

# YOUNG ADULT PROGRAM IDEAS & INSTRUCTIONS

[Contests](#)

[Crafts](#)

[Food](#)

[Games](#)

[Gatherings](#)

[Health & Beauty](#)

[Independent Learning](#)

[Jobs & Careers](#)

[Reading](#)

[List of Other Ideas](#)

(Used with permission from the Fresno County Public Library)

## **CONTESTS**

### **WHAT'S YOUR STORY (From YALSA) The Tale Behind the Picture Photography/Writing Contest**

Contest open to teens, grades 7 – 12

- Submit one photograph taken by you that tells a story of something real in your life.
- Photographs must be accompanied by a written story about the tale behind the photo. No more than a paragraph, please!
- Entries must include contact information: name, grade, address, phone number, and a photo release form if needed. In order for the photo to be displayed on the Fresno County Public Library Web site, a release form must be signed by each person pictured in the photograph. If the person pictured is under 18 years of age, the release form must be signed by his or her parent or guardian.
- Photos may be submitted in various formats. Print photographs may be submitted at any Fresno County Public Library branch. Digital photos may be submitted at the bottom of this page.
- Submissions will be accepted only during Teen Read Week, October 16-22, 2005.
- All photographs will become the property of the Fresno County Public Library and will not be returned.
- Winners will be contacted via telephone and announced November 1<sup>st</sup> on the library's teen Web site.
- Entries will be judged based upon both the photo and the paragraph. One grand prize winner will receive a mini digital camcorder. Barnes & Noble gift cards will go to four participants receiving honorable mention.

## CRAFTS

### BOTTLE STOMP ROCKETS

Supplies(for 15 participants):

- 8 – 24 – 26” Bicycle Tubing
- Duct Tape – 1 roll
- Masking tape
- Pom-pom balls
- 1 pkg. sequins
- 1 pkg. of feathers
- markers
- 1 bottle of glue
- Glue stick
- 5 pieces of heavier paper for fins and wings
- 15 pieces of paper for rocket body
- 15 – 1ft. long pieces of PVC pipe
- 12 scissors
- 15 empty 2 liter plastic soda bottles

Instructions:

1. Before the Program: Cut the bicycle tubes into 2 equal lengths (12” ea.)

Steps for the teens:

2. Slide one end of the bike inner tube over the mouth of the soda bottle and tape it in place with duct tape.
3. Place the other end of the inner tube over one end of the PVC pipe and tape them together with duct tape.
4. Make a rocket out of a single piece of paper by rolling the paper around the PVC pipe and tape it snugly, but not too snug that it doesn't easily slip off. Fold one end over and hold in place with masking tape.
5. Remove rocket and decorate to taste.
6. Slide rocket on PVC pipe and count down...stomp and launch your new rocket!

### FUNKY WRIST FASHION

Time: 45 min

Supplies:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Hemp twine (thick) – one spool</li> <li>• Hemp twine (thin) – one spool</li> <li>• Tape measure</li> <li>• Multicolored plastic pony beads</li> <li>• Silver flower beads</li> <li>• Fimo barrel beads</li> <li>• Fimo ball beads</li> <li>• Fimo round beads</li> </ul> | <ul style="list-style-type: none"> <li>• Instructions packet (one for each participant), including step by s directions, as well as diagrams for the overhand knot and the square knot.</li> <li>• Sample bracelet</li> <li>• Masking tape</li> <li>• Scissors</li> </ul> |
|---|---|

## Notes

- The thick twine is sturdier and easier to work with, but it fits only the multicolored plastic pony beads. The thick twine is recommended for beginners.
- The thin twine takes longer to finish, but fits all of the beads and will result in a thinner bracelet.
- The round and ball Fimo beads have narrow holes. They may need to be widened, which can be done simply by scraping the area with your fingernail.
- Please return the box immediately to youth services so we can restock it and send it to the next branch.

## **DECORATE YOUR FEET!**

Time: 45-60 minutes

Limit: 10

### Supplies:

- One pair of Dr. Scholl's sandals, or any other pair of sandals that could be painted
- Blue painter's tape
- Water-based acrylic paints
- Rubber stamps or stencils
- Assorted brushes
- 1 bottle of water based varnish

### Directions:

Unbuckle the strap and cover it with the painter's tape. Apply a base coat of paint. Apply a second base coat if desired. Design the sandals with the rubber stamps and the stencils. Let dry, then apply one or two coats of varnish. Let dry, then remove the tape.

