

IMPORTANCE OF READING

by:

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Reading plays a crucial role in a child's growth, shaping their thinking skills and providing boundless knowledge. It keeps the mind active, helping children understand fundamental life principles while expanding their vocabulary and intelligence. Through reading, they develop mentally, emotionally, and psychologically.

Beyond intellectual growth, reading also serves as a form of relaxation. It reduces stress and anxiety by immersing readers in different worlds, making them feel as if they are part of the story. This deep engagement stimulates the imagination, sparks new ideas, and introduces fresh perspectives.

Additionally, reading enhances focus, concentration, and language skills, making it an essential exercise for the mind. Whether for learning or leisure, reading fosters personal development and enriches a child's journey toward maturity.

Reading fosters a sense of empathy by allowing us to see the world through the eyes of different characters and understand their experiences, challenges, and emotions. This ability to put ourselves in someone else's shoes extends beyond fiction, helping us become more compassionate and understanding individuals in real life.

Additionally, reading serves as a source of inspiration and motivation. Stories of resilience, perseverance, and triumph encourage us to overcome obstacles and strive for personal growth. The lessons we gain from these narratives can shape our perspectives and push us toward self-improvement.

In an era where screens dominate our daily lives, setting aside time for reading offers a much-needed digital detox. It provides a peaceful escape from the hustle and bustle of modern life, allowing us to slow down, reflect, and engage with the world in a more meaningful way.

These are reading benefits that we should cultivate in our lives. They are as follows:

Sharpen your mind.

Reading stimulates your mind and makes you more active. Reading books every day can help sharpen your mind, particularly the part of the brain that involves concentration and critical thinking.

Increase your vocabulary.

Through reading, you can come across new words and find the definite meaning of these words.

Lower your stress

Reading and focusing on the printed materials every day, helps relieve your mind and lowers your stress and anxiety. You can relax and have a comfortable life and let the stress melt away.

References:

<https://www.nordangliaeducation.com/our-schools/al-khor/parent-resources/our-school-enewsletter/primary/the-importance-of-reading>