



START SOMETHING NEW AT YOUR LIBRARY

YOUNG ADULT WINTER READING PROGRAM 2021



Monday, January 4th - Saturday, February 13th

Start something new at the library or at home or wherever you have time. For this challenge you need to read 6 hours. There are also 5 optional activities. So take a deep breath in and out, notice where you are, and how you are feeling. Take your time, center yourself, and savor the beginnings of a new year.

Name: _____

☐ 1 Hour ☐ 2 Hours ☐ 3 Hours ☐ 4 Hours ☐ 5 Hours ☐ 6 Hours

Once finished do not forget to pick up your prize book at the library.

Optional Activities:

Life can be stressful, especially after a hard year. Why not take a moment and see if mindfulness would help you.

- ☐ [Watch a video about mindfulness.](#)
- ☐ [Read about the benefits of mindfulness.](#)
- ☐ [Try a breathing exercise.](#)
- ☐ [Is mindfulness meditation?](#)
- ☐ [How does mindfulness reduce stress?](#)