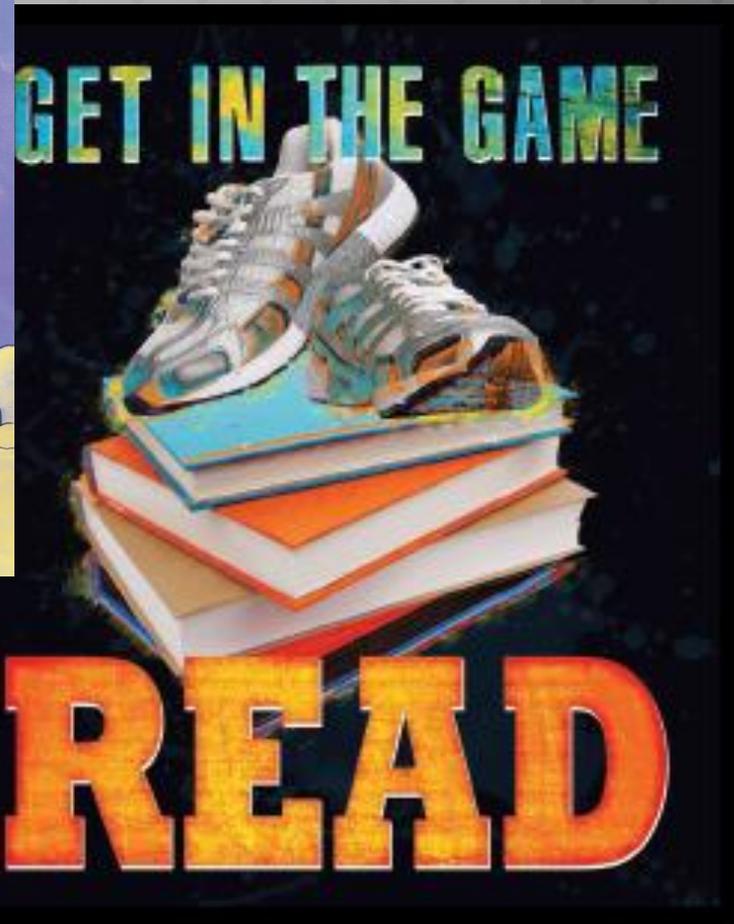
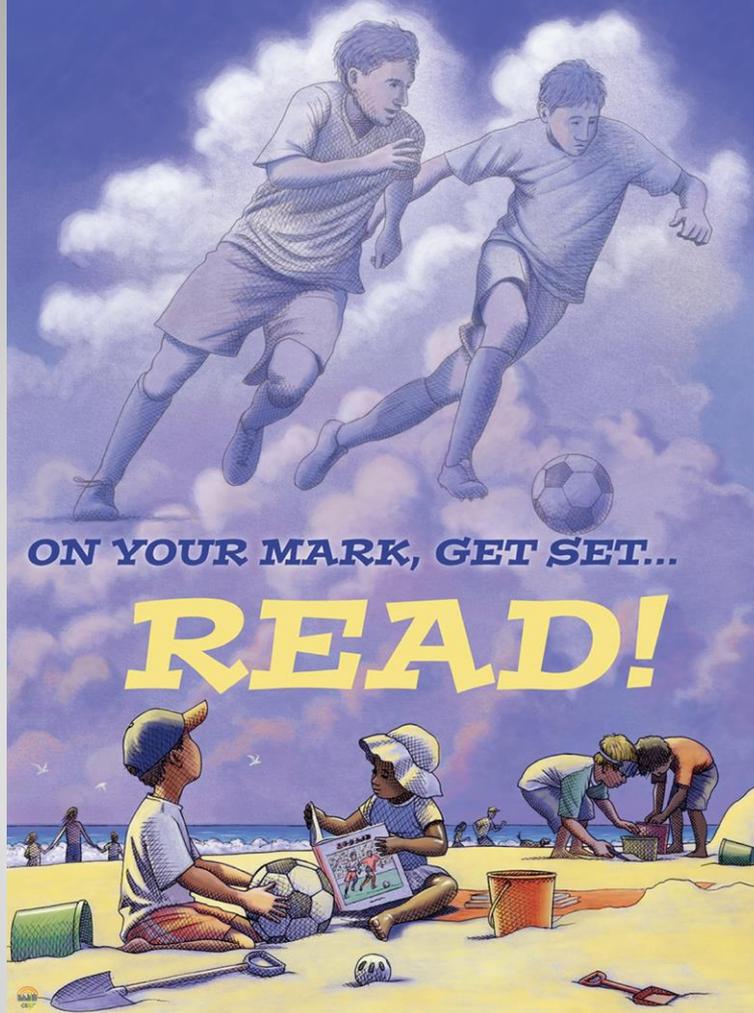


Mrs. Zedra

Washington
County
Public
Library

Youth
Services
Manager



2016 COLLABORATIVE SUMMER LIBRARY PROGRAM



Jana Fine, State Youth Consultant

WCPL IS YOUR FIT FOR LIFE



EVERYBODY IN THE GAME!



SUMMER READING 2016

Wellness, Fitness, and Sports

Children: On Your Mark, Get Set, Read

Teens: Get in the Game: Read

READING
IS MY

FAVORITE
SPORT

Mrs. Zedra

#TimeToRead

Read it first. Pass it on.

READ IT FORWARD



GET IN THE GAME PREPARE

Images are copyrighted. Contact the CSLP at 1-866-657-8556 or info@csbread.org for more information.

