



# World Book Day® 2026: Build Your Reading Community

## World Book Day Activities – Books That Matter

### Books, Belonging and Wellbeing Reading for Mental Health and Wellbeing

World Book Day is a fantastic opportunity to spark a love of reading across your entire school community. Whether you're planning a low-key event or a week full of book-themed fun, this crib sheet is packed with creative, inclusive, and easy-to-organise ideas to help you bring reading to life for every student and staff member.

#### Tips for how to celebrate World Book Day in your school:

- Create a display with the 5 steps to wellbeing, or create a page on your website or in your school library, inviting recommendations from staff and students for reading that fits each category:

**Connect with Others:** reading which made us feel closer to someone or something.

**Be Active:** reading which made us want to move, do or create.

**Take Notice:** reading which helped us to take notice of the world around us.

**Keep Learning:** reading which helped us to discover something new.

**Give to Others:** reading which showed us the importance of being kind.

- Hold a reading swap where students bring in books that they have read that they connected with and inspired them.
- Have a wall or bulletin board, where students can post reading recommendations, using JEG's book celebration template, to share their love for something that has had a positive impact on their wellbeing.
- Host a reading club at lunch, or after school, inviting students to come along with their favourite book (in any form) or poem and share it with the group. Teachers can facilitate a guided discussion supporting students to reflect on how the reading's themes align with personal well-being and emotional growth.
- Set aside 5 minutes at the start of each class for a "Mindful Moment" where students can either participate in breathing exercises and mindfulness or read a short favourite passage, which helps them focus on their emotions, mental health, or mindfulness.
- Create Your Own Mindfulness Playlist - students create a playlist of songs that help calm and relax them when reading. The playlist may also be specific to the students' favourite text including songs that they feel represent the themes of the book or a particular character.
- Emotional mapping - students select a character from something they've read and create a 'mind map' or 'emotion wheel' based on the character's emotional journey.
- Organise a 'group rotation' style event in form time, where students rotate through quick, 5-minute rounds of recommending different types of reading to each other for one of the 5 steps to wellbeing.

**Connect**



**Be Active**



**Take Notice**



**Keep Learning**



**Give**

