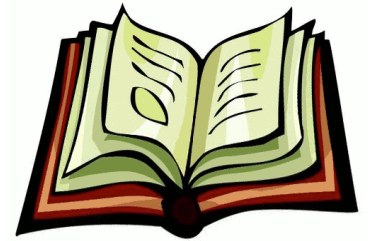


## Tips to encourage adult literacy

Reading and writing are important elements in everyone's daily lives. Spending just 15 minutes a day engaged in these activities can enhance your skills and lead to living a fully engaged life in all areas.

Here are a few ideas you can use to add reading and writing to your day:

- When choosing a book to read, start small. Select something you are interested in and feel you can complete in your own time. Choose a storyline that draws you in whether it is romance or adventure; maybe even science fiction. There are great stories of all lengths available at the public library.
- Try something new like a puzzle, crossword or other brainteasers to work your abstract thinking skills. These activities can be found in newspapers, books, online and as downloadable apps on your phone.
- If you feel like you're getting bored or your mind is going elsewhere, make a switch. Try reading aloud for a few pages, take a break and then go back to reading aloud. This also improves verbal communication skills.
- Listening to books on tape is a great way to develop the story and captivate the setting in your mind. You can listen to books in the car, after dinner, or spend a half hour before you go to bed.
- When deciding what to read next, it doesn't always have to be a novel. Picking up the newspaper on the way to work, reading the latest issue of a magazine or even flyers that come in the mail all provide new information and reading resources.
- Read a few times a week to your child, niece, nephew or grandchild. Remember they look up to you and will model your behaviour. Taking time to read together is great practice for both your reading and listening skills.



- Try writing notes to a loved one such as a spouse, parent, friend or child. When sharing a card, whether it's for a birthday, Mother's or Father's Day, graduation, or other special ceremonies write a few paragraphs to show them how much they mean to you. This will enhance your creative writing skills.
- Spend a Saturday afternoon on arts and crafts activities such as knitting, painting, making jewelry or scrapbooking. This allows you to learn a new activity and work on your thinking skills. It also exercises other literacy-related skills such as creativity and visual focusing.
- Invite a few friends over and host a potluck. Send out an email before asking people to sign up for an item such as appetizer, entrée, dessert or salad. When everyone arrives, each guest has to describe what recipe they used and if they discovered new cooking terms.



Developing these literacy skills enhances confidence in the workplace and in your personal life. Making the process enjoyable will create lifelong literacy skills and provides opportunities you may not have considered before.