



ADULT SUMMER LIBRARY PROGRAM

March 2016

Today's agenda:

- Crafts
- Passive programs and displays
- Speakers
- Health
- Adults & Kids



LET'S GET CRAFTY



Fun Craft Night Ideas:

Coloring Night:

Get a group of fun-loving adults together for some stress-free coloring!

Art Therapy Exercises:

(Link included on handout) Choose from over 100 art therapy exercises and let your group explore their emotions via art.

Create a journal:

Make your own journal and write as a way to deal with stress, emotions, and life changes!



Mandalas and dream catchers

Sand Mandala:

Create a sand mandala and then let the wind blow it away—therapeutic and fun. Kids can help!

Dream catcher:

Make a dream catcher of your own using found/natural materials.



PASSIVE PROGRAMS AND DISPLAYS

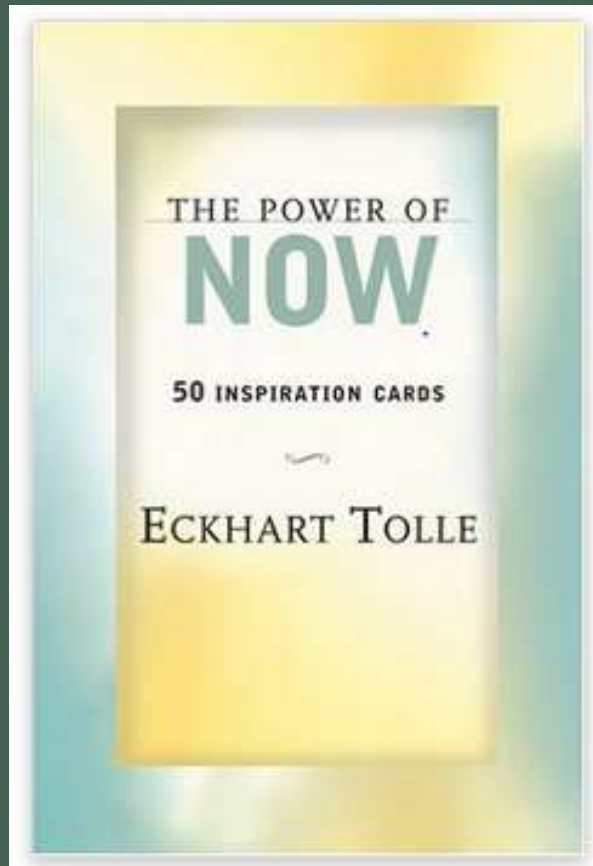
Passive Programs & Displays

- Give patrons helpful tools:
 - Zentangles: Color a sheet a day (a little moment of zen)
 - Modify these weekly/monthly checklists for adults to help take charge of their schedules!



Place a rock garden at the circulation or reference desk(s) and let people play with it while they wait in line.

More Displays



2016 READING CHALLENGE

- A book based on a fairy tale
- A National Book Award winner
- A YA bestseller
- A book you haven't read since high school
- A book set in your home state
- A book translated to English
- A romance set in the future
- A book set in Europe
- A book that's under 150 pages
- A New York Times bestseller
- A book that's becoming a movie this year
- A book recommended by someone you just met
- A self-improvement book
- A book you can finish in a day
- A book written by a celebrity
- A political memoir
- A book at least 100 years older than you
- A book that's more than 600 pages
- A book from Oprah's Book Club
- A science-fiction novel
- A book recommended by a family member
- A graphic novel
- A book that is published in 2016
- A book with a protagonist who has your occupation
- A book that takes place during Summer
- A book and its prequel
- A murder mystery
- A book written by a comedian
- A dystopian novel
- A book with a blue cover
- A book of poetry
- The first book you see in a bookstore
- A classic from the 20th century
- A book from the library
- An autobiography
- A book about a road trip
- A book about a culture you're unfamiliar with
- A satirical book
- A book that takes place on an island
- A book that's guaranteed to bring you joy

POPSUGAR

Mindfulness Display

4 Mindfulness Meditations

Savor your meals

Be mindful during the first 3 bites of your meal. Really focus on the smell, texture, and taste. Savor the moment.

Breathe... Just Breathe

Simply sit and breathe in a quiet room for 10 minutes. Focus on the subtle movements of your body at rest - how is your body moving and how does it feel.

Stop to observe

Take a moment each day to stop what you are doing and watch your surroundings, free of judgment. Simply observe.

Visualize your thoughts

Empty your mind by envisioning your thoughts as objects, and through breathing and focus, on each one for a few seconds before pushing the thoughts further and further away.

- Books for a mindfulness display:
 - *Wherever you go, there you are*, Jon Kabatt-Zinn
 - *Mindfulness: An eight-week plan for finding peace in a frantic world*, Mark Williams and Danny Penman
 - *Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace*, Patricia Collard
 - *Mindfulness in Plain English*, Bhante Henepola Gunaratana
 - *Peace Is Every Step: The Path of Mindfulness in Everyday Life*, Thich Nhat Hanh



SPEAKERS

Invite these speakers in for a brown bag luncheon or evening lecture series:

Statewide Speakers' Bureaus

- Mississippi Department of Archives & History:
- Staff members from the Department of Archives and History are available to make presentations on a variety of Mississippi themes. To schedule a speaker, call 601-576-6850.
- <http://mdah.state.ms.us/new/wp-content/uploads/2013/07/MDAH-Speakers-Roster-for-the-web.pdf>
- Mississippi Humanities Council:
- http://www.mshumanities.com/index.php/programs/speakers_bureau
- [Host a Speaker Application \(Word\)](#)
- [Host a Speaker Application \(PDF\)](#)

Humanities Council Rules:

- The Speaker's Bureau features our state's finest historians, writers and storytellers talking about a wide variety of subjects related to Mississippi and beyond. For no cost, you can bring these scholars to speak at an event. The MHC selects speakers based on their credentials and the quality of their program and pays them an honorarium for presenting to nonprofit groups around the state.
- Any nonprofit organization within the state of Mississippi may apply to host a Speaker's Bureau member. Click below to download the short, easy application. All applications must be received at least four weeks prior to the event, and all Speaker's Bureau lectures must be free and open to the public. Scholars may apply to become a member of the Speaker's Bureau by downloading and filling out the forms below.

