

LOCATION KEY

CA	Calhan Library 600 Bank St., Calhan (719) 531-6333, x7013
CH	Cheyenne Mountain Library 1785 S. 8 th St. (719) 531-6333, x7001
EA	East Library 5550 N. Union Blvd. (719) 531-6333, x7014
	eLibrary ppld.org Open 24 hours a day, 7 days a week
FO	Fountain Library 230 S. Main St., Fountain (719) 531-6333, x7002
HI	High Prairie Library 7035 Old Meridian Rd., Peyton (719) 531-6333, x7003
LI	Library 21c 1175 Chapel Hills Dr. (719) 531-6333, x7012
MA	Manitou Springs Library 707 Manitou Ave., Manitou Springs (719) 531-6333, x7004
MLS	Mobile Library Services ppld.org/mobile-library-services (719) 531-6333, x7702
MO	Monument Library 1706 Lake Woodmoor Dr., Monument (719) 531-6333, x7005
OL	Old Colorado City Library 2418 W. Pikes Peak Ave. (719) 531-6333, x7006
PA	Palmer Lake Library 66 Lower Glenway St., Palmer Lake (719) 531-6333, x7007
PE	Penrose Library 20 N. Cascade Ave. (719) 531-6333, x7015
RU	Ruth Holley Library 685 N. Murray Blvd. (719) 531-6333, x7009
SA	Sand Creek Library 1821 S. Academy Blvd. (719) 531-6333, x7018
UT	Ute Pass Library 8010 Severy Rd., Cascade (719) 531-6333, x7011



HOMESCHOOL HUB | ppld.org/homeschool-hub

Whether you are a veteran homeschooling family or just getting started, visit the PPLD Homeschool Hub to find Library events and sign up for eNewsletters. Click on the “Resources” tab to link to information on getting started, Colorado homeschool law, local enrichment programs, tutoring, extracurricular activities, and more.

HEALTH AND WELLNESS

Well-being isn't just for grown-ups! Physical, mental, emotional, and social health all play an essential role in establishing and nurturing overall well-being in children and teens. Parents, caregivers, and other adults can help foster a healthy and balanced lifestyle in youngsters from an early age by being good role models and encouraging kids to develop positive thinking and behavior habits. Healthy practices, skills, and habits adopted by youngsters now can be beneficial throughout their lives.

PHYSICAL HEALTH

- Participate in active recreation (team sports, dance, swimming, running, biking, etc.)
- Set a routine of daily activity/make physical activity a way of life
- Get adequate sleep
- Practice healthy eating habits

BRAIN HEALTH

- Downtime is important (take a brain break!)
- Take time away from devices
- Spend time outdoors and in nature (where is your closest park?)



SOCIAL/EMOTIONAL HEALTH

- Develop social connections with people, in-person
- Embrace the spirit of creativity
- Develop skills for handling “big” emotions (e.g., anger, sadness, grief, trauma)
- Build resilience (learn from mistakes)
- Know the people you can talk to and trust
- Identify and pursue your most passionate interest(s) and share them with ot

Check out this issue of *Homeschool Connections* for more resources!





THE BOOKSHELF

Every Dreaming Creature

by Brendan Wenzel

A child imagines what it would be like to be different animals, morphing from salamander to octopus, elephant, and more. Blending lush artwork and poetic text, this sweet bedtime read also touches upon the interconnectedness of nature, the power of imagination, and the concept of point of view.

Ages 4 - 9; Dreams; Animals; Nature; Imagination; Creativity

The Iguanodon's Horn: How Artists and Scientists Put a Dinosaur Back Together Again and Again... and Again!

by Sean Rubin

How do we know what dinosaurs looked like? Spanning from when the first Iguanodon fossil was discovered in 1822 to the current day, this fascinating book digs into how perceptions of dinosaurs changed over time as more information was unearthed. So much is covered here, from the idea that science is an ever-evolving process to the role of paleoartists.

Ages 5 - 9; Dinosaurs; Paleontology; Fossils; Scientific Process

Miles of Style: Eunice W. Johnson and the Ebony Fashion Fair

by Lisa D. Brathwaite

Meet a pioneering African American fashionista! Eunice grew up in a home full of beauty; she loved to sew — beginning with doll clothes and then winning prizes as she grew older. Once married, she and her husband noticed that portrayals of Black people were very negative and began a magazine that featured positive news about Black Americans and their communities.

Ages 6 - 12; Fashion; Fashion History; Using One's Talents and Gifts for Others

The Luminous Life of Lucy Landry

by Anna Rose Johnson

Orphaned after her father was lost in a shipwreck, Lucy is sent to live with the Martins, a large Anishinaabe family of lighthouse keepers on a tiny island in Lake Superior in the early 1900s. A dreamer with a big imagination, she struggles to fit in among the practical-minded Martin children (who are homeschooled) but soon draws them into the search for a legendary necklace that her father was seeking.

