

The library will hold random drawings for a \$3 ScandiHus gift certificate every Monday from the badges earned the previous week. There will also be random drawings each month for a \$10 Iola-Scandinavia Chamber of Commerce gift certificate as well as \$25 gift certificates to Sliced Pizza Co. (Jan. 31), Cenex (Feb. 28), and Country Chic Boutique (March 28) from badges earned the previous month.

Be sure to keep submitting your logging info to the library or logging on Beanstack every week; the more badges you earn, the better chance you'll have to win!

## Activities list



### Be Mindful

- This badge can be earned **once per week**
- **Complete all 3 activities** to earn this badge

1. Coloring is for all ages! It relaxes the mind, reduces stress, and allows you to create something just for fun. Draw or color for 5-10 minutes. How did you feel before versus after? (Need a coloring sheet? Ask for some at the library!)
2. Are your thoughts stuck in your head? Get them out on paper! They don't need to make sense or follow a particular order. Journal for 5-10 minutes. Notice how you feel afterwards.
3. Take some time to simply focus on your breath for 5-10 minutes. If that feels too long, start with just 1 minute. Breathe in for 4 counts, hold for 4 counts, breathe out for 4 counts, and hold for 4 counts. Rinse and repeat for as long as you need.



### Be Quiet

- This badge can be earned **once per week**
- **Complete at least 2 activities** to earn this badge

1. Set aside 1 hour of screen-free time. Unplug and recharge your mind.
2. Go for a listening walk outside. Take a walk without distractions like talking or listening to music. Listen to your environment. What did you hear around you?
3. Spend 10 minutes without talking or listening to anything. Get quiet. How did you feel before and after?



### Be Intentional

- This badge can be earned **once per month**
- **Complete all 3 activities** to earn this badge

1. Describe your last month in 3 words. Write them down.
2. What 3 words would you like to keep in mind for the coming month?
3. Set an intention for the coming month. It can be super specific like, "I will practice piano 5 minutes a day," or broader such as, "I will practice kindness every day." Write it down and keep it somewhere you can revisit.



### Reflect

- This badge can be earned **once per month**
- **Complete all 3 activities** to earn this badge

1. What is something you're grateful for from this past month?
2. Who is someone who made a difference in your life during this past month? Write them a thank you note. Share it with them or keep it just for yourself to remember their impact.
3. How have you grown as a person in the past month? Make a list, write in your journal, or jot down a few thoughts to remember the progress you've made.



## Reading Recommendations

- This badge can be earned **once per month**
- **Read 1 book from any list** to earn this badge

1. Which book did you choose?
2. What was your favorite part?

### 0-6 years old

- "A Boy and a Bear: The Children's Relaxation Book" by Lori Lite
- "Mae Among the Stars" by Roda Ahmed
- "Sloth and Smell the Roses" by Eunice Moyle and Sabrina Moyle
- "Digging for Words: José Alberto Gutiérrez and the Library He Built" by Angela Burke Kunkel
- "A Boy and a Jaguar" by Alan Rabinowitz
- "Worries Are Not Forever" by Elizabeth Verdick
- "Here and Now" by Julia Denos
- "Mrs. Gorski I Think I Have the Wiggle Fidgets" by Barbara Esham
- "The Koala Who Could" by Rachel Bright
- "How Do You Feel?" by Lizzy Rockwell
- "I Am Enough" by Grace Byers
- "Stardust" by Jeanne Willis

### 7-12 years old

- "Between the Lines: How Ernie Barnes Went from the Football Field to the Art Gallery" by Sandra Neil Wallace
- "The Oldest Student: How Mary Mary Walker Learned to Read" by Rita Lorraine Hubbard
- "The Only Woman in the Photo: Frances Perkins & Her New Deal for America" by Kathleen Krull
- "A Corner of the Universe" by Ann M. Martin
- "The Seventh Most Important Thing" by Shelley Pearsall
- "Five Things About Ava Andrews" by Margaret Dilloway
- "Guts" by Raina Telgemeier
- "My Life in the Fish Tank" by Barbara Dee
- "The Science of Breakable Things" by Tae Keller
- "Reaching for the Moon: The Autobiography of NASA Mathematician Katherine Johnson" by Katherine Johnson
- "Path to the Stars: My Journey from Girl Scout to Rocket Scientist" by Sylvia Acevedo
- "The Day-Glo Brothers" by Chris Barton



## Reading Recommendations (continued)

1. Which book did you choose?
2. What was your favorite part?

### 13-18 years old

- "Taking Flight: From War Orphan to Star Ballerina" by Michaela DePrince
- "I Will Always Write Back: How One Letter Changed Two Lives" by Martin Ganda and Caitlin Alifirenka
- "March (Trilogy)" by John Lewis
- "Finding Audrey" by Sophie Kinsella
- "Highly Illogical Behavior" by John Corey Whaley
- "All Boys Aren't Blue" by George M. Johnson
- "Dare to Disappoint: Growing Up in Turkey" by Özge Samancı
- "We Should Hang Out Sometime: Embarrassingly, A True Story" by Josh Sundquist
- "Courage to Soar: A Body in Motion, A Life in Balance" by Simone Biles
- "Someone Like Me: How One Undocumented Girl Fought for Her American Dream" by Julissa Arce
- "Fangirl" by Rainbow Rowell
- "The Unlikely Hero of Room 13B" by Teresa Toten

### 18+ years old

- "The Overstory" by Richard Powers
- "I Found My Tribe" by Ruth Fitzmaurice
- "Year of Yes: How to Dance It Out, Stand In the Sun, and Be Your Own Person" by Shonda Rhimes
- "In The Country We Love: A Family Divided" by Diane Guerrero
- "Almost Everything: Notes on Hope" by Anne Lamott
- "Agorafabulous!: Dispatches from My Bedroom" by Sara Benincasa
- "First, We Make the Beast Beautiful: A New Journey Through Anxiety" by Sarah Wilson
- "Greenlights" by Matthew McConaughey
- "How We Fight for Our Lives" by Saeed Jones
- "Eloquent Rage: A Black Feminist Discovers Her Superpower" by Brittney Cooper
- "Ordinary Light" by Tracy K. Smith
- "How to Fail: Everything I've Ever Learned From Things Going Wrong" by Elizabeth Day