a book turning. Now repeat on the other side, taking deep calm breaths each time you ‘turn the page’.
Training 	10 mins	<ul style="list-style-type: none"> Look at the front cover of the book. How could Matilda be feeling? From the illustration, can you describe how she might feel about reading?
Objective 	5 mins	<ul style="list-style-type: none"> I can tell you why reading is good for my wellbeing
Read 	15 mins	<ul style="list-style-type: none"> Share an extract of the story with pupils - Chapter 1, from page 6 to page 15. Use the suggested comprehension questions to develop pupils’ understanding of vocabulary, retrieve information, and infer meaning.
You 	12 mins	<p>Class discussion: Why do you think reading is good for wellbeing? (prompts in the slide)</p> <ul style="list-style-type: none"> Then choose either Activity A or Activity B (or you can do both!): <p>Activity A: Reading time!</p> <ul style="list-style-type: none"> Ask the class to go get their favourite book (or a comic, magazine etc) Give them 5-10 minutes of quiet reading time. If possible, do this in the school library or a quiet reading area. Dim the lights slightly and invite the children to get comfortable. At the end of the session, invite children to share a little about what they have been reading. Importantly – ask each child to talk about they feel after reading. Can they compare it to how they felt beforehand? Do they notice a difference in their heart rate or mood? Are they excited or calmed by what they have read? <p>Activity B: Reading Posters</p> <ul style="list-style-type: none"> Using ideas from the class discussion, invite children to create posters that encourage reading as a wellbeing activity. <ul style="list-style-type: none"> See PPT slides for ideas. This can be done on paper or using ICT. You can also share reading posters from The Story Project, available below. Put the posters up around school and in your classroom.

About The Story Project: An award-winning social enterprise using the magic of stories to improve children’s wellbeing and literacy in schools. **Led by high-quality, popular books** and rooted in the latest research, we have remarkable impact from **Nursery to Year 8** with our fully resourced curriculums created by teachers that meet all the statutory RSHE guidance (July 2025)



For more information, contact us info@story-project.co.uk or find us on social media.

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PROJECT**



Books make me smile

Why books support our wellbeing

Reading is calming

Reading builds empathy

**Reading develops our
imagination**

Reading focuses our minds

Reading is fun

**The STORY
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Stay

True

To

Your

Shelf