

GRADES 6 – 12 ACTIVITY IDEAS

Art & Music

Ask an adult in your life about their favorite music from when they were younger. Listen to some of them.
Attend a music concert
Attend a musical or theater production
Borrow the ukulele kit from CFPL and give it a shot
Create a Dream Collage
Create art outside
Create something at the Teen Makerspace in the library
Draw while you listen to classical music
Listen to music from another country
Listen to the soundtrack from a movie or tv show

Make a playlist that a character in a favorite book would like
Make a playlist a character in a tv/movie would like
Make recycled paper
Make your own instrument out of household items
Make your own paint
Practice hand-sewing
Read a biography about a musician or artist
Tie-dye
Use recyclable materials to create art
Visit an art museum or gallery

Get Moving

Borrow a workout DVD from the library
Clean the house or your room for 45 minutes
Garden
Go for a bike ride or walk
Go for a hike to view a sunrise or sunset
Go rollerskating, rollerblading, or skateboarding
Have a dance party with family and/or friends
Look up chair yoga and try it most days for a week
Play with hula hoops or frisbees
Read about the impact of movement on mental health. Share this information with a friend.

Stretch every morning or night for 15 minutes most days for a week
Play an outdoor game like Bocce ball or Kubb
Visit a beach or pool
Visit a local farm, orchard, or ranch
Visit a nature center and go for a guided or self-guided hike
Visit a state park - ask us about free state park passes
Work on outdoor chores for an hour or more

Helping Out

Attend a city council meeting
Attend a Teen Library Group meeting
Become a Friends of the Library member
Create a budget and menu for all the meals in one day then help prepare them
Do a day's chores without being asked
Help yourself - borrow a book about a mental health topic and try out some of the techniques
Help yourself - go social media free for a week. Journal about your experience.
Help yourself - practice deep breathing or meditating for 10 minutes every day this week
Learn about a local or state organization that assists people in need. Share this information with a friend or family member and ask them to help spread the word.
Learn about a local or state organization that helps domestic violence victims. Share this information with a friend or family member and ask them to help spread the word.

Learn about a local or state organization that helps people who struggle with mental health. Share this information with a friend or family member and ask them to help spread the word.
Pick up trash in a local park or neighborhood - don't go alone
Read a book to a young child
Read a social justice-themed book
Read about an activist or changemaker
Send a letter to a local politician about a topic that is important to you
Volunteer at the library - contact Youth Services to get started
Volunteer with a local organization
With your family, assist a neighbor with yardwork or another chore

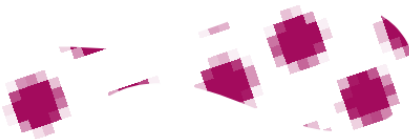
GRADES 6 – 12 ACTIVITY IDEAS

Nature/Environment

- Borrow an animal documentary from the library
- Cloud watch
- Go for a walk along Duncan Creek in Irvine Park. Write or draw about what you saw, heard, smelled, and felt.
- Jump in puddles
- Learn about a local keystone species
- Learn about a local or state organization that champions animals, the environment, or green living
- Learn about composting
- Learn about invasive species and how you can help
- Make a bat house
- Make a bird feeder

- Read a book about animals
- Read a book or article about corporations' impact on climate change. Share this information with someone.
- Read a nature-themed magazine
- Read a picture book biography about a conservationist, environmentalist, or biologist
- Read about boating and fishing safety and local regulations
- Stargaze
- Visit a waterfall then learn about the watershed that it is part of
- Visit a wildlife refuge area
- Visit a wildlife rehabilitation center
- Visit a zoo

Play

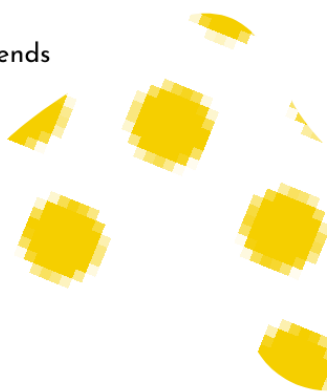


- Ask an adult in your life what some of their favorite games were when they were younger. Play one if you can.
- Borrow a board game from the library
- Borrow a Switch or Xbox game from the library
- Build with LEGO
- Check out a book about riddles or wordplay then try to stump your friends
- Create your own board game
- Go bowling
- Learn about the origin/creators of the yo-yo, frisbee, water squirt gun, and/or a favorite sport


- Play a favorite game from when you were younger
- Play a game in the Teen Makerspace
- Play a role-playing game (RPG) like Dungeons and Dragons
- Play dress-up or make-believe with friends or family - you're never too old to play!
- Play tag with your friends or family
- Play tennis or basketball at a local park
- Run through a sprinkler
- Try a new board game with family or friends

Science/Math

- Borrow a Break In Bag from the Library
- Borrow a coding book and try out a project
- Build with LEGO
- Check out a cookbook from the library and try a new recipe
- Check out a science experiment book then give one a try
- Design a mini zipline then construct it using cardboard, string, and other supplies
- Learn about the effects of a major industry (like textiles or medical) on climate change
- Look at a map of a country you've never been to before. Use the scale to figure out how long it would take to get from one place to another
- Make homemade bubbles and bubble wands



- Make homemade playdough or slime
- Play a game that uses many-sided dice
- Put a puzzle together
- Read a picture book biography about an astronaut
- Read about a scientist, engineer, mathematician, or tech person. Tell someone about this person.
- Read about a topic in psychology
- Read about an inventor or invention
- Read about how math/science can improve sports' players abilities
- Read about special effects in a favorite movie or TV show
- Try an escape room
- Try something from Steve Spangler Science
- Visit a science museum



GRADES 6 – 12 ACTIVITY IDEAS

Visit a Library

- Ask a librarian for a book suggestion. Give that book a try.
- Attend a library board meeting
- Attend a library program
- Bring a friend to the library
- Donate or borrow a book from a Little Free Library around town
- Like/Follow CFPL's Instagram and/or Facebook pages
- Look up two or more libraries in a state that you have never visited. Browse their websites.
- Read a newspaper at the Library
- Read a picture book in the Children's Section of the library
- Request a TBR - visit our website to get started
- Visit a library you have never been to before
- Visit a library during a vacation or trip
- Visit a local Storywalk
- Visit CFPL's Book Bike - check our website for opportunities!
- Visit your local library
- Volunteer at the library - contact Youth Services to learn more

Write

- Compose a poem
- Create a comic strip or short graphic novel
- Draft an additional chapter or epilogue for a favorite book.
- Fill out a 2023 SLC Teen Reading Recommendation sheet
- Journal every day for a week
- Learn about resumes and then create one
- Make up a song about a favorite character or scene in a story.
- Practice filling out a job application form
- Read about an author or illustrator then write a short story in your own words about something in their life
- Send a letter or postcard to a family member
- Send a letter or postcard to a friend
- Send a letter to a community leader about a local organization, business, or space that means a lot to you
- Send a letter to a favorite author or illustrator
- Send a thank you letter to a favorite teacher or mentor
- Turn a dream or nightmare you've had into a script for a short play or movie
- Write 10 or more things that you appreciate about a friend or loved one. Share it with them.
- Write 10 or more things that you appreciate about yourself. Put the list where you can see it regularly.
- Write a fanfic based on a favorite book, movie, or show
- Write a short story
- Write a summary of a favorite book. Share it with a friend who might enjoy the book.
- Write an email or letter to a local newspaper about a topic that is important to you