## **CONVERSATION HEART COASTERS**

30-45 minutes

### Supplies:

- 4 terra-cotta saucers, 4 inches in diameter
- Acrylic paints in red, pink white and purple
- 1 bag of conversation hearts
- E6000 adhesive
- Resin
- Paint brushes: base coat and liner
- Protective felt tabs

### Instructions:

- 1) Paint a base coat on the saucers; let dry.
- 2) Add words or narrow designs around the borders of the saucers with the liner brush.
- 3) Glue the conversation hearts face up in the center area of the saucers (use ones that are of equal thickness); let dry.

- 4) Mix the resin according the package directions and pour over the candies until they are completely covered and the resin is at an even level.
- 5) Put a dab of resin on your finger and rub it over the border to seal in your painted design.
- 6) Let the saucers cure over night and apply felt tabs to bottom.

### **TIE DYE MADNESS**

30-45 minutes

Limit: 15 teens

Tired of the same-o-same-o clothes as everyone else? Try something retro! Bring in something, washed and clean, to tie dye – a T-shirt, socks, a pillow case, even boxers! Just make sure they are 60 – 100% cotton and white. Jazz them up with tie-dye!

#### Supplies:

- 3 boxes of dye
- water
- liquid laundry soap
- salt
- rubber gloves
- rubber bands
- 10 plastic bins (3 for dye, 7 for rinsing)
- long handled spoons
- Activity while waiting...

#### Directions:

1. Make the dye, following the directions on the boxes of dye. Make 3 different colors, using 3 of the bins.
2. Fill the remaining plastic bins with cool, clear water to use later for rinsing.
3. Take the article of clothing you wish to dye and start bunching it up and securing it with rubber bands. Do this in several places.
4. Place the article in the dye bins for approximately 20 minutes. Stir occasionally.
5. Get out some games to play while waiting...how about a rousing game of Scattergories? or Teen Charades.
6. Take the article of clothing out of the dye. Place in the bins of water. You will need to dump and refill the bins, rinsing until the water runs clear from the garment.
7. Squeeze out as much of the excess water as you can.
8. Undo the rubber bands and Voila! you have some new clothes!

### TIE DYE HISTORY

Tie dye, long before the 60s, was known as Shibori, a Japanese term that encompasses a wide variety of resist-dying techniques, which have been used by different cultures for over 6,000 years. The artist first creates a design and then the cloth is stitched, bound, resisted, wrapped or gathered by hand. Any number of these methods is used on one piece and often involves a dozen different techniques. The cloth is then dyed in natural dyes such as indigo, bark, roots, leaves, insects or resins. For each color, dozens of steps have to be altered, re-stitched, gathered etc. and the complicated processes repeated from start to finish. It is common for a kimono to take a year to complete! Should an error occur during the processes, the entire piece may be ruined and months of work lost.

A traditional Shibori apprentice studies for thirteen years. Shibori cannot be produced with machinery. It can only be created by hand utilizing numerous labor intensive processes. However - the results produce stunning designs and beautiful colors unobtainable with synthetic dyes! Shibori is rarely produced anymore, even in Japan.

In the 1960s, young people tie-dyed materials with bright colors and designs. Major manufacturers also began to sell tie-dyed sheets, rugs, curtains and shirts.

Tie-dyeing is a way of tying fabric so that the dye does not get absorbed into a particular part of the material. The pattern is the result of tying, knotting, folding, or sewing areas of the material which do not absorb the colors when they are dipped in pots of dye. Bright colors are mixed with white streaks (those other areas which do not absorb colors). With experience, the end result can be predicted and controlled a bit, but surprise is part of what makes tie dye a fun and interesting art form.

Tie-dyeing is fun and easy to do on a small budget. You can make amazing colorful patterns and designs.

