IMPORTANCE OF READING

by:

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Reading makes a child become a man, because it develops thinking skills and gives boundless knowledge and keeps our mind active. Reading books can help us learn and understand the basic principle of life. It expands our word vocabulary and gives us hope to become smarter, intelligent and help us grow mentally, emotionally and psychologically. Reading is a necessity for the exercise of the mind and helps children calm down and relax. It can relieve stress and anxiety due to feeling and experiencing the nature of what you are reading. You feel that you are there, you are one the characters in the story that makes you feel everything inside the story. Because it stimulates imagination and lights up new ideas and information. Reading improves our focus and concentration, even our language skills.

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

- Sharpens your mind.

Reading stimulates your mind and become more active. Reading books everyday can help sharpen your mind, particularly the part of the brain that involves concentration and critical thinking.

- Increases your vocabulary.

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

- Lowers your stress.
Reading and focusing on the printed materials everyday, 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: