

# TEENS & TWEENS

## VIRTUAL PROGRAM SCHEDULE

#### HI! WE MISS YOU!

We want to do our small part to keep your minds busy, creative, and healthy during this strange time.



Check our <u>Facebook page</u> or <u>subscribe to teen email alerts</u> to get our daily check-ins. Be well!

Christine & Julie MPL Teen Dept.

### MONDAYS AT 2PM TEEN ZEN ZONE



We'll post a soothing online resource or activity to help you zone out and de-stress.

We all need reminders to take care of our mental health these days!

#### TUESDAYS AT 2PM

#### CHRISTINE & JULIE RECOMMEND. . .



We miss talking books with you! So we'll share what we've been reading and watching each week.

Feel free to email us or reply to our Facebook post with your recs, too. We'd love to hear it!

# WEDNESDAYS AT 2PM WORDY WEDNESDAYS

Julie will share a creative writing prompt or challenge, along with a visual aid, to inspire your writing.

Whether you just want to get your feelings down in a journal or write a novel, this weekly check-in will get you going.



## THURSDAYS AT 2PM CREATIVITY CORNER



We'll share instructions and/or a video tutorial of a fun art or DIY project you can do at home.

No fancy supplies needed!

## FRIDAYS AT 2PM FANDOM FRIDAYS

Julie will share something fun for you anime & manga superfans! It might be an activity, video, quiz, or manga recommendation.

She'll be sure to spotlight manga series that you can read online right now.

