



# How to...



## NIGHT WATCH

At two 18th-century libraries in Portugal, bats help keep old books safe from insects like moths and beetles.

# Set up a cozy reading nook

Create a comfortable space where you can enjoy a good book.

A simple way to relax each day is by curling up with a book in a dedicated zone. Having a space free of distractions such as electronic devices and noise can make it easier to focus, and a spot that's comfortable and personalized can make reading feel more like an enjoyable activity than a task. You don't need a huge amount of space at home to set up a reading nook. Here's how you can get started.

### Find a quiet, comfortable spot

Your reading nook could be a corner, a cushy chair, a bean bag, or your bed. With an adult's help, borrow some items from around your home that would make your area cozy. You can add a throw pillow or a soft blanket and your favorite stuffy. Other personal touches to help you feel relaxed might be a low-maintenance succulent plant, a photo of your family or pet, or a small piece of artwork that you made or admire.

### Adjust the lighting

You'll want adequate lighting for your reading corner so you don't strain your eyes to see the words on the page. With an adult's help, you can move a floor

lamp beside or behind the area where you'll be curled up with a book. Or position a lamp with an adjustable arm over your reading spot. If you're reading in bed, you can set up a simple book light or use a flashlight to read under the covers.

### Keep books close by

The most important item you need for your reading nook is, of course, books! You can keep a book within reach on a nightstand or a small table. Or make it a small stack of books so you can choose one depending on your mood. One of the titles could be a fantasy novel, another might be a graphic novel, while another could be a trivia book filled with fun facts.

### Make any space cozier for reading

You can create a "book nook" almost anywhere. Stuff a book and a blanket in a backpack to bring to a park, or bring a book and a comfy pillow on a long trip. You can also talk to your family about downloading an audiobook you can all enjoy together on car rides. Libraries also have plenty of seating to enjoy reading. For more ways to enjoy your local library, see the box at right.



Snuggle up with a story.

### Fun at the library



Public libraries are a true community resource, offering so much more than books. Here are three ideas to check out.

**Clubs** Your library might host tween and teen book clubs, gaming clubs, and classes like chess, crafting, knitting, and coding. Check your local library's site for information.

**Entertainment** In many towns, families can borrow and stream movies and TV shows by using a library app like Hoopla or Kanopy.

**Tickets** You might be able to get free or discounted passes to aquariums, museums, zoos, science centers, and even some sporting events.