

**Whatever our backgrounds, research proves that reading for pleasure can help us to:**

**Improve our literacy and communication skills**

**Feel less lonely and isolated**

**Empathise with others' feelings and actions**

**Build strong, fair, tolerant communities**

**Increase our self-esteem and feel more confident**

**Improve our social skills**

**Improve our family relationships and support bonding and attachment**

**Make reasoned judgements about the information we hear and read**

**Improve our mental health and wellbeing**

**Open a door to other cultures and perspectives**

**Be more creative and imaginative**

**Explore our identities and understand ourselves better**

**Find work and progress our careers**

**Do better at school, right across the curriculum**

**Manage our emotions and be more resilient in the face of challenges**

**Get a better night's sleep**



# Nourish your own reading

In order to really build a sustainable reading culture in your school, it is important that everyone identifies as a reader. It doesn't stop at class teachers – all staff across the school play a huge part in promoting reading for pleasure.

From wearing 'Ask me what I'm reading' pin badges to displaying classroom door signs, showing that we are all readers is an important message that learners will greatly benefit from.



## Explore book lists by your interests

Discover recommendations from Reading Schools Ambassador and author **Brian Conaghan** for learning professionals to read, enjoy and discuss.

If you would like suggestions to share with your learners, head to [scottishbooktrust.com](http://scottishbooktrust.com) to explore our range of book lists, download the Bookzilla app or check out our Book Discovery Guides.



### Arts

#### *Ink* by Alice Broadway

This dystopian novel explores a society where people's lives are tattooed on their skin. It's a visually rich narrative that delves into themes of identity and artistic expression through body art.

#### *Artichoke Hearts* by Sita Brahmachari

This coming-of-age story follows 12-year-old Mira as she navigates her grandmother's terminal illness, first love, and the transition from childhood to adolescence. The novel beautifully incorporates themes of art and creative expression as Mira deals with her emotions through drawing and journaling.

#### *A Sky Painted Gold* by Laura Wood

Set in 1920s Cornwall, this novel follows Lou, a young girl who becomes enchanted with the glamorous lives of the Cardew siblings. The book is rich with descriptions of the arts, including literature, fashion and architecture, making it a great read for those interested in historical and cultural arts.

#### *Notes on a Nervous Planet* by Matt Haig

Though not strictly YA, this book is accessible to young adults and addresses the impact of modern life on mental health. Haig's reflections on social media, consumerism, and self-expression offer valuable insights for students exploring the intersection of the arts and mental health.

#### *The Black Flamingo* by Dean Atta

This powerful verse novel follows Michael, a mixed-race gay teenager, as he discovers his identity and finds a sense of belonging through drag performance. The book celebrates self-expression, poetry and the transformative power of the arts.

#### *Music and Malice in Hurricane Town* by Alex Bell

Set in a magical version of New Orleans, this fantasy novel revolves around a girl named Jude, who can see and communicate with ghosts. The book weaves together elements of music, voodoo and Southern Gothic art, making it a captivating read for those interested in how art influences culture and storytelling.

### Technology

#### *Ready Player One* by Ernest Cline

Another widely translated novel, it depicts a future where people escape their harsh realities by living in a virtual reality world called the OASIS. It explores themes of virtual reality, gaming, and the impact of technology on society.

#### *Cinder* by Marissa Meyer

This novel, part of the 'Lunar Chronicles' series, is a retelling of Cinderella set in a futuristic world. The protagonist, Cinder, is a cyborg mechanic, and the story explores themes of bioengineering, robotics, and the integration of technology into human life.

#### *Fahrenheit 451* by Ray Bradbury

This dystopian novel is widely translated and explores themes of censorship, the impact of technology on society, and the power of knowledge. It tells the story of a future where books are banned and 'firemen' burn any that are found.

#### *The Three-Body Problem* by Cixin Liu (translated by Ken Liu)

Originally written in Chinese, this hard science fiction novel deals with first contact with an alien civilisation and explores advanced scientific concepts and the impact of technological advancements on humanity.

#### *Metro 2033* by Dmitry Glukhovsky (translated by Natasha Randall)

Originally written in Russian, this post-apocalyptic novel is set in the Moscow Metro after a nuclear war. It explores themes of survival, technology, and the human spirit in the face of technological and environmental collapse.



### Science

#### *Scythe* by Neal Shusterman

Set in a future where humanity has conquered death, two teens must learn the art of 'gleaning' (killing) to control the population. The book explores ethics and the impact of scientific advancements on society.

#### *Illuminae* by Amie Kaufman and Jay Kristoff

This novel, told through a series of documents, follows two teens as they uncover a conspiracy on a space fleet. It integrates technology and scientific concepts in a gripping narrative.

#### *Every Day* by David Levithan

This novel explores identity and consciousness through the story of 'A', a person who wakes up in a different body each day. It touches on the psychological and philosophical implications of identity and consciousness.

#### *Ender's Game* by Orson Scott Card

A classic sci-fi novel about a young boy trained to defend Earth from an alien threat. The book delves into military strategy, psychology and the ethics of war.