Ages 8 - 12; Historical Fiction; Lighthouse Keepers; Orphans; Adventure; Families

The Swifts: A Dictionary of Scoundrels

by Beth Lincoln

Shenanigan Swift, age 13, worries that, like every other Swift named from the Family Dictionary on the day of their birth, the meaning of her name will define her personality. Questions abound as the Swift family gathers for a fate-filled reunion that involves a hodgepodge of idiosyncratic (and aptly named) relatives, a hunt for a long-hidden family treasure, a murder mystery, and much more.

Ages 9 - 13; Mysteries; Detective Stories; Humor; Wordplay

PPLD RESOURCES

These resources are available to PPLD Library cardholders with their card number and pin.



Searching for a great playlist to help you get motivated or relaxed?

Try one from Freegal Music (pikespeak.freegalmusic.com), a no-cost music streaming service that offers access to 16 million songs comprised of music from over 40,000 labels, including Sony Music's catalog of legendary artists. Look for your favorite artists, or check out playlists, including *Instrumental Music for Studying*, *90s Kidz Party*, or the *PPLD Kids playlist* (with 83 songs picked by children's library staff).



Want to relax together for a family movie night?

Find a wide selection of films (more than 30,000) on Kanopy (kanopy.com/en/ppld). Once you create a free account and log in you can browse by genre or topic, or select Kanopy Kids for a curated collection of kids' movies, educational videos, TV series, and more.



Looking to enrich your diet?

Try a recipe from one of the always-available cookbooks on Freading (pikespeak.freading.com) — no holds needed. You can also visit the database *Junior Worldmark Encyclopedia of Foods and Recipes of the World* to browse recipes by country or culture.



Find this and other kids-appropriate databases at ppld.org/kids/databases/all

Nourish Interactive | nourishinteractive.com/kids

This website provides fun games relating to nutrition.

Kids Health | kidshealth.org/en/kids

Information on all sorts of topics for kids, teens, and parents.

Innerbody Anatomy Explorer | innerbody.com/htm/body.html

This site invites users to learn about human anatomy systems with 3D models. It also has a variety of health/human body information for all ages.

The Nutrition Corner | aglab.ars.usda.gov/the-nutrition-corner

Part of the United States Department of Agriculture website, this site offers activities and information for kids to learn about nutrition.

Health for Kids | healthforkids.co.uk/games

Enjoy these fun health-based games, including Micro Doctor, Poop Shooter, and more!

Health Powered Kids | healthpoweredkids.org

This site includes an assortment of lessons and activities to promote children's health and wellness.



Did you
KNOW?

MENTAL HEALTH BOOSTERS

- According to Mental Health America's website (mhanational.org), there are several things we can do to help improve our mental health. Try one or more of these each day to give yourself a boost!
- Think of and/or write! Come up with three things you are grateful for in a journal and three successes.
- Be creative! You can experiment with recipes, try an arts and crafts project, write, do woodworking, or learn to knit.
- Get colorful! Try coloring for 20 minutes each day to help improve brainpower.

A great way to reconnect with yourself is to put your bare feet on the ground! Known as "Grounding" or "Earthing," this direct connection allows the natural energies and frequencies of the planet to make their way into you, the human conductor. The main hypothesis is that connecting the body to the Earth enables free electrons from the Earth's surface to spread over and into the body, which can have antioxidant effects.

Each of us is a collection of dynamic electrical circuits in which trillions of cells constantly receive and transmit energy. Your heart, brain, nervous system, transportation of water and nutrients, everything your body does is powered by electricity. Once we started wearing shoes and spending more time indoors, our bodies began behaving differently.

Have you ever felt delight when kicking off your shoes and socks at the end of the day? Try connecting to the Earth by removing the barriers that have disconnected us and placing your feet on the soil. Strolling through the grass and trekking the sands of the beach feels fantastic, but did you know that it has been scientifically proven to reduce inflammation and its resulting symptoms in humans?

Clinton Ober and James L. Oschman, Ph.D., conducted experiments with people suffering from inflammation, which can cause multiple things such as pain, stress, energy loss, inadequate sleep, and slow healing. After just a few hours of grounding, scans showed a considerable decrease in inflammation. Their research indicates: "The living matrix (or ground regulation or tissue tensegrity-matrix system), the very fabric of the body, appears to serve as one of our primary antioxidant defense systems...it is a system requiring occasional recharging by conductive contact with the Earth's surface – the 'battery' for all planetary life – to be optimally effective."

So, take off those shoes and get outside!



