

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

Find more Book Adventures at any of our open Cambridge Public Library locations or visit us online at camb.ma/summerreading.

BOOK ADVENTURE: MINDFULNESS

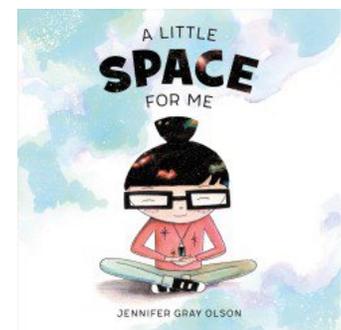
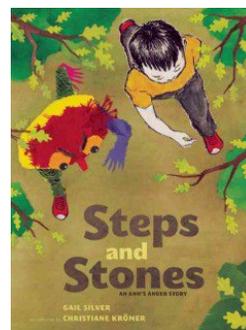
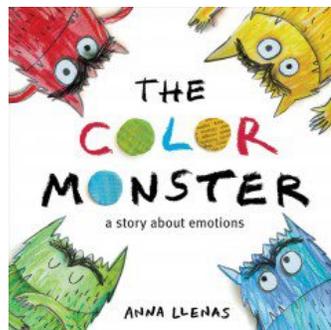
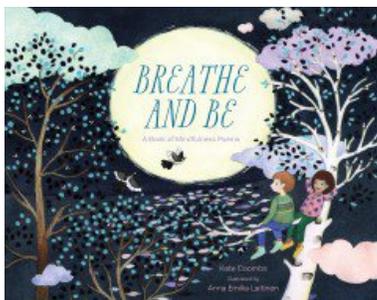
Sensory walk. Take a walk with a grown-up and observe what you see, feel, hear and smell around you. Think about it in your mind and let it float around for a moment, then share with your grown-up! Do you hear the birds chirping in the trees, feel the warmth from the sun, smell food people are eating near you, see kids playing?

Mindful charades. Think of your favorite animal or plant. Now try to become the animal or plant of your choosing. What would they be like? Can you act it out? Wiggle your arms, move your legs and have some fun! Try having a friend or grown-up guess your mindful movements.

Mindful snacking. Grab a snack with your grown-up. First, observe your delicious snack. What does it look like and smell like? Try touching and tasting your snack. What does it feel like and taste like? Is it crunchy, soft or chewy?

Draw your feelings. Find a piece of paper and think of how you feel. Do you feel happy, sad, excited or tired? Draw with any color and any pencil, paintbrush, marker or crayon in your home. Share your art with a friend!

Be in the moment. Find a comfy spot in your home. What do you see, hear, feel and smell right this moment? Think of all of the senses or just a few. Say them out loud or let them float gently in your head. Ponder with a friend, a grown-up or by yourself!



Breathe and Be: A Book of Mindfulness by Kate Coombs, illustrated by Anna Emilia Laitinen | [Print](#) | [DVD](#) | [Hoopla Book](#)

The Color Monster: A Story About Emotions by Anna Llenas | [Print English, Spanish](#) | [Libby Book](#)

Happy: A Beginner's Book of Mindfulness by Nicola Edwards, illustrated by Katie Hickey | [Print](#)

A Little Space For Me by Jennifer Gray Olson | [Print](#)

Steps and Stones: An Anh's Anger Story by Gail Silver, illustrated by Christiane Krömer | [Print](#) | [Libby Book](#)

When We Are Kind by Monique Gray Smith, illustrated by Nicole Neidhart | [Print](#) | [Bilingual English/Diné](#) | [Hoopla Bilingual, French](#)

camb.ma/summerreading