

Literacy is a Skill

Imagine rediscovering a piece of writing that you enjoyed a long time ago. Even though you loved it once, you're having a hard time concentrating on the words, parts of it no longer make sense to you, and you feel like you're not getting as much out of the reading as you used to.



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- This happens because literacy is a skill and it needs to be practiced
- If you don't exercise your literacy muscles, then you'll lose your strength!
- For example: if you take a long break from reading non-fiction, you may find it difficult to concentrate when you try again
- The same applies to writing, numeracy, and puzzles

Here are some tips to keep your brain agile:

How to Practice your Literacy Skills

- The more you practice many different types of literacy, the more you'll keep your skills nicely toned
- While reading, choose a diversity of writing styles. A good practice is to make a conscious decision to mix it up. For example: if you usually read mystery novels, make every third book a book of non-fiction about true crime. Stuck in romance? Pick up a book of poetry next time.
- To push yourself even further, include diversity in your personal hobbies. Try keeping a journal or jotting down story ideas. Take one evening a week away from the tv to read, play a game, or do a puzzle!

Need some inspiration? Check out CBC Books Winter 2021 Reading List for books, ranging from poetry to fantasy. We challenge you to add two of these to your summer reading list! Local libraries are also a great resource for options and ideas.

