



This list of activities and book suggestions was made by your librarians to celebrate reading this summer.

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## BOOK ADVENTURE: JAM SESSION

**Music meditation.** Pick a few songs that you like and that help you relax; usually, songs that are slower without a lot of lyrics work best. Find a quiet place where you can listen to them by yourself. Get in a comfortable position, close your eyes and relax all of your muscles. Breathe slowly and deeply in through your nose and out through your mouth. Let go of any specific thoughts that come into your head, and try to focus your mind and your body on just feeling the music. Continue breathing slowly and intentionally until the songs are done. This can be a good way to help relax and center yourself if you start feeling anxious or overwhelmed.

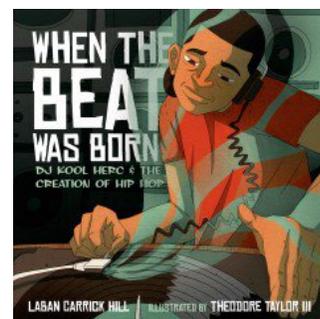
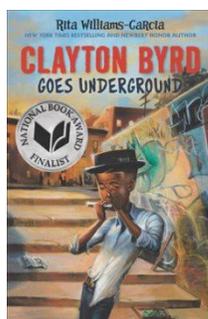
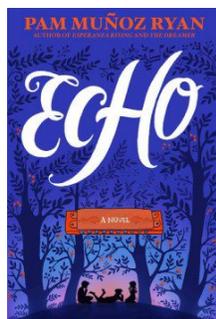
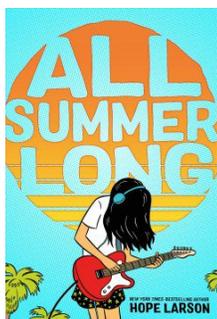
**Calling all composers.** Try your hand at creating music! If you know how to read music, try composing a song in musical notation. If you're better with words, try writing a song with a chorus and a few verses. You can even take a favorite song or a childhood nursery rhyme and rewrite the words to make it your own. For some fun hands-on experience even if you don't have any instruments at home, check out Song Maker on <https://musiclab.chromeexperiments.com/>, which lets you create and share your songs online!

**Band together.** Imagine that you and your friends are starting a band. What instrument would you play? What would the name of your band be? What genre of music would your band play? Brainstorm some possible song titles. Pitch your idea to your friends and/or family!

**Cover art redesign.** Look up the album cover art for one of your favorite bands or singers. Create a new cover inspired by the album music using available art materials or using a free online tool, like <https://kleki.com/>.

**Zine scene.** Make a zine (a homemade mini magazine) about your favorite music. All you need is paper, scissors and something to write with. Find easy instructions and helpful hints here: <https://www.readbrightly.com/how-to-make-zine>

**Opinion poll.** Check in with your friends and family to find out what their favorite music is. You can ask about favorite genre, favorite band/singer, favorite song, favorite instrument and anything else you can think of!



*All Summer Long* by Hope Larson | Print | Libby e-Book

*Clayton Byrd Goes Underground* by Rita Williams-Garcia | Print | CD Audiobook | Playaway | Libby e-Book, e-Audio | Hoopla e-Book, e-Audio

*Echo* by Pam Muñoz Ryan | Print | CD Audiobook | Playaway | Libby e-Book, e-Audio | Hoopla e-Audio

*The First Rule of Punk* by Celia C. Pérez | Print | Spanish | CD Audiobook | Playaway | Libby e-Book | Hoopla e-Audio

*When The Beat Was Born* by Laban Carrick Hill, illustrated by Theodore Taylor III | Print

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