GET
IN THE
GAME
READ

GET IN THE GAME PREPARE

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TIPS FOR HEALTHY EATING & PHYSICAL ACTIVITY

With busy lives, it's easy to let your health and fitness slide. Below are a few tips on getting in the game with healthy habits. Chances are, you will find it's not as hard as you think!

Keep portion sizes under control to avoid eating too much.

Sneak in fruits by adding berries to your cereal - eat more whole grains, vegetables, lean meats and low-fat or nonfat dairy products.



GET IN THE GAME PREPARE

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TIPS FOR HEALTHY EATING & PHYSICAL ACTIVITY

Sit less. Reduce time spent watching TV, gaming and surfing the web.

Fuel up by drinking more water and other low-calorie drinks.

Cut down on sugary sodas, sports drinks and juices.



Get active with 30 to 60 minutes of moderate aerobic exercise five or more days a week.

Aerobic activities like tag football move your large muscles and make your heart beat faster.

GET IN THE GAME PREPARE

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**I WORK
OUT**

Just kidding.
I read **books.**

www.belcastroagency.com

GET IN THE GAME PREPARED

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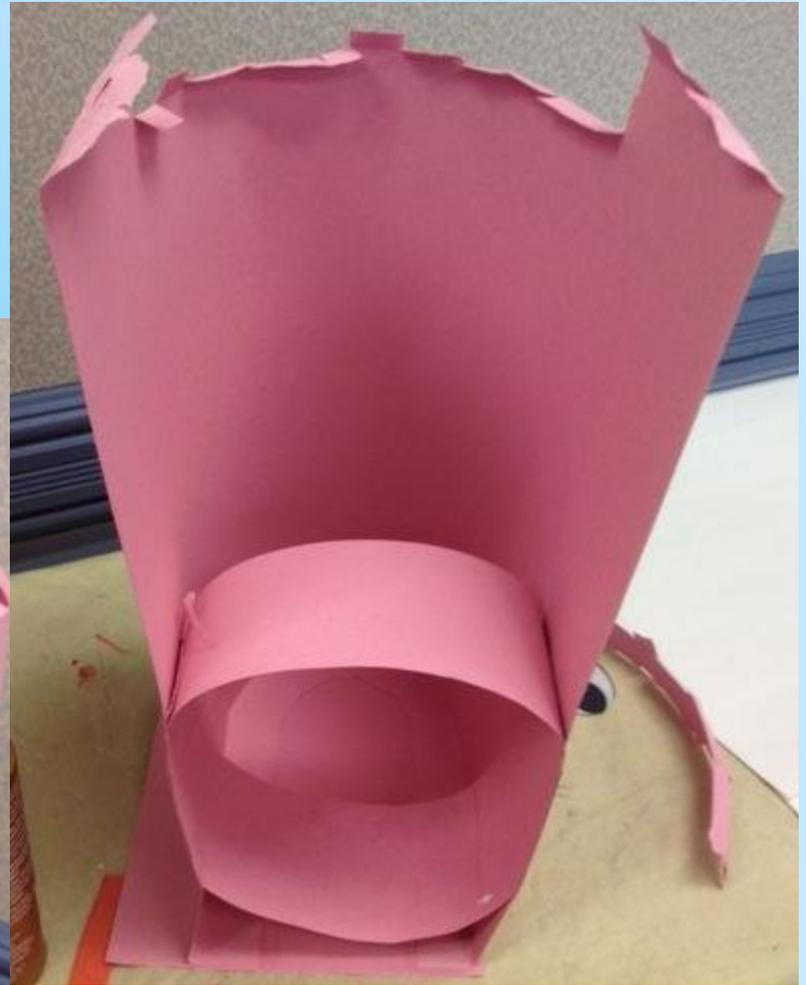
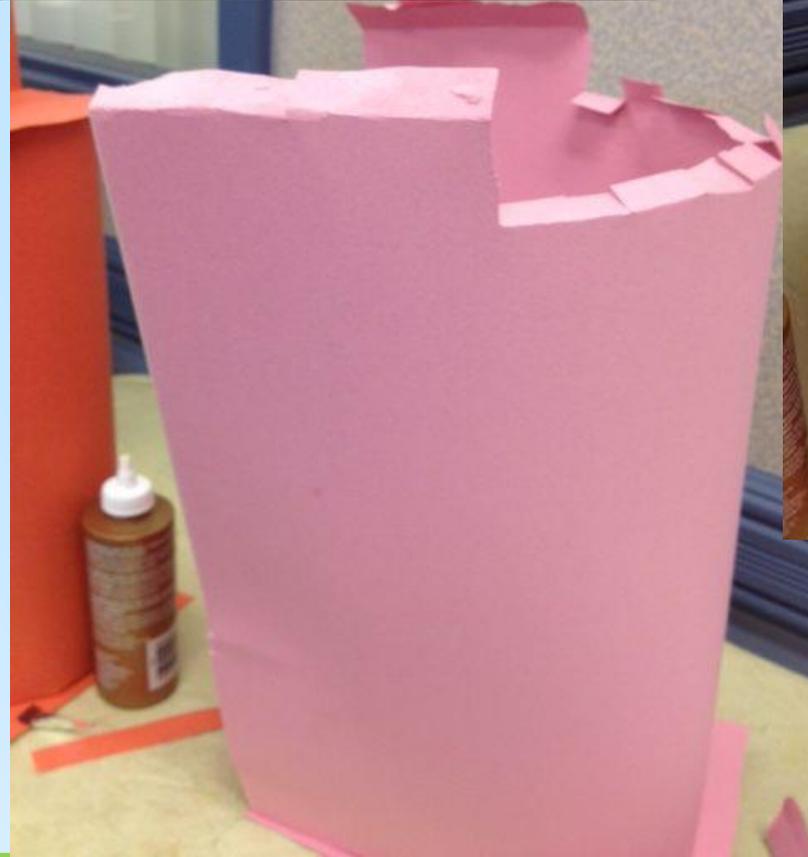
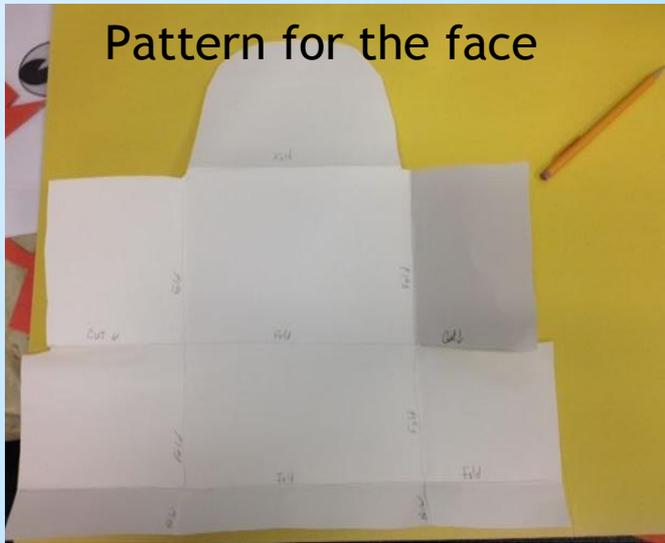


