

## For Families: World Book Day® 2026

Jigsaw PSHE has created exciting resources for World Book Day 2026, that help children discover how the books we choose can support our mental and physical health, connecting these ideas to the NHS's five ways to wellbeing.

### 1. Books that bring us together - Connect with other people

- Share books from your childhood with your child – if you don't have a copy you can talk about why you liked it, or visit a local library
- Create a family book jar - everyone adds titles to share
- Ask relatives for their favourite childhood book recommendations
- Take turns reading aloud to each other
- Ask children which books they used to read that they loved – and perhaps choose one to read together again.



### 2. Books that get us moving - Be physically active

- Read adventure stories then go outside and make links between what you have read through what you see, or the experiences of people and characters.
- Try recipes from books you've enjoyed
- Take books for outdoor reading picnics
- Create activities inspired by stories you've read
- Listen to books whilst walking that may reflect the places you are visiting



### 3. Books that help us appreciate the here and now – Pay attention to the present moment

- Create a cosy reading corner with pillows, blankets and soft lighting
- Have quiet reading time where everyone reads nearby
- End days with calm bedtime stories
- Take books to peaceful outdoor spots
- Talk about how we feel in our body and mind at different times when reading



### 4. Books that teach us new things – Learn new skills

- Follow craft or recipe books together
- Let your child teach you something they've learned about from reading
- Explore non-fiction about topics your child mentions
- Create a family 'curious questions' list inspired by books
- Use pictures in books to inspire drawing, painting or other creative ideas



### 5. Books that show kindness – Give to others

- Discuss acts of kindness you notice in stories
- Donate outgrown books to local schools or charities
- Write thank you notes to authors you've enjoyed
- Share book recommendations with other families
- Recognise the importance of being kind to ourselves by choosing a book we enjoy



## Supporting your child at school

### Before World Book Day:

Help your child think about books that they love that fit the five themes - which books make them feel happy, curious, peaceful, active?

**During the week:** Ask about book discoveries and show interest in their completed book cards.

### After World Book Day:

Continue exploring themes at home and visit your local library together.

## Creating mindful reading at home

- **Gratitude moment:** Before reading, say one thing you're grateful for about books
- **Peaceful spaces:** Create calm reading corners with cushions and gentle lighting
- **Bedtime reading:** Use soft voices and choose settling stories
- **Reading walks:** Take favourite books to comfortable spaces outdoors
- **Book appreciation:** After reading, share what you enjoyed about the story

## Don't forget the value of comfort reading

It's wonderful to re-read favourites or choose 'easy' books. Comfort reads are valuable because they:

- Build confidence and fluency
- Provide emotional comfort
- Allow us to notice new details in familiar stories
- Remind us that reading should be enjoyable, not always challenging

**Encourage your child to mix new challenges with comfortable, familiar books. All reading counts - comics, picture books, poetry, anything that brings joy.**



## Sometime adults need help too! Rediscovering reading for joy.

Reading for pleasure reduces stress and provides mental stimulation, but in our busy lives it can be easy to get out of the habit!

### Tips for getting back into reading

#### Start gently

- Give yourself permission to read 'easier' books – young adult fiction, graphic novels, books you loved years ago
- Set tiny goals – even five minutes before bed counts
- Choose comfort over challenge – pick books that sound enjoyable
- Remember audiobooks count – perfect for commutes or household tasks

#### Create your reading space

- Claim a spot – a favourite chair with good lighting
- Make it comfortable – soft throw, good lighting, tea nearby
- Protect reading time – even 10 minutes is valuable
- Remove pressure – no need to finish every book you start

#### Rediscover what you love

- Revisit teenage favourites – many will still bring joy
- Try new genres – mystery, romance, biography, poetry
- Ask for recommendations – friends love sharing favourite books
- Read some children's books – you'll have more to discuss with your child

### Remove the pressure

- It's fine not to finish books – life's too short for books you don't enjoy
- Re-reading favourites is wonderful – comfort reads are valuable
- All formats count – physical books, e-books, audiobooks are all 'real' reading
- Reading speed doesn't matter – slow reading can be more mindful

### Fit reading into life

- Bedtime reading – helps you unwind
- Commute reading – if travelling by public transport
- Weekend reading – protect some time over morning coffee
- Waiting time – keep a book for appointments or queues

### Your example matters

When children see adults choosing comfort reads, talking enthusiastically about books, and reading for pleasure, they learn that reading is a source of lifelong joy and wellbeing.