### **CREEPY HALLOWEEN CANDLES**

1 hour

Supplies:

- 13 X 12 –inch piece of wood ¼ inch thick
- 4 wood balls, 1 inch round
- Hot glue gun and glue sticks
- 6 black votive holders or tall, blank prayer candles
- Window cleaner and paper towels
- Ribbon and beads
- Paper images
- Assorted paint, markers or glass stain

What to do:

Apply a base coat to the wood in desired paint color. Turn over and glue wood balls as feet, one on each corner, and paint to match. Clean the surface of the glass candle holders with window cleaner and paper towel. When finished let them dry and then line them up on top of the wood board. The finished product can be used to hold candy or candles.

### **CRAZY BINDERS**

30-45 minute program

Limit: 15 teens

Get a jump on fall. We know...school is the last thing you want to think of during the summer, but we've got some great, one-of-a-kind school supplies you can make. They'll add some creativity into your life and put a smile on your face for the first day back! So bring in a binder

Needed:

- rulers
- scissors
- fun fabric (like fake fur or astro turf)
- craft glue
- craft brushes
- stickers
- pencils
- paintbrushes
- plastic or silk flowers, ladybugs, footballs, etc.
- duct tape

Binder Directions:

1. Open up your binder out flat and measure the distance from cover to cover (that includes the front cover, the spine, and the back cover) and from top to bottom. Add 1 inch to the length and width of the measurement. Cut a piece of the fake fur or astro turf to that size.
2. Place your fabric, pattern side down, on a flat working surface, with one of the long sides facing you. Brush with glue along the spine of the binder. Press the spine along the exact center of the fabric, leaving a ½ inch border of fabric along the top and bottom.
3. Now brush glue along one of the outside covers of the binder. While holding the binder closed, press the fabric to that cover (make sure to press it flat, and smooth out any folds or bumps). Repeat this step with the other cover.
4. Open the binder with the rings facing up. You will have a ½ inch border of fabric on all sides. Piece by piece, spread glue along the border, wrap it over the edge, and glue it inside the binder. You may need to cut some of the fabric around the ring part inside to make the fabric fit well.
5. Measure the length and width of the inside cover of your binder. Subtract 1 inch from the length and width. Cut two pieces of fabric to this measurement.
6. Brush glue on the edges of the inside cover at the place where the overlapping fabric ends meet. Press down one of the pieces you cut in step 4, making sure to line up the fabric so that you can't see the inside cover. Smooth out any folds or bumps. Repeat this step for the other inside cover.

### **DESIGNER DINNERWARE – BY YOU!**

Limit: 15 teens

30-45 minute program

Mom's china simply too precious? Here's an easy remedy. Create your own set of dinnerware. No pottery wheel necessary. These make incredibly personal gifts, too!

Needed:

- clear plastic or glass plates
- glitter
- magazines
- clear glue
- paintbrushes
- paint (non-toxic)
- cartoons
- photos (but on thin paper, like computer paper)
- 10 pairs of scissors
- Finished sample

**Directions:**

1. Start with a plain glass or plastic plate. Cut out pictures from magazines of anything you like: movie stars, Roxy, cartoons, cool clothes, animals, etc. - you name it! You can even use pictures of you, but the thinness of magazine paper works better than photos.
2. Get some newspaper and spread it all around, just in case of a mess (which is half the fun anyway!). Now place the pictures facedown on the back of the plate, so you can see the image from the top side. You can tack them down with CLEAR glue or just hold them in place with tape. If you use the tape, put it on loosely because you'll want to take the tape off before painting.
3. If you want to use glitter all over the plate, put glue down and then sprinkle glitter lightly all over. Then glue down your pictures over the glitter. Another way to use glitter is to just outline the edge of your plate in glitter.
4. Now take your paint and paint the back of the glass plate, over the back of the pictures. The paint acts as a kind of glue, sealing the photos or pictures in. **DO NOT PAINT THE TOP OF THE PLATE!** This is where the food goes. You might want to paint two coats for a truly opaque plate, but wait for the first one to dry before adding coat two.
5. You can also experiment: paint strips of different colors, or paint shapes or flowers.
6. Let them dry.
7. Now throw a dinner party!
8. **WARNING!** Don't put these plates in the dishwasher! Just rinse in warm water and suds.