- Body Walk
- Early Years Network
- ChooseMyPlate.gov
- Energy Conservation
- Expanded Food and Nutrition Education Program
- Family Life
- Family Nutrition Program
- Family Resource Management
- Food Preservation
- Food Safety
- Get Healthy, Trim Down Delta
- Health
- Health Insurance
- Health Partnerships
- Junior Master Wellness Volunteers

- ServSafe
- Smart Ag
- TummySa
- Women



MSU Extension Services

Ask a county agent to come out and demonstrate from a variety of topics, including this Health/Home/Family Series.



Wellness Speakers

Dietician

- Ask a registered dietician to come in to discuss foods that need to be added to your diet. Have some of those foods on hand to sample!

Fitness Instructor

- Ask a local fitness (or Yoga) instructor to come in to discuss steps you can take to be more active. He or she can lead a 15-minute exercise class during the presentation!

Doctor/Nurse

- Ask a local doctor or registered nurse to visit and talk about taking care of specific conditions (diabetes, high blood pressure, etc.).

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HEALTH & FITNESS

















Fitness challenges

Couch to 5k

- Jump-start a fitness routine!
 - Share the free running schedule with patrons:
http://www.coolrunning.com/engine/2/2_3/181.shtml
 - Start a running group with the library staff and invite patrons to join.
 - End the summer with a 5k fun run/walk

ChooseMyPlate.Gov

- Work to change your eating habits!
 - Salt Savvy Quiz: Take this quiz (URL in resources) to see if you know how much salt you should be getting each day.
 - 30 MyPlate Steps to a Healthier You:

1 On the Internet, go to http://choosemyplate.gov to calculate your personalized "Daily Food Plan."	2  Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.	3 Eat foods and beverages low in "added sugars." Naturally occurring sugars such as those which are in milk and fruits do not count as added sugars.	4 Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying. Skip or limit the breading. Breading adds calories. 	5 Make most of your fruit choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides. 	6 Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans. 
7 Make half your plate fruits and vegetables. Vary your fruit and vegetable choices, as they differ in nutrient content. 	8 Dried fruits make a great snack. They are easy to carry and store well. Because they are dried, 1/4 cup is equivalent to 1/2 cup of other fruits. 	9 Sauces or seasonings can add calories, saturated fat, and sodium to vegetables. Use the Nutrition Facts label to compare the calories and % Daily Value for saturated fat and sodium in plain and seasoned vegetables. 	10 Walk up and down the soccer or softball field sidelines while watching the kids play. 	11 Try a main dish salad for lunch. Go light on the salad dressing. 	12 Make at least half of your grains whole grains. For a change, try brown rice or whole-wheat pasta. 
13  Trim away all of the visible fat from meats and poultry before cooking.	14 Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter. 	15 Do stretches, exercises, or pedal a stationary bike while watching television. 	16 Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower. 	17 Physical activity may include short bouts of moderate-intensity activity. The accumulated total is what is important and can be accumulated through three to six 10-minute bouts over the course of a day. 	18 Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain. 

More activities and books to experience together:

Group Yoga

- The Yoga in the Library website offers print and digital resources as well as programming plans for doing yoga in your library!
- Resources and plans are for both children and adults:
 - <http://www.yogainthelibrary.com/>



Book (and Cookbook) Clubs

- Book/Recipe Clubs:
 - *Cooking Up Murder* (A Cooking Class Mystery), by [Miranda Bliss](#)
 - *Heartburn*, by Nora Ephron
 - *Bringing up Bebe*, by Pamela Druckerman





ADULTS & KIDS

Activities and books to experience together:

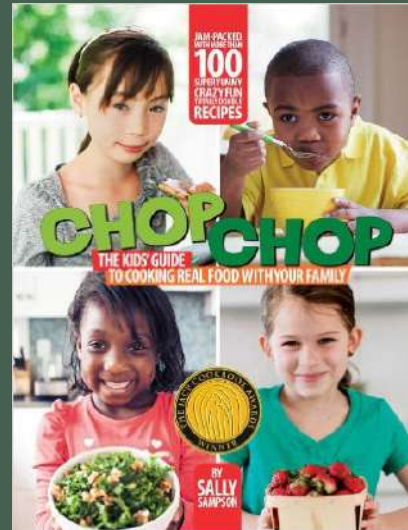
Mindfulness, Yoga, and Fitness

- *Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)*, Eline Snel
- *Good Night Yoga: A Pose-by-Pose Bedtime Story*, Mariam Gates
- (More) Yoga in the Library
 - *Programming Librarian* article about how to make this happen in your library.
- Exercise as a family:
 - Make working out together a family ritual.



Healthy Food Choices

- Community Gardening
 - Extension Services programs
- MyPlate.gov resources for children
- Cooking with kids and family:
 - *ChopChop: The Kids' Guide to Cooking Real Food with Your Family*, by Sally Sampson
 - *Cooking Class: 57 Fun Recipes Kids Will Love to Make (and Eat!)*, By Deanna F. Cook
- Cooking Books for kids (and adults!)
 - This list (in the resources) of cook books helps you get your kids into the kitchen and involved in healthy eating choices.





TIME TO SHARE!

What do you have planned for your library?

Questions & Comments:

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