

BENEFITS OF READING



EXERCISES BRAIN

- Memory and focus
- Communication skills
- Imagination
- Understand language



INCREASES KNOWLEDGE

- Learn new vocabulary
- Grammar
- Discover worlds outside of own

REDUCES STRESS

- Helps process feelings
- Never feel alone
- Free choice promotes self-advocacy



ENHANCES EMPATHY

- Understand the world
- Care for others
- New insights



Goodreads
@adavismom

