

2019 **TEEN** SUMMER
OF DISCOVERY

**OUTER
INNER** SPACE

INNER SPACE

Yoga Pro

Learn five yoga poses:

1. Downward-Facing Dog
2. Crescent Moon
3. Warrior Pose I
4. Bridge
5. Tree Pose

INNER SPACE

Pay It Forward

Perform a random act of kindness.

"No act of kindness, no matter how small, is ever wasted."

— Aesop

INNER SPACE

Goal Post

Set three goals you want to accomplish this summer. For example, learn to cook your favorite meal, make your bed every day, or walk to the park.

1. _____

2. _____

3. _____

INNER SPACE

Achieve Greatness

Track three achievements:

1. _____

2. _____

3. _____

"I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles."

— Superman

INNER SPACE

Treat Yourself Kindly

Take time to do something nice for yourself.



INNER SPACE

Picture Perfect

Take pictures of fun times with your friends and family during the summer.

Remember the good times together throughout the year.

“The best thing about taking a picture is that it never changes, even when the people in it do.”

— Andy Warhol

INNER SPACE

Fear Not

Face a fear and do something you are afraid of — watch a scary movie, say hello to someone new, or pet a shark.

“One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn’t do.”

— Henry Ford

INNER SPACE

Music Mantra

Find a song that represents your summer and create a summer playlist.

Suggestions:

1. *Summertime* by Will Smith
2. *School's Out* by Alice Cooper
3. *Hey Ya* by OutKast

OUTER SPACE

Declutter

Donate your gently used clothes or household items to groups in need.

“The space in which we live should be for the person we are becoming now, not for the person we were in the past.”

— Marie Kondo

OUTER SPACE

Stargazer

Look at the night sky and try to find:

1. North Star
2. Another planet
3. Cassiopeia
4. Big Dipper
5. Moon

OUTER SPACE

Launch It

Create a paper airplane and challenge your friends or family to a distance contest.

Don't forget to recycle your plane when you are done!



OUTER SPACE

Attend a Library Program

There are so many events happening at the library this summer!

Attend a cooking program, find out if aliens really exist, or learn the art of henna.

Check the library calendar for an event that will make you see stars!

OUTER SPACE

Childhood Games

Remember the good old days and relive your childhood and play games in the dark outside!

Suggestions:

1. Hide-and-Seek
2. Kick-the-Can
3. Capture the Flag
4. Zombie Tag
5. Four Square

OUTER SPACE

Water Fun

Run through the sprinklers, play in the creek, or have a water fight!

“Even though you’re growing up, you should never stop having fun.”

— *Nina Dobrev*

OUTER SPACE

Outside Entertainment

Enjoy the great outdoors by going for a bike ride, hiking a trail, fishing with your friends, or jumping rope.

What other activities can you do outside?

“Spending time outdoors makes you feel great”

— Elizabeth Hurley

OUTER SPACE

Plant Something

Make the outdoors more beautiful by planting something.

Plant flowers, vegetables, or even a tree!

