

# KPL TEEN AUGUST 2020 SOCIAL DISTANCING CHALLENGE

WEEKLY THEMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MIND</b> (MENTAL HEALTH):	<b>8/3</b> Create a playlist that puts you in a good mood.	<b>8/4</b> Pick one area in your room to tidy up OR clean up your digital space (unused apps, etc).	<b>8/5</b> Write a letter to your future self.	<b>8/6</b> Make a list of 5 colors and scents that you associate with your family and friends.	<b>8/7</b> Write in your journal about achievements you've made this year.
<b>BODY</b> (PHYSICAL HEALTH):	<b>8/10</b> Eat vegetables today. Try some you've never had before.	<b>8/11</b> Go for a walk or run outside.	<b>8/12</b> Do jumping jacks during commercials or ads during TV or YouTube.	<b>8/13</b> Go outside and close your eyes. What do you hear/smell/taste/feel?	<b>8/14</b> Ask your friends and family about signature dance moves and have a dance party.
<b>HEART</b> (SOCIAL EMOTIONAL HEALTH):	<b>8/17</b> Talk with a friend or family member about a superpower you'd like to have and why.	<b>8/18</b> Cook something for someone you love.	<b>8/19</b> Perform a random act of kindness.	<b>8/20</b> Wear your favorite color today. Ask your friend to wear theirs. How does it make you both feel?	<b>8/21</b> Pick songs that represent your family and friends. Ask them to pick songs that represent you. Listen to them all together.
<b>HEAD</b> (EDUCATIONAL ACTIVITIES):	<b>8/24</b> Research a country you've never been to and then take 5 minutes to imagine what it might be like to live there.	<b>8/25</b> Make a list of 5 things you have in common/don't have in common with your favorite book/movie character.	<b>8/26</b> Watch a TED talk about something you're interested in.	<b>8/27</b> Make a list of 10 things you'd miss the most if you were living in the past.	<b>8/28</b> Try to guess how many books are in KPL's buildings. Then use the <a href="#">Ask a Librarian</a> Chat to find out!

**STARTS MONDAY, AUGUST 3RD AND ENDS FRIDAY, AUGUST 28TH.**