- Hang out with animals! Spend time with your pet, or a friend's pet, or volunteer with an animal organization to help lower stress. Or, look for Paws to Read events at the Library.
- Give thanks! Write a thank you note to someone to let them know why you appreciate them.
- Get outside! Enjoy at least 15 minutes of sunshine to help boost your mood. Don't forget sunscreen!
- Go for a walk! Walks can help ease stress, especially if you have a park nearby or can walk in a more natural environment.
- Enjoy a treat! Eat some dark chocolate several times a week to help with alertness.
- Find more tips in this article: mhanational.org/31-tips-boost-your-mental-health

BOOKS FOR KIDS: J-EASY

Here and Now by Julia Denos

Being a Dog: A Tail of Mindfulness by Maria Gianferrari

Good Night, Body: Finding Calm from Head to Toe by Britney Winn Lee

Sometimes, All I Need Is Me by Juliana Perdomo

Letters to Live By: An Alphabet Book with Intention by Lisa Frenkel Riddiough

Outside In by Deborah Underwood

Tortoise and Hare: A Fairy Tale to Help You Find

Balance by Susan Verde

BOOKS FOR KIDS: J-NONFICTION

Braver, Stronger, Smarter: A Girl's Guide to Overcoming Worry and Anxiety by Sissy Goff

My Body Is a Rainbow: The Color of My Feelings by Mallika Chopra

How Does Soap Clean Your Hands?: The Science Behind Healthy Habits by Madeline J. Hayes

I Am Okay to Feel by Karamo Brown

What's for Lunch? by Sarah L. Thomson

Just Breathe: Meditation, Mindfulness, Movement, and More by Mallika Chopra

Human Anatomy for Kids: A Junior Scientist's Guide to How We Move, Breathe, and Grow by Kristie Wagner

Calm: Mindfulness for Kids by Wynne Kinder

BOOKS FOR TEENS: BIOGRAPHY

Straight Up: Honest, Unfiltered, As-Real-As-I-Can-Put-It Advice for Life's Biggest Challenges by Trent Shelton with David Tieche

BOOKS FOR TEENS: NONFICTION

In My Feelings: A Teen Guide to Discovering What You Feel so You Can Decide What to Do by Vidal Annan, Jr.

The Stress Survival Guide for Teens: CBT Skills to Worry Less, Develop Grit, & Live Your Best Life by Jeffrey Bernstein

Cooking From Scratch for Teens: Make Your Own Healthy & Delicious Food by Lisa Burns

Quiet Power: The Secret Strengths of Introverts by Susan Cain with Gregory Mone & Erica Moroz

Your Life Your Way: Skills to Help Teens Manage Emotions and Build Resilience by Joseph V. Ciarrochi & Louise L. Hayes

The Emotionally Intelligent Teen: Skills to Help You Deal with What You Feel, Build Stronger Relationships, & Boost Self-Confidence by Melanie McNally

Vegan Cookbook for Teens: 100 Easy and Nutritious Plant-Based Recipes by Barb Musick

Courageous Creativity: Advice and Encouragement for the Creative Life by Sara Zarr

ACTIVITY: 1,000 HOURS OUTSIDE CHALLENGE!

The 1,000 Hours Outside Challenge is just that - enjoying 1,000 hours outside in a year. Time spent outside daily offers health and wellness benefits for the whole family. The advantages of spending time outdoors include decreased stress and anxiety, improved attention span and academic performance, positive social-emotional development, increased physical activity, better sleep, and the health benefits of sunshine. In other words, the time you spend outside matters!

Here are some ideas to help your family get started:

Take a neighborhood walk, visit a park, eat outside, or spend time together around a campfire. Go biking, rollerblading, sledding, birdwatching or squirrel-watching. Paint, read, or play a board game. Shovel snow, go ice skating, or attend an outdoor event. Participate in outdoor games and sports with family and friends. You might head to the zoo or check out a state park. Or just head outdoors to catch the sunrise or sunset. And you can always change up your school day by working on a school lesson or project outside.

Striving for intentional time outside will look different for each family. You may use weekends and even seasons to "catch up" on time outdoors. You can make the challenge fit your family by adjusting your daily or annual goals and the activities that take you outside, making this work for any age in any outdoor environment. The biggest goal is to make a healthy habit of spending more time outside!

Visit 1000hoursoutside.com for free printable trackers and information on their mobile app.

Use your library card to reserve a free Culture Pass to Pikes Peak at ppld.org/culturepass. Or visit ppld.org to check out a Colorado State Parks backpack (includes a free park pass), a Junior Ranger Nature Pack (includes a self-guided activity book for ages 7 - 13), or a Family Stargazing Backpack (includes a free pass to the Space Foundation Discovery Center).



HOMESCHOOL SCIENCE FAIR

Open to grades K - 12

Fri., Feb. 21 | 10 - 11:30 a.m.

Library 21c

tiny.ppld.org/science-fair

The poster features a grid background with illustrations of test tubes, a beaker, and a molecular model. A QR code is located in the bottom right corner.



Do you have feedback or ideas for a Homeschool Connections issue? Please email Joy at Jfleishhacker@ppld.org.