GET IN THE GAME PREPARE

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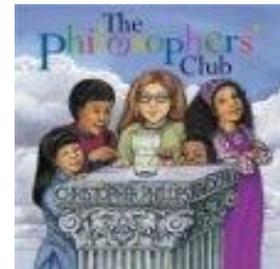
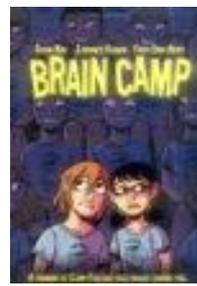
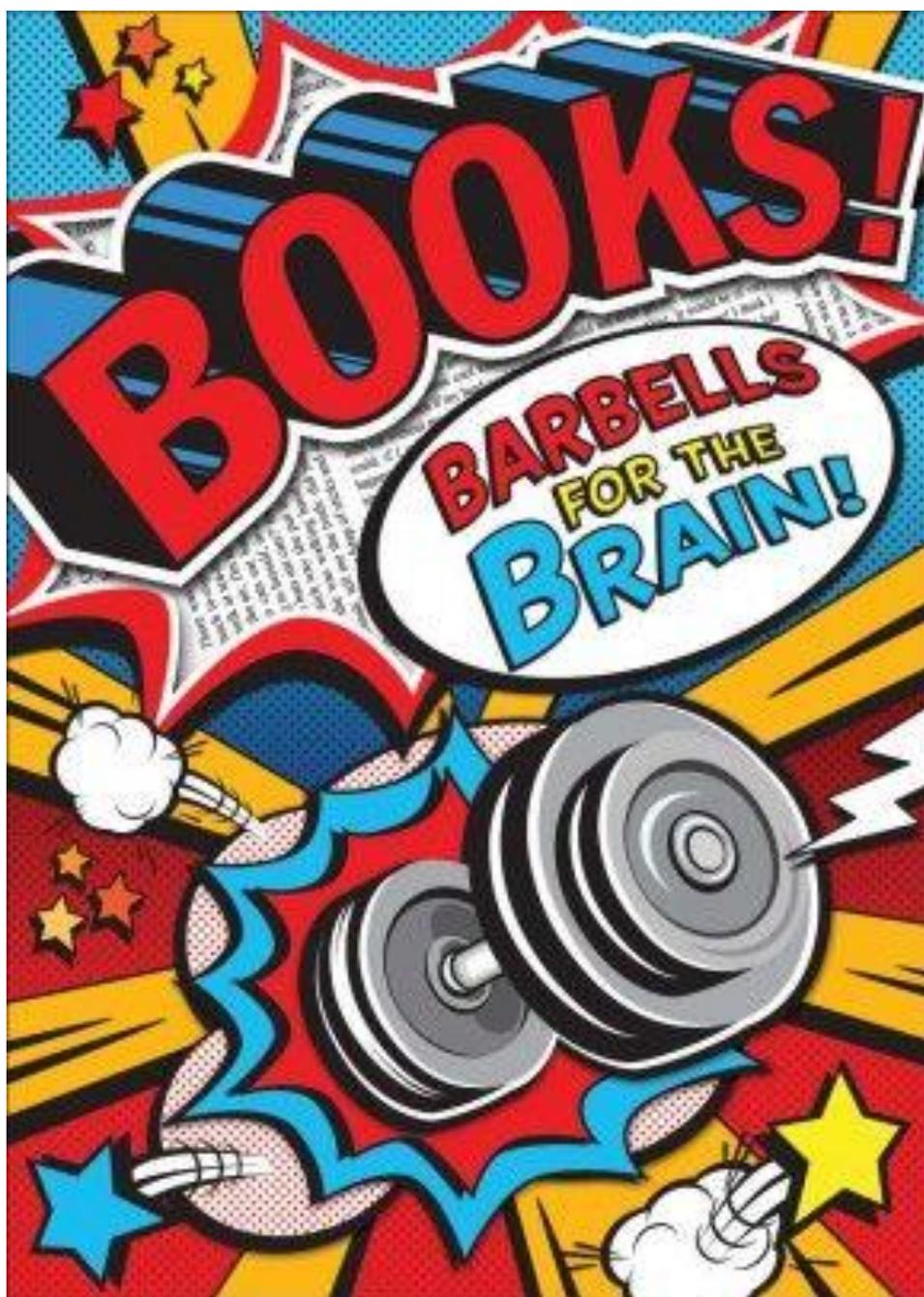
GET IN THE GAME PRIZE



