

Winter Reading and Wellness Challenge

FOR ALL AGES



worthingtonlibraries.org




INSTRUCTIONS:

Boost your mental health with each BINGO block you complete! Fill in activity squares in any direction to complete your BINGO or just go ahead and finish the entire playing sheet. Completed sheets need not be returned. If you or someone you know would like to learn more about increasing mindfulness and reducing stress and anxiety, turn this sheet over and check out the librarian-approved books and resources.

Share your progress on social media by using the **#wrwc** hashtag!



Take a 10-minute stretch break	Read a book by an author who is new to you	Read a book with a color in the title	Read a classic	Name 3 things you are grateful for right now
Read a graphic novel or comic	Read a book about a character who doesn't look like you	Get outside! Bundle up and go for a walk	Try the 4-7-8 breathing technique <i>Find more info at healthline.com/health/4-7-8-breathing</i>	Read a book published in 2020
Read a book of poetry or a short story collection	Watch an episode of a new TV show or movie		Read a book in a series or trilogy	Cut out all added sugars for a day
Do a random act of kindness for someone else	Read a book with a one-word title	Get at least 8 hours of sleep; power napping counts	Read a book that was made into a TV show or movie	Read a nonfiction book
Read a book set during the winter	Try a new fruit or veggie	Download an e-book or e-audiobook from Overdrive, Libby or hoopla	Try a 24-hour "technology fast" - no TV, internet or phone	Listen to an audiobook

For the Family

Mental Health Resources

WORTHINGTON
LIBRARIES

BOOKS

BABIES/TODDLERS

Eland, Eva. **When Sadness Is at Your Door**. 2019.

A young child experiences sadness as if it were a visitor, acknowledging the emotion and suggesting activities to do with it.

Verdick, Elizabeth. **Calm-Down Time**. 2010

Simple text and illustrations explain to young children how to calm down.

KIDS

100 Ways To Be Thankful by Lisa Gerry. 2019

Offers ways to slow down, be mindful and appreciate life's little gifts. The pages are filled with inspiration and motivation on how to be appreciative and pass along kindness.

J 179.9 GER

Calm: Mindfulness for Kids by Wynne Kinder. 2019.

Mindfulness activities, like breathing exercises and taking walking breaks, teach children how to focus their thoughts.

J 158.12 KIN

TEEN

Positively Teen: A Practical Guide To a More Positive, More Confident You by Nicola Morgan. 2019.

Teaches teenagers how to approach their adolescent years with optimism and understanding, giving them the skills they need to develop long-term well-being.

TEEN 155.5 MOR

Zen Teen: 40 Ways To Stay Calm When Life Gets Stressful by Tanya Carroll Richardson. 2018.

A guide to reducing anxiety, depression and panic while developing resilience and confidence with 40 tips and tricks that guide, support and inspire teens to keep calm and stay mindful.

TEEN 155.5 RIC

ADULT

A Year for You: Release the Clutter, Reduce the Stress, Reclaim Your Life by Stephanie Bennett Vogt. 2019.

Through five practice areas - slowing down, simplifying, sensing, surrendering and self care - this book will help you nourish your life and clear any physical, mental, emotional or energetic clutter for good.

648.8 VOG

The Unapologetic Guide to Black Mental Health by Rheeda Walker. 2020.

A psychologist and African American mental health expert offers important information on the mental health crisis in the Black community and how to get the best care possible in a system steeped in racial bias.

616.89 WAL

WEBSITES

Common Sense Media - Meditation apps for kids

commonsensemedia.org/lists/meditation-apps-for-kids

Common Sense Media - Ways to support kids' mental health right now

commonsensemedia.org/blog/6-ways-to-support-kids-mental-health-right-now

Mental Health First Aid - Mental health resources

mentalhealthfirstaid.org/mental-health-resources