**FRIDGE MAGNETS**

Limit: 15 Participants

**Supplies:**

- Instruction sheets for tiny glass magnets
- Instruction sheets for tin bin magnets
- Rubber cement
- Scissors
- Peel and stick magnet strips
- Magazines
- Ribbon
- Tissue paper
- Glitter
- Sequins
- Poms
- Clear marbles (participants can make several)
- Tin Boxes (one per participant—no more!)

**Directions for marble magnets:**

1. The marbles are pretty small, so you're looking for things that are also very small to glue to the flat side of the marble, so that they show through to the other side. You might want to consider looking through the magazines to find your initials or those of friends and family. Sometimes itty-bitty dried flowers or sequins will fit. You can use the colored paper behind what you cut out or just use the colored paper alone to make different colored magnets.
2. Whatever you choose, use the rubber cement to glue what you want to the flat side of the marble and trim away any excess paper.

3. You can also decorate the top of the marble by adding glitter or a ribbon bow.
4. To add the magnet, cut a small piece of the magnetic strip. Peel off the backing and attach the magnet to the back of your marble.

Directions for tin box magnets:

1. Make sure your tin is clean 😊
2. Use the rubber cement to cover the tin with colored papers, comics, or a collage of magazine pictures.
3. When the paper/collage dries, glue on other decorations—glitter, sequins, ribbons, poms, etc.)
4. Cut a strip of peel-and-stick magnet and stick it to the back of the tin.
5. When you get home you can place a picture of a friend on the inside of the tin. You can also take clear nail polish to seal your design and protect it. Looks great on the fridge or your school locker.

## FOOD

### FEAR FACTOR FOOD CHALLENGE

Time: 35-40 minutes

Permission slips required

Needed – per 3 participants

- 3 plastic containers out of which the participants will eat
- 1 bottle of meat flavored baby food
- 1 bottle of vegetable flavored baby food
- 1 bottle of fruit flavored baby food
- 2 cans or bottles of clam juice – or at least 3 cups
- Potted meat – 3 – 3oz. cans
- 12 sardines – 4 for each participant
- Hot mustard
- Sauerkraut
- Whole oysters - 3 – 3oz. cans
- Prizes for the winners

Each participant must have their parent(s) sign a waiver form before being allowed to participate. Anyone with food allergies isn't allowed to participate.

Cover tables and floor with plastic.

Each participant plays the first level round. Whoever doesn't drop out continues on to level two. Continue until you have completed all levels. Some kids have thrown up at this program, so have a plastic lined garbage can handy. (Don't worry. They are warned ahead of time of the possibility!) Kids that don't make it to the last level are given a participation prize (a pack of Bubble Yum to help get the yucky taste out of their mouth!)

In between Levels, read gross excerpts from Gary Paulsen's *Guts*.

#### Level 1: Baby Food

In each plastic container, mix equal portions of each baby food flavor and stir thoroughly. Without using utensils the contestants must finish the contents of the plastic containers.

#### Level 2: Clam Juice

Now without rinsing off the plastic containers fill them with equal amounts of clam juice. The contestants must finish the clam juice in order to advance to level 3.

#### Level 3: Potted Meat

Hand each contestant an open can of potted meat and a plastic spoon. Before they begin read the ingredients. Contestants must finish the potted meat before advancing to level 4.

#### Level 4: Sardines in hot mustard on a bed of Sauerkraut

In each plastic container add two large spoonfuls of sauerkraut, 4 sardines, and hot mustard. No spoons allowed.

#### Level 5: Whole oysters from a can

Each of the remaining contestants should receive an opened, drained can of whole oysters. No silverware allowed.

Everyone who finishes Level 5 is a winner.

## COFFEE CAN ICE CREAM

Time: 45 minutes

Needed per four participants:

- 1 cup whole milk
- 1 cup heavy cream
- ½ cup of sugar
- 1 teaspoon vanilla
- 1 3 lb coffee can with lid
- 1 - 1 lb coffee can with lid
- ¼ teaspoon salt (optional)
- Optional flavors such as fresh fruit, mashed strawberries, chocolate syrup, or caramel
- salt
- ice

What to do:

Mix ingredients in smaller coffee can. Put top on smaller can. Put smaller can inside of larger can and add layers of ice and salt in the large can around the small can. Put top on larger can. Roll can on a flat surface, or tape the lid down and play kick the can for 30 minutes. Every ten minutes or so drain the water and add fresh ice and more salt.