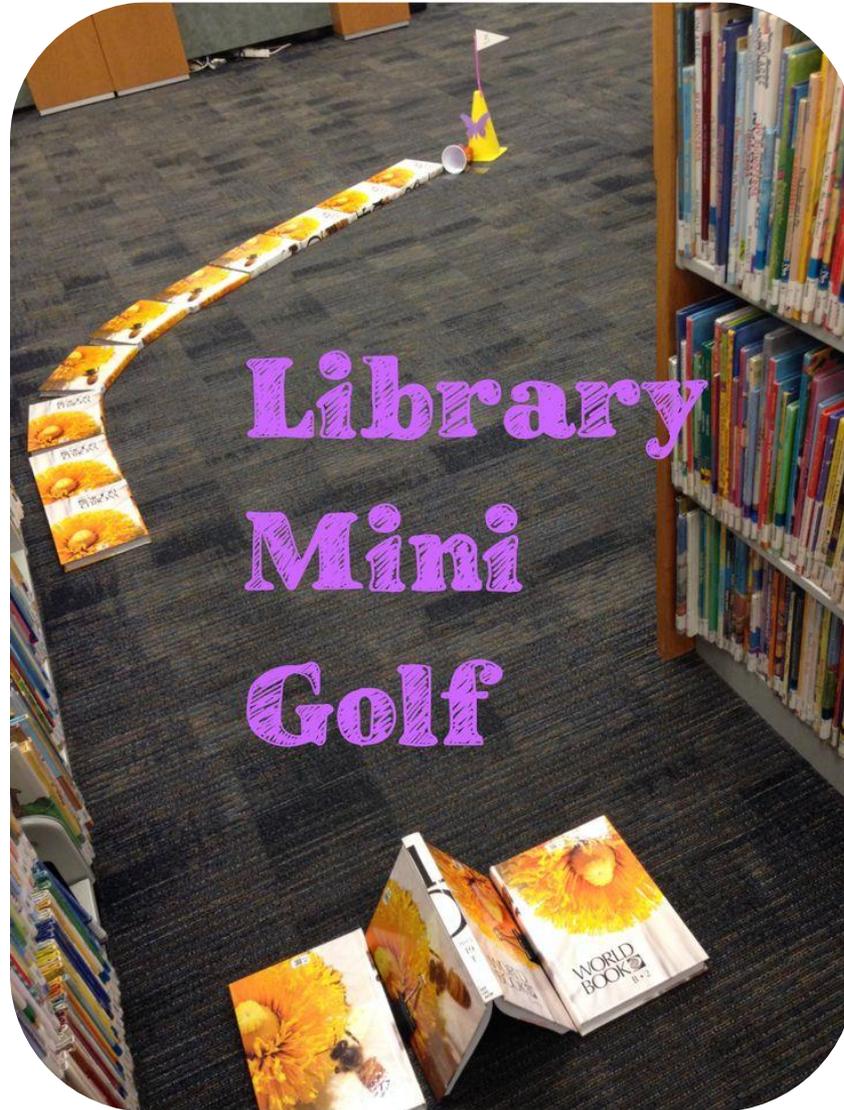
GET IN THE GAME PREP

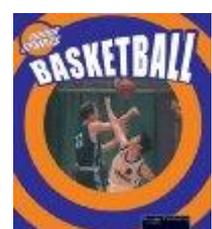
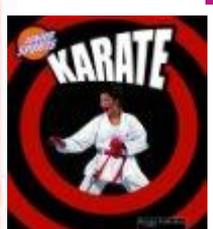
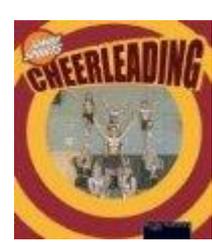
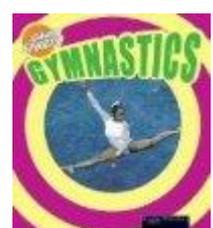
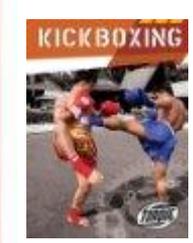
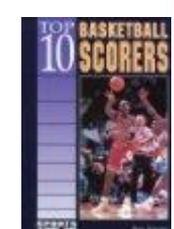
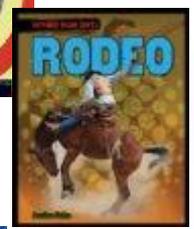
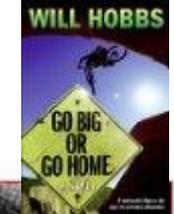
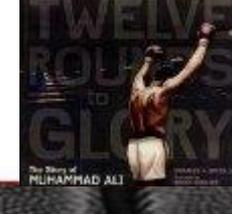
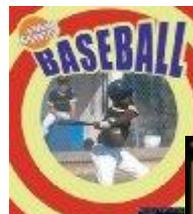
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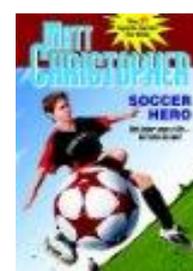
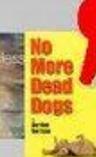
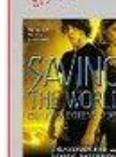


SPORTS FANATIC SCORE WITH A GOOD BOOK!





