

Winter Reading and Wellness Challenge

JANUARY 3-31 | FOR ALL AGES




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 **#wrwc22** hashtag!



Read a book set in the future	Get outside! Bundle up and go for a walk	Read a book with non-human characters	Eat a fruit or veggie new to you	Read a book from the library's NEW shelf
Try a 24-hour "technology fast" - no TV, internet or phone	Read a book by an Ohio author	Read a book about sports or an athlete	Download an e-book or e-audiobook from Overdrive, Libby or hoopla	Read a book with a heroine as the main character
Read a book published in 2021	Start your day with a glass of water		Read a book with any of the following: a lion, a witch, a wardrobe	Watch an episode of a new TV show or movie
Read a book based on a fairy tale or folktale	Read a graphic novel or comic book	Get at least 8 hours of sleep; power napping counts!	Read a book that's spooky or scary	Spend time with family/friends (virtual visits count, too)
Read while wearing your PJs	Read a book recommended by library staff	Read a book set in another country	Listen to your favorite song	Read a book with snow on the cover



WORTHINGTON LIBRARIES

worthingtonlibraries.org

BOOKS

BABIES & TODDLERS

Deneux, Xavier. **Feelings**. 2020.

This tactile board book with scooped-out die-cuts and raised elements invites little readers to explore a range of emotions - from joy to anger - in a hands-on way.

Guendelsberger, Erin. **Get Well Soon!** 2020.

When Grover is not feeling well, his mommy and Elmo each do things to help Grover get better.

Sloan, Nicole. **Mama Needs a Minute**. 2020.

A mother shows her children she loves them, but also explains that she needs some time to herself.

KIDS

Fiction

Penfold, Alexandra. **Big Feelings**. 2021.

Children are offered reassuring advice about managing big feelings through communication, compromise and empathy.

Nonfiction

Something Bad Happened: A Kid's Guide to Coping with Difficult World News by Dawn Huebner. 2020.

This guide offers advice for having tough conversations with 6 to 12 year-olds about world events such as natural disasters, terrorism and war. It addresses common questions and provides tools to calm fears. J 155.4124 HUE

Taking Care of Me: Healthy Habits with Sesame Street by Mari C. Schuh. 2021.

With help from their Sesame Street friends, young readers learn about the good choices they can make every day, such as eating healthy foods, washing their hands, brushing and flossing their teeth, staying active and getting enough sleep. J 613 SCH

TEEN

Trans Teen Survival Guide by Owl Fisher. 2019.

With a focus on self-care, expression and being proud of your unique identity, the guide is packed full of invaluable advice from people who understand the realities and complexities of growing up trans. TEEN 306.768 FIS

Be You, Only Better: Real-Life Self-Care for Young Adults (and Everyone Else) by Kristi Hugstad. 2021.

Outlines daily practices that promote physical, mental and emotional health for young people making the transition to adulthood, including journaling, exercise, healthy sleep habits, time management and mindfulness. TEEN 613 HUG

Zero to 60: A Teen's Guide to Manage Frustration, Anger, and Everyday Irritations by Michael A. Tompkins. 2020.

Readers will learn how to calm their body, derail thoughts that fuel anger and learn how to communicate and de-escalate situations. TEEN 152.47 TOM

ADULT

The Feel Good Effect: Reclaim Your Wellness by Finding Small Shifts that Create Big Change by Robyn Conley Downs. 2020.

Drawing on cutting-edge science on mindfulness, habit and behavior change, this information will shake up and simplify your health and wellness in the most necessary way. 158.1 DOW

Family Fit Plan: A 30-Day Wellness Transformation by Natalie Digate Muth. 2020.

This dynamic plan will help the whole family kick-start their health and wellness and set the stage for long-term, lasting improvements in nutrition, fitness, sleep, stress and screen use habits. 613.7 MUT

Checking In: How Getting Real about Depression Saved My Life - And Can Save Yours by Michelle Williams. 2021.

The acclaimed musical artist shares the intimate, never-before-told story of how, even in the midst of fame and success, she battled depression, leading her to find her true calling as an advocate for mental health - especially her own. 616.8527 WIL

WEBSITES

Active Minds - Self-Care

activeminds.org/about-mental-health/self-care/

Mental Health America - 31 Tips to Boost Your Mental Health

mhanational.org/31-tips-boost-your-mental-health