What I Know To Be True About Reading

I have been an avid reader for many years. One thing that I know is true about reading is that you need to set aside time to read. Please don’t get me wrong, I love to read! However during the week, sometimes I am so busy marking papers, planning lessons, doing housework, running kids to activities and other regular tasks that by the time I get to read my book, I am too tired. Yes, in the past, the English teacher didn’t always get to read every day. I would read before I went to bed, but often fall asleep after a page or two. Now, I have chosen the perfect time to read. Once everyone has chatted about their day and supper is on, I carve out a half hour or so to read. By having a designated “me time”, I can stop and enjoy my book without any interruptions.