Get your sports on
baseball • basketball • football • soccer • tennis
READY





MAJOR LEAGUE READING

GET IN THE GAME PREPARED

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Jenga XL Game by Hasbro

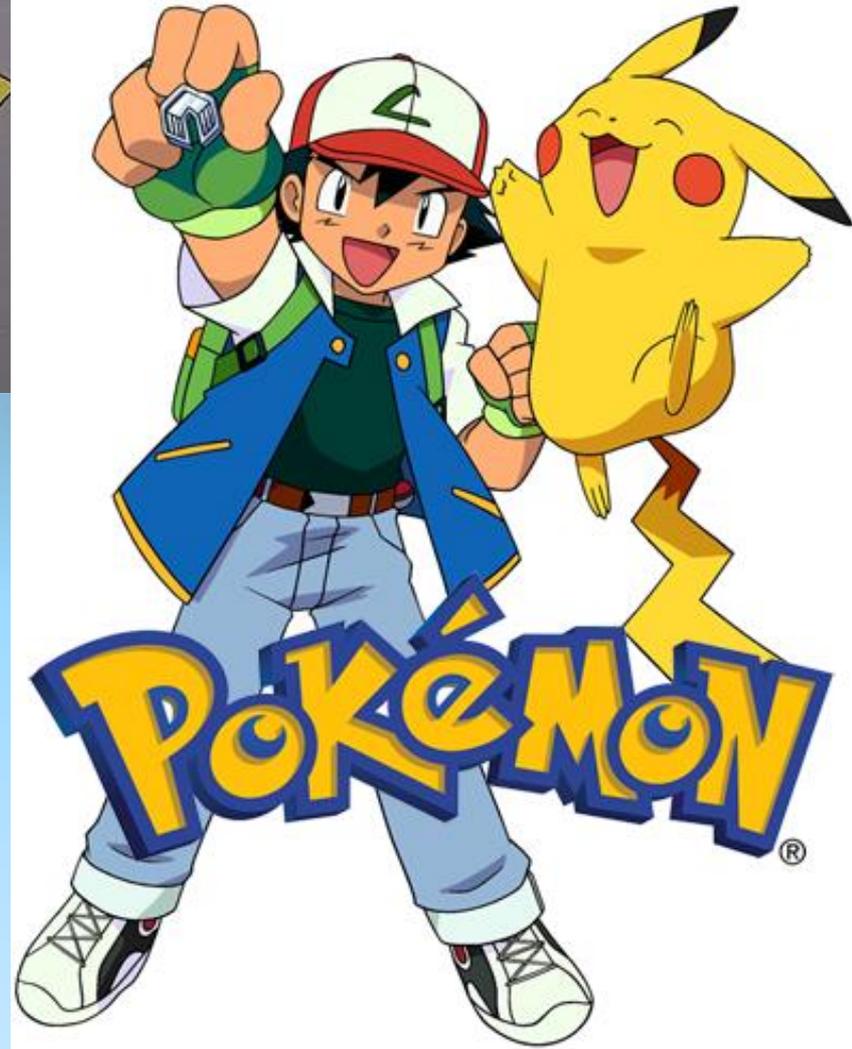
Jenga XL game is a bigger version of the classic block-stacking game.

Foldable cardboard blocks are 3" x 9". Tower is 3 times higher than the classic game's tower includes 30 foldable cardboard blocks and instructions.

