



Teen Activities



Norton Public Library
L.G. & Mildred Balfour Memorial

Week 6: August 10-14

RITUAL & ROUTINE

Sometimes the only thing we can control is ourselves, and establishing rituals that bring us joy now will set us up for future happiness, too. Now is the perfect time to turn positive activities into lasting habits, and yeet harmful tendencies right out. Do you want to read an actual book, write in a journal, or take a walk every day? Stop leaving messes for your future self? Set aside time to make music or art? Check out this week's extras for ideas on how to start new routines!



BUCKET LIST

In a perfect world, what would you like to do before you have to be an adult all the time?

Think about what you'll miss when you're "too old" for kid stuff, what others do that you'd like to try, and what you might regret not having done when you look back someday as an adult. Make a list with these questions in mind, and choose one thing to try this week!

LIP SYNC

Pick a song you love and choreograph your own lip sync performance. Practice in your biggest mirror, add costume pieces and props, and make a video! Challenge your friends to make their own lip sync videos and share them for ideas. Assign each other songs and appoint someone else to judge your first annual lip sync contest! Check this week's extras for inspiration.