

Reading Reflections – All Ages



CHALLENGE DESCRIPTION

The end of the year marks a wonderful time to reflect on all that you've experienced and learned over the past 12 months. Whether you're celebrating the holidays with friends and family or enjoying some quiet time alone, take a moment to cozy up with a good book and set an intention for the coming year. Log your reading and activities to earn badges all month long.

CHALLENGE STRUCTURE

- 1 Registration Badge**
- 1 Completion Badge**
- 10 Logging Badges (Minutes)**
- 5 Activity Badges**

ACTIVITY BADGES

Activity Badge Title:

Reflect

Badge Description

It's amazing how much can happen in just one year! Take some time to reflect on your unique journey.

Activities

- What is something you're grateful for from this past year? **(text box)**
 - Who is someone who made a difference in your life during 2021? Write them a thank you note. Share it with them or keep it just for yourself to remember their impact.
 - How have you grown as a person in the past year? Make a list, write in your journal, or jot down a few thoughts to remember how far you've come.
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Activity Badge Title:

Mindfulness

Badge Description

Doing activities mindfully allows us to slow down our thoughts, calm our nerves, and helps us focus. 5 – 10 minutes a day is all you need to make a difference!

Activities

- 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? **(text box)**
 - 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.
 - 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.
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Activity Badge Title:

Get Quiet

Badge Description

Our lives are full of noises, all day every day. Take some time to get quiet. You'll be surprised at how refreshed you may feel!

Activities

- Set aside 1 hour of screen-free time. Unplug and recharge your mind.
 - 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? **(text box)**
 - Spend 10 minutes without talking or listening to anything. Get quiet. How did you feel before and after? **(text box)**
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Activity Badge Title:

Be Intentional

Badge Description

An intention is a clear thought or statement of what you hope to feel or accomplish. Intentions help us stay grounded and focused even as the world changes around us. Even just one word can be helpful to keep in mind.

Activities

- Describe your past year in 3 words. Write them down.
 - What 3 words would you like to keep in mind for the coming year? **(text box)**
 - Set an intention for the coming year. 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.
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Activity Badge Title:

Reading Recommendations

Badge Description

Wrap up the year with some awesome reading recommendations for all ages!

Activities

- Check out our reading recommendations for all ages below.

0-6 years old

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

7-12 years old

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

13-18 years old

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

18+ years old

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

- Which book did you choose? **(text box)**
- What was your favorite part? **(text box)**