GET IN THE GAME PREPARE

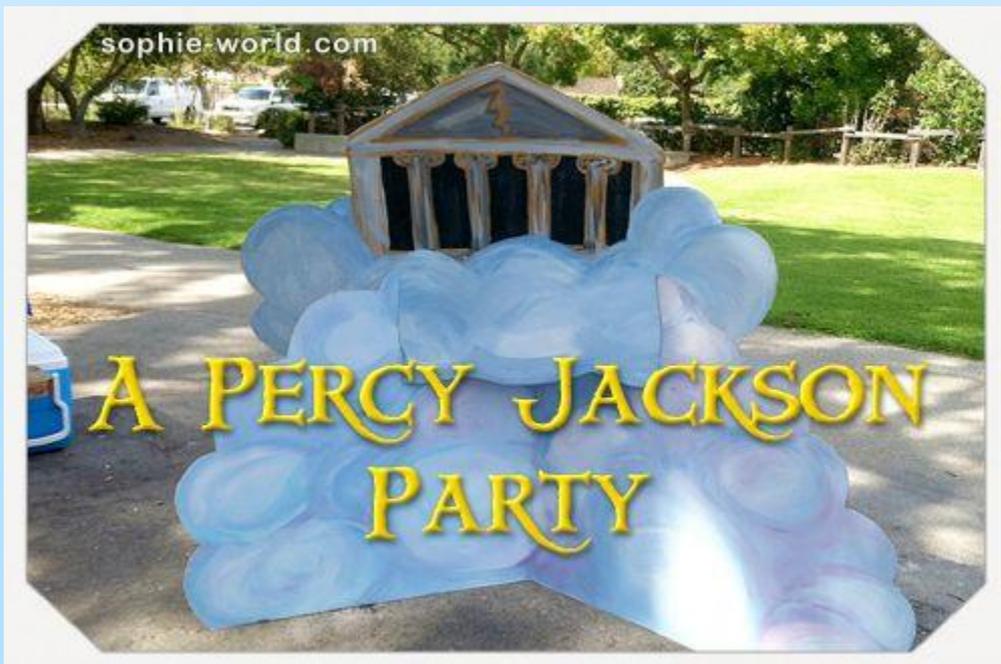


Pin the tail on Pikachu



GET IN THE GAME PREP

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GAMES FROM AROUND THE WORLD



SUMO BALL

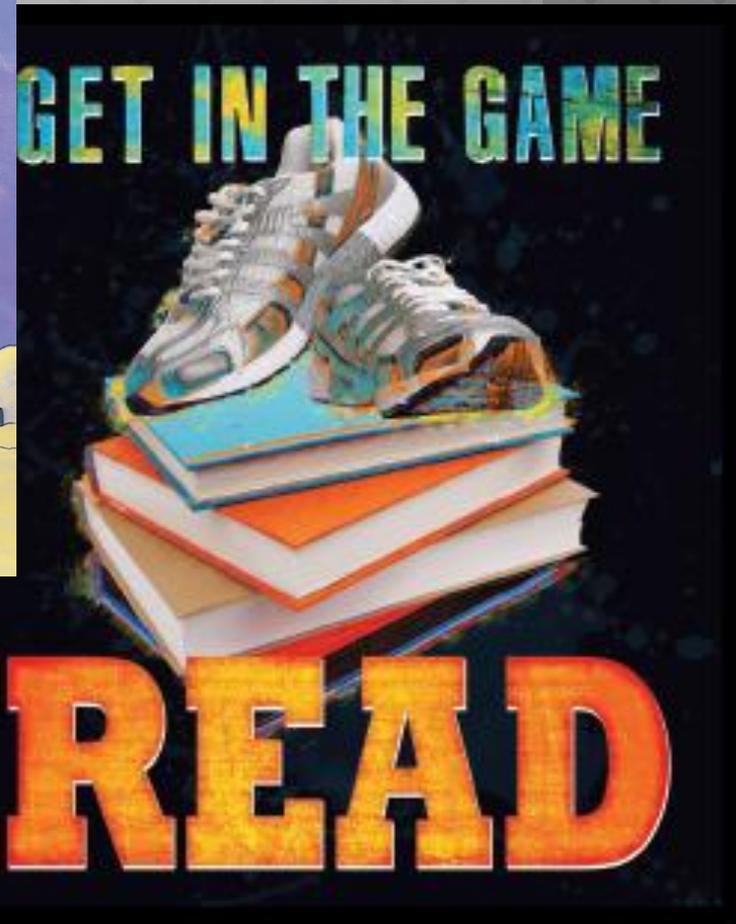
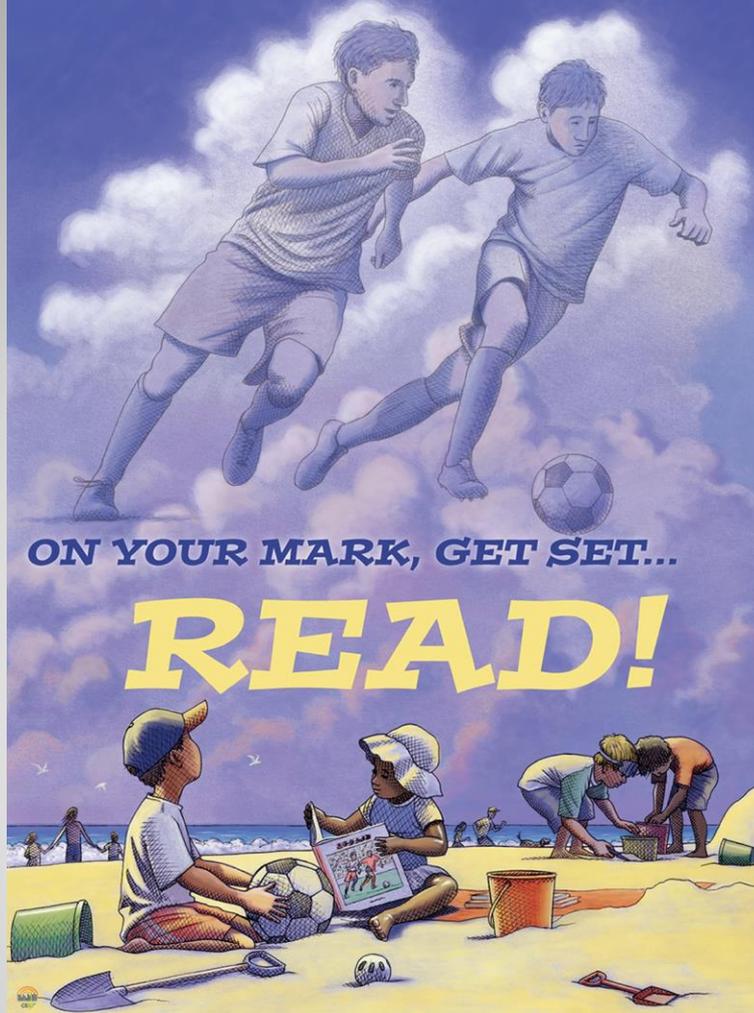




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2016 COLLABORATIVE SUMMER LIBRARY PROGRAM

INFANT PROGRAMS

Offering events for infants in your library is the perfect way to introduce babies and their caregivers to the myriad resources the library has to offer, while building literacy skills and a lifelong love of the library.

