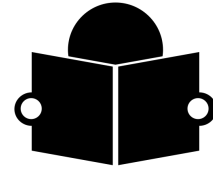





# SUMMER CHALLENGE

Happy Summer! Here are some activities from your local library that teens can do during the summer. Have fun, and stay safe!



<p>Plant something and watch it grow.</p> 	 <p>Volunteer your time to your community.</p>	 <p>Read a book!</p>	<p>Write a letter to a friend or family member and send it to them.</p> 
 <p>Clean a room.</p>	<p>Go birding! Get outside and listen for birds. Are they the same or different? How many did you find?</p>	 <p>Bake something for your family or for a friend.</p>	<p>Channel your inner artist and make something!</p> 
<p>Listen to music. Did you discover any new artists?</p> 	 <p>Make a bucket list! Where would you want to go and what do you want to do?</p>	<p>Disconnect! Can you go an hour without checking your social media? Can you go 24 hours?</p>	 <p>Dance! Have a dance party.</p>
<p>Check in with a family member or friend and tell them how you are feeling. How are they feeling?</p>	<p>Make a playlist! Can you share the playlist with anyone?</p> 	<p>Write it out! Journal your feelings or write a poem.</p> 	 <p>Clear your mind! Do yoga or meditate.</p>

