

The Physical Distancing Challenge!

(adapted from the East Hampton Library)

Hi MHPL tweens and teens!

We know these are strange times right now but no need to worry.

We have come up with a challenge for all tweens and teens ages 10-18.

The Physical Distancing Challenge!

We want to hear about how you are helping yourself, your community, and the world in this pressing time! There are 50 activities that you can participate in for the chance to win a

\$100 Amazon Digital Gift Card!

Every activity completed = one entry into the draw. The more activities you complete, the more entries you get, and the higher the chance you will win the prize!

Ways to submit an activity:

- Email us at KarlaG@shortgrass.ca
- Direct Message us on Instagram: [mhplteens](https://www.instagram.com/mhplteens)
 - [Fill out this form](#)

When submitting each activity please provide your full name, your phone number, your age, the activity number, and the date. You can submit multiple activities per day, but only one response per activity.

1. Tell us what your favorite TikTok was you watched today and tell us why!
2. Did you eat anything good today? Send us a picture and tell us why you loved it
3. Read a book, comic, or article! Give us a few sentences of what it's about and why you liked it or disliked it! And don't forget to submit your reading to our [Teen Virtual Readathon](#) if you're 13+.
4. Draw a picture, paint something or write something! Share it with us!
(your art will be shared on Instagram)
5. Help your fellow peers! Tell us what show you've been binge watching!
6. Give us your song of the day!
7. Give us your number one goal for the week!
8. Send a video of yourself staying active!
9. In your opinion, tell us the best song that has ever been written?
10. Send us a picture of one item that you cannot live without!
11. When things get tough, what word comes into your mind? Tell us your word!
12. If you're eating ice cream, send us a picture!
13. What is your favorite food? Send a picture!

14. Write five things you are grateful for and share it with us!
15. Send five pictures of things that you're grateful for!
16. Push up contest! Who can do the most? Send us a video of how much you can do!
17. What is your favorite memory?
18. Animal love! Send us a picture of your pet!
19. Get outside! Send us a picture of your favorite nature spot
20. Tell us which class you miss! Why do you miss it?
21. Write a paragraph about what you've been doing to distance yourself from everyday norms! Tell us why you find it difficult!
22. Tell us in a few sentences why you miss the library!
23. Describe some of your summer plans! What are you looking forward to most?
24. Show us something you're cooking! Send us a picture!
25. Any sport fans out there? Tell us your favorite team!
26. Snacking on anything good? Fruit? Chips? Cookies? Send us a picture and tell us what you love about them!
27. Send us a paragraph of any new programs you want to see this summer from the library!
28. Send us something you've been writing about!
29. Send us a picture of your OOTD (Outfit of the day.)
30. Create a donation bin for when social distancing is at a halt you can donate to people in need! Send us a picture of what you have!
31. Do you love coffee? Hot chocolate? Send us a picture of what you made!
32. Show us your homework! Send a picture of a completed homework assignment!
33. Have a favorite beverage? A coke? A favorite water? Send us what you're drinking!
34. Send us a picture of the beach!!
35. Doing something fun with your family? Send us what you're doing! Send a description, video, or picture
36. Wanna talk about programming with a Librarian? Do you wanna talk about book recommendations? Set up an appointment with Stephanie or Karla on Zoom video! You can also reach us at our email!
37. Send a friend or family member an encouraging message/phone call and tell us how it went!
38. Not sure how to access books through our county-wide app Libby? Set up an appointment with one of our Librarians!

39. What video game have you been playing? If you completed the video game send us a picture of the end credits!
40. Send us a few sentences about how social distancing can help benefit our community and the world as a whole. Do you find it important? If so, why? If not, why?
41. Doing any crafts at all? Send us your craft ideas so we can post it to Instagram!
42. Make a bucket list so when social distancing has ended you can do some of them!
43. Do you have any goals you would like to accomplish while being away? Share some of your thoughts with us!
44. Do you like the sunset? Send us a picture!
45. Do you have anything to say? Are you upset? Are you happy? Share with us why!
46. Do you want to spread any kind of message to your classmates? Send us something and we'll post it to our instagram!
47. Compile a list of movies and share them with us! They will be posted to our Instagram.
(All lists must be five titles or more)
48. Compile a list of shows with us! They will be posted to our Instagram.
49. Learn a new activity and videotape yourself doing it!
50. What restaurant do you miss most right now? Tell us why!