Infant classes should be about 15-20 minutes of rhymes, songs, and books, followed by at least 15 minutes of playtime with developmental toys.



learning is
NOT
a spectator
sport.
so let's
PLAY!



ON YOUR MARK,
**GET SET,
READ!**

TODDLER PROGRAMS

Toddlers are on the move, be prepared to offer high energy!



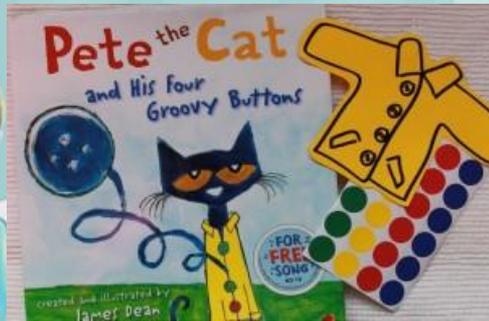
Toddlers will be up and moving around throughout the program. This is developmentally appropriate.



ON YOUR MARK,
GET SET,
REZADI!

1, 2, 3! NUMBERS!

It's fun and easy to use the "Pete the Cat" series as a literacy activity for young children. Follow the directions on bit.ly/1T4vuCy and have fun!



bit.ly/1T4vuCy



**ON YOUR MARK,
GET SET,
REZARD!**



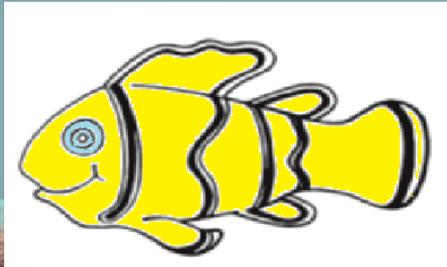
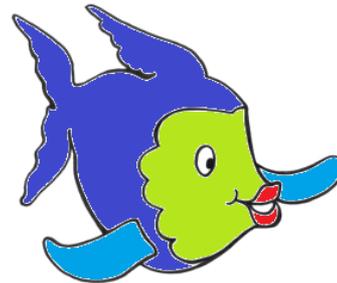
1, 2, 3! NUMBERS!



Library



Bubble, Bubble, Pop! Patterns



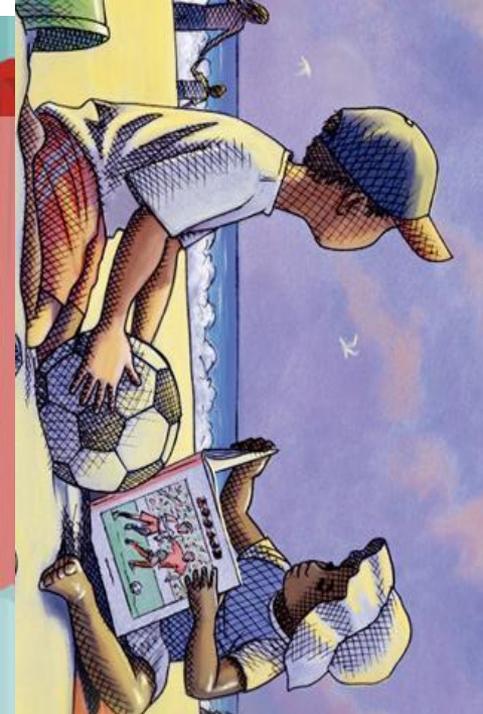
ON YOUR MARK,
GET SET,
REZADI!

LET'S PLAY

Game Ball Rolling:

With large, soft balls, roll back and forth.

Pat a cake



ON YOUR MARK,
GET SET,
REZADI!



