

MAY 18, 2020



Weekly Digest

learn, play, and explore from home

Shark Storytime



Join the [Atlantic White Shark Conservancy](#) for weekly story hours, shark science lessons, and hands-on investigations. Find these livestream events on [Facebook](#) every Monday, Wednesday, and Thursday at 10 a.m. EST. Dive in!

THIS WEEK'S BOREDOM BUSTER

What's for dinner? Try a recipe from [Culinary Sprouts](#), an after-school program that teaches kids to love cooking. Homemade chicken nuggets, anyone?

LIBRARY LINKS

[Previous Weekly Digests](#)

[Library Closure FAQs](#)

[Staying Entertained at Home](#)
We're always adding more links!

[COVID-19 Resource Page](#)

[Children's Virtual Programs](#)

[Teen Virtual Programs](#)

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CONTACT US

Leave us a message and we'll get back to you as soon as we can.

(508) 624-6900

marlboroughreference@cwmares.org



Self-Isolation & ADHD

You may have checked out issues of *ADDitude* magazine from the library in the past. Did you know *ADDitude* offers lots of free resources on their website?

Articles and webinars cover topics that are especially important now that Massachusetts students will be at home for the rest of the school year. Get advice about [screen time limits](#), [daily scheduling](#), and the most constructive [video games](#) for the ADHD brain. There is also a recurring advice column called [Dear Teen Parenting Coach](#).

Talking to Little Ones About Mental Health



May is Mental Health Month and this year it's more important than ever to check in with ourselves and our loved ones. To help little ones express their feelings at this strange time, the Massachusetts Department of Mental Health produced a short video called "Isaac's Story: Different Kinds of Hurt." In the film, Isaac and his



friend compare the "hurt" of his anxiety to the "hurt" of her broken leg. Find the video, a discussion guide, and more resources [here](#).