World Book Night 2023: suggested prompts for givers

We’re thrilled that you’re taking part in this year’s national giveaway. You’re joining hundreds of other people in distributing over 60,000 books to people across the UK and Ireland.

These prompts are useful to use when giving out books and approaching potential recipients. They are suggestions for you to use as ice-breakers, and we encourage you to be enthusiastic about your specific book, World Book Night, and the joys of reading for pleasure. Your personal reading journey is also important – tell them why reading matters to you.

World Book Night is a celebration, so make sure you tell your recipients that the book is a gift for them with no catch. It’s just for them to read and enjoy!

About World Book Night:

- Since 2011, almost 3 million books have been given away for World Book Night, with over 60,000 being distributed this year.
- Books are given through organisations including libraries, prisons, colleges, hospitals, care homes and homeless shelters, focused on those who don’t regularly read or have books of their own.

Find out more about World Book Night.

About reading for pleasure:

- 19% of readers say that reading stops them from feeling lonely
- Adults who read for just 30 minutes a week are 20% more likely to report greater life satisfaction.
- Studies have found that reading for pleasure enhances empathy, understanding of the self, and the ability to understand one’s own and others’ identities.
- Studies have shown that those who read for pleasure have higher levels of self-esteem and a greater ability to cope with difficult situations. Reading for pleasure was also associated with better sleeping patterns.
- Regular readers for pleasure reported fewer feelings of stress and depression than non-readers, and stronger feelings of relaxation from reading than from watching television or engaging with technology intensive activities.
- For those with children, parents are the most important reading role models.

Find out more about the benefits of reading for pleasure.
**About Quick Reads:**

If you’re giving away one of our six Quick Reads titles, these prompts will help you to explain what these books are:

- Quick Reads provide a route into reading for people who are new to reading, returning to reading after a break or want to fit reading into a busy life.
- Each book has been edited by a literacy editor to ensure they’re accessible and engaging for less confident readers.
- Quick Reads are written by bestselling authors, prioritising great story telling.

[Find out more about Quick Reads.](#)