Library

...tune in for storytime success



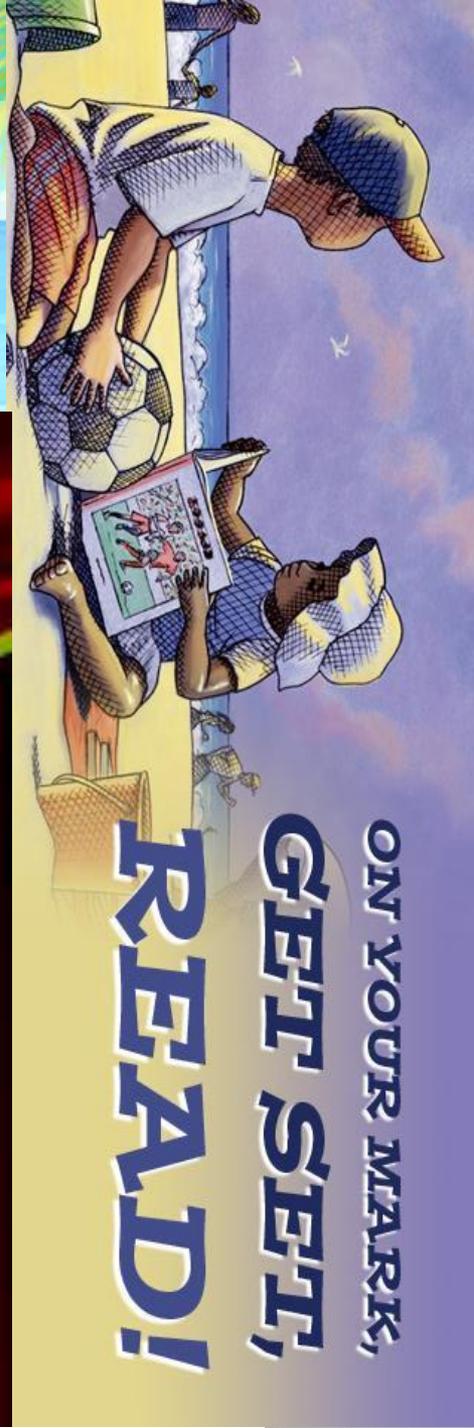
**ON YOUR MARK,
GET SET,
READ!**

DANCE DANCE DANCE

Brain Breaks - [youtube.com/watch?v=388Q44ReOWE](https://www.youtube.com/watch?v=388Q44ReOWE)



Come on, move



**ON YOUR MARK,
GET SET,
REZADI!**

DANCE DANCE DANCE

How to make a tissue dance?

You put a little boogie in it!



Tissue Dance



ON YOUR MARK,
GET SET,
REZARD!



LET'S PLAY!

Little mouse flannel board ~ in your manual



Bed sheet parachute with balloons



ON YOUR MARK,
GET SET,
REZADI!

MOVE IT!

Wiggle, Stretch - You are a lion (yoga poses)
Line Walking



ON YOUR MARK,
GET SET,
REZARD!

MOVE IT!

Nursery

Rhyme Olympics



Jack Be Nimble relay: Line up cones about four feet apart in two lines and then separate the children into two teams. Each team has to jump over the cones (candlesticks) down and back, one at a time, until the last child.

Baa Baa Black Sheep relay: A child steps into a burlap sack then hops down the course and back. They switch with the next child in line until everyone has gone.

The **Jack and Jill**: Children have to dip their pail in the LARGE bucket of water, run to the other end (don't spill it), dump the pail into another waiting bucket, run back and the next child in line does the same. The trick is not to spill water or fall down and break your crown.

Little Jack Horner: The children hold a pie plate above their head, run down the course and back, handing it off to the next student.



ON YOUR MARK,
GET SET...
READ!



**SPORTS
Bookmarks!**



Ask a grown-up to help cut these out after coloring.
This project works best printed on sticker paper!

 FOOTBALL	 RINGS	 SOZZLES
---	---	--



ON YOUR MARK, GET SET... READ!



WHEN AND WHERE, THEN AND THERE

Throughout history, sport and games have kept people busy, entertained, physically fit and connected to one another.

Let's explore how people have played together in different times and places!



HOPSCOTCH
JUMP ROPE



**ON YOUR MARK,
GET SET...
READ!**



WHEN AND WHERE, THEN AND THERE

In the 1950's popular activities included jumping rope, hopscotch, checkers, hula hoops and roller skates!



HOPSCOTCH with BUBBLE WRAP!

Learn how to do the 50's dance, "The Stroll"

**ON YOUR MARK,
GET SET...
READ!**



WHEN AND WHERE, THEN AND THERE

Sports Trivia

**ON YOUR MARK,
GET SET...
READ!**



Sports Trivia

This tennis championship was first held in England in the year 1877.

Wimbledon

**ON YOUR MARK,
GET SET...
READ!**



Sports Trivia

This pitcher for the Boston Red Sox began his career
in 1914.

Babe Ruth

**ON YOUR MARK,
GET SET...
READ!**



Sports Trivia

These two football teams played in the first Super Bowl in 1967.

The Green Bay Packers and the Kansas City Chiefs

**ON YOUR MARK,
GET SET...
READ!**



Sports Trivia

Dr. James Naismith created this game in 1891.

Basketball

**ON YOUR MARK,
GET SET...
READ!**



Sports Trivia

This gymnast won three gold medals with seven perfect scores at the Montreal Olympics in 1976.

Nadia Comaneci



OUT OF THE ORDINARY

SLIDES AND LADDERS



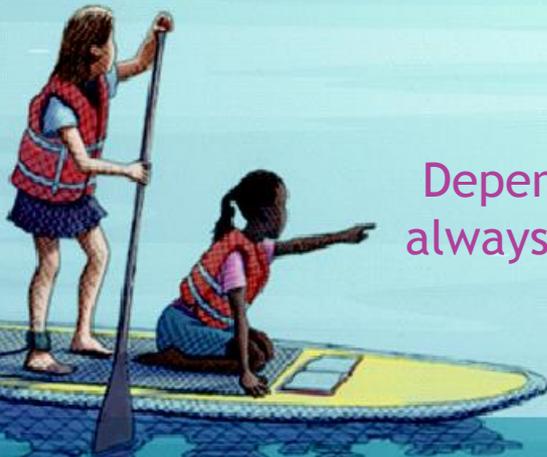
PAPER



Motion Commmotion

Exploring the connection between movement and literature through yoga and more!

Depending on your combined group ages, you can always blend from the preschool/toddler chapters, as explained in the manual.



**ON YOUR MARK,
GET SET...
READ!**



Motion Commotion!

You could include the Nursery Rhyme Olympics and yoga.

We will begin with a Ninja party that is in your manual.

**ON YOUR MARK,
GET SET...
READ!**



Game: Ninja Hide and Seek



Craft & Game:

Ninja Star Practice