#### *The Knife of Never Letting Go* by Patrick Ness

Set in a world where everyone can hear each other's thoughts, this book explores themes of biology, communication and the impact of technology on society.

#### *The Martian* by Andy Weir

Although technically an adult book, it's highly accessible to YA readers and focuses on an astronaut stranded on Mars, using his scientific knowledge and ingenuity to survive.



### Social Studies

#### *I Am Thunder* by Muhammad Khan

This novel deals with radicalisation and the pressures faced by young Muslims in the UK. It follows Muzna, a Pakistani teenager who struggles with her identity and the expectations of her conservative parents.

#### *Boy 87* by Ele Fountain

This story follows Shif, a boy from an unnamed African country who is forced to flee his home and embark on a dangerous journey as a refugee. The novel addresses themes of migration, survival, and resilience.

#### *Persepolis* by Marjane Satrapi

This graphic novel is relevant for its exploration of the Iranian Revolution and the impact of political upheaval on personal identity. It's an autobiographical account of Satrapi's childhood in Iran and her teenage years in Europe.

#### *The Hate U Give* by Angie Thomas

This powerful novel addresses issues of race, police violence and social justice. It follows Starr Carter, a teenager who witnesses the police shooting of her unarmed friend and the subsequent fallout.

#### *Dear Martin* by Nic Stone

This book explores racial profiling and systemic injustice as it follows Justyce McAllister, an African American high school student who starts a journal to Dr. Martin Luther King Jr. after being wrongfully detained by the police.

#### *Stamped: Racism, Antiracism, and You* by Jason Reynolds and Ibram X Kendi

A remix of Kendi's 'Stamped from the Beginning', this book provides a historical examination of racism and antiracism in America, making it a valuable resource for understanding historical and contemporary social issues.

#### *Just Mercy (Adapted for Young Adults)* by Bryan Stevenson

This adaptation of Stevenson's memoir discusses his work as a lawyer defending wrongfully convicted individuals on death row, highlighting issues within the criminal justice system and advocating for social justice and human rights.

### Health and Wellbeing

#### *Out of My Mind* by Sharon M Draper

This novel follows Melody, an 11-year-old girl with cerebral palsy who is unable to speak. It explores themes of disability, inclusion and the power of inner strength.

#### *Wonder* by R.J. Palacio

This widely translated novel tells the story of August Pullman, a boy with a facial difference who starts attending a mainstream school. The book addresses themes of kindness, acceptance and the challenges of living with a physical difference.

#### *Sick Kids in Love* by Hannah Moskowitz

This novel is a contemporary romance that deals with chronic illness. It follows the relationship between Isabel and Sasha, two teens dealing with their own health challenges, and explores themes of living with illness and finding connection.

#### *A Monster Calls* by Patrick Ness

This novel is about a boy named Conor who deals with his mother's terminal illness and his own feelings through visits from a monster. It addresses themes of grief, mental health, and the healing power of storytelling.

#### *The Fault in Our Stars* by John Green

This novel follows two teenagers with cancer who fall in love. It deals with themes of illness, mortality, and the impact of serious health conditions on young people.

#### *The House of the Scorpion* by Nancy Farmer

This novel tells the story of Matteo Alacrán, a clone of a powerful drug lord, exploring themes of identity, bioethics and the psychological impact of being considered less than human.

### Modern Languages

#### *The Shadow of the Wind* by Carlos Ruiz Zafón (translated by Lucia Graves)

Originally written in Spanish, this novel is set in post-World War II Barcelona and follows a young boy, Daniel, who discovers a mysterious book. It's a rich exploration of literature, history and the power of stories.

#### *I'm Not Scared* by Niccolò Ammaniti (translated by Jonathan Hunt)

This psychological thriller follows a nine-year-old boy named Michele who discovers a secret that shatters his innocence. Set in a rural Italian village, the novel explores themes of fear, friendship, and betrayal.

#### *The House of the Spirits* by Isabel Allende (translated by Magda Bogin)

Originally written in Spanish, this family saga spans several generations and blends magical realism with political history, offering a deep dive into Chilean culture and history.

#### *My Brilliant Friend* by Elena Ferrante (translated by Ann Goldstein)

Originally written in Italian, this novel is the first in the Neapolitan Quartet and follows the intense friendship and life experiences of two girls, Elena and Lila, growing up in a poor neighborhood in Naples. It provides insights into Italian culture and the complexities of human relationships.

#### *Zazie in the Metro* by Raymond Queneau (translated by Barbara Wright)

This classic novel follows a young girl named Zazie who spends a chaotic weekend in Paris. Known for its playful use of language and humour, it's a great read for exploring modern French literature.

#### *Nowhere Girl* by Magali Le Huche

This novel follows the story of a girl who feels out of place in her world and embarks on a journey of self-discovery. It's a poignant exploration of identity and belonging.



Explore the full resource at [readingschools.scot](http://readingschools.scot)

