

## WHY IS READING SO IMPORTANT?

*by:*

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Reading involves difficult tasks, including decoding, making predictions, and asking questions. Good readers are able to relate what they currently know to what they want to learn by being familiar with sight words, using context clues to comprehend new terminology, and using context cues.

Additionally, reading to children is a challenging process. Many factors, including a child's experiences, family relationships, health, and nutrition, have an impact on early learning. Teachers of reading at all levels must also work with pupils with a variety of learning styles and aptitudes to help them develop the skills necessary to comprehend literature in all subject areas.

Reading stimulates several parts of the mind. Comprehending the words and individual reads is the first step. Reading words off a page can also help remember things, sharpen memory, and even boost creativity. Reading and writing can help communicate better. Without a doubt, reading a lot helps one learn a lot. The more you read, the more "well-read" you become.

Reading gives students the possibility to embrace ideas that can change or enhance their identities. They can pick up information about societies, historical occurrences, and people they might not otherwise be aware of. Both an adventure and an escape can be found in books. Additionally, reading has been shown to reduce stress by promoting relaxation. Reading allows for full brain concentration on a single task, which has meditative benefits that lower stress levels for the reader. Reading offers positive

neurological and psychological consequences as well as the ability to broaden one's perspectives, amuse oneself, and excite the imagination.

As generated from <https://www.rochester.edu/>, the secret to unlocking the door to a lifetime of learning is to establish a love of reading early on because reading is a prerequisite for learning. When books are read aloud, children are exposed to literature as enjoyable, enjoyable, and thrilling formative experiences. Children who value books are more likely to read independently as adults and will probably always value books.

Furthermore, whether one struggled to learn it or it came naturally to him or her, reading can be seen as both a gift and a luxury. In fact, even if it's not a book, we read something every day. It's challenging to resist the impulse to read everything, including emails, business documents, signs, and text messages.

Without a doubt, reading gives you strength since it makes it easier to tell fact from fantasy. It provides the truth and its lessons for us. Two things that are necessary for locating oneself and navigating the environment.

#### *References:*

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