



Longley Park
SIXTH FORM

Reading Challenge

Challenge

Pick a subject that you are interested in (it could be anything!) for example Henna Painting, Space Exploration, Cooking the choice is endless....

Make a reading list that thoroughly explores the subject.

Try and pick a selection of different types of writing - fiction, non-fiction, poetry etc.

Also remember that reading just doesn't mean books! You can read and find information and knowledge in newspapers, magazines and journals, online including websites, e-books, e-magazines and other publications.

This challenge will need you to employ your research skills to find the information about your chosen subject before you can sit down and read what you've found.

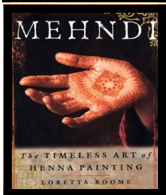
Bring your list along to the Independent Learning Centre when you join us in September and see if our library has anything on your subject or you can search our resources now by accessing our library catalogue Liberty at the following address <https://library.brigantiatrust.net>

Example reading list - Henna Painting

Non-Fiction



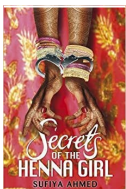
Traditional henna designs - Pepin Press Design Books (Longley Park library)



Mehndi : the timeless art of henna painting

Non-fiction History of henna painting (Longley Park library)

Fiction



Secrets of the Henna Girl
(Fiction - Longley Park library)
By Sufiya Ahmed



The Henna Wars - by Adiba Jaigirdar
Amazon - to be published
june 2020

Benefits of Reading?

Mental stimulation

Memory improvement

Enriched imagination

Stress reduction

Focus and concentration

Entertainment/Escapism

Analytical thinking skills

Increased vocabulary

Knowledge

Reading reduces stress levels by 68%