What not to do:

Use plastic bags instead of cans. Plastic will not conduct the cold from the ice as metal will. The ice cream will take much longer and will not thicken enough.

## FORTUNE COOKIES

30-40 minutes

What you will need:

- ¼ cup all purpose flour
- 2 tablespoons white sugar
- 1 tablespoon cornstarch
- ¼ teaspoon salt
- 2 tablespoons vegetable oil
- 1 egg white
- 1 tablespoon water

Directions:

- 1) In a mixing bowl, stir together flour, sugar, cornstarch and salt. Add cooking oil and egg white; stir until smooth. Add water; mix well.
- 2) Make one cookie at a time by pouring 1 tablespoon of batter on a lightly greased skillet or griddle; spread into 3 and ½ inch circle. Cook over low heat about 4 minutes, or until lightly browned. Turn cookie with a wide spatula; cook 1 minute more.
- 3) Working quickly, place cookie on pot holder. Place fortune in center of cookie. Fold in half, and then fold again over edge of bowl. Place in muffin pan to cool. Repeat with remaining batter.

## SMOOTHIES

20-30 minutes

You will need:

- A variety of fresh or frozen fruit
- Plain or vanilla yogurt
- Add anything else you like, such as chocolate chips, coconut, cereal, etc.

- Blender
- Ice (optional)

Directions:

- You guessed it! Place desired ingredients in the blender and blend until smooth.

### **EDIBLE CAR CONTEST**

45 – 60 minutes

Limit: 15 teens

Pre-registration is recommended for branches with high YA turnout.

Supplies:

- Plastic knives
- Paper plates
- Skewers
- Licorice
- Sprinkles
- Fruit Loops
- Gummi Bears
- Frosting
- Cookies
- Mini Marshmallows
- Snack Cakes (Twinkies, etc.)
- Gum Drops
- 3 books for prizes (one winner for each category)
- Newspaper to cover the tables
- Stopwatch/Timer
- Slanted surface for the car race

Important

- Each program is limited to 15 teens. Branches that usually get high turnout for YA programs should require pre-registration, but smaller branches may choose to make it a first come, first served program. It's up to you.
- It's a good idea to make a model to have on hand, one or two days in advance. The frosting will dry overnight and your model will be much sturdier the next day.
- Since one of the categories is for best time, you'll need to find an incline for the cars to race down.

Directions:

- Each participant should receive one paper plate, one plastic knife, and their choice of snack cake or graham crackers (for the body of the car).
- Place the remaining car ingredients on the table. There isn't an exact limit on the other ingredients, but you may want to estimate how many/ how much each person should be allowed based on the number of participants and the supplies in your box. There is plenty of material for 15 teens to make one car; if there are leftover ingredients and they want to make more, feel free to do so.

- Show the participants the photo examples. Make sure to tell them these are only guidelines, and encourage them to be creative. Remind them of the prize categories (details below).
- The frosting may not be as sticky as they'd like it to be at first. Please assure them that – given time – it becomes extremely cohesive. Having a model to show them that you made prior to the event will help convince them.
- After everyone is finished, you can give out awards for Best Time, Best Construction and Best Appearance. Let the kids vote; if there's a tie, the staff person can be the tiebreaker. The winners may choose from the assorted books in the program box.
  - Best Time can be determined by racing cars down the incline you've set up. The wheels of the car need not roll; the car that simply slides the fastest will be the winner.
  - Best Construction should be determined by the car's design. Points should be awarded for ingenuity in engineering (i.e. does it have any working parts? Do the wheels actually roll? How sturdy is it?).
  - Best Appearance is based on style. Creativity counts – the more outlandish, the better!
- When the contest is over, participants can either take home their cars...or eat them!

## **GAMES**

### **CHESS - INDIVIDUAL MATCHES OR TOURNAMENT**

Time: One hour

Needed:

- Chess boards and pieces
- Drinks and snacks
- Game rules and instructions for people who do not know how to play.

### **BRAIN CHALLENGE BOARD GAME NIGHT**

Time: Flexible

Needed:

- Board games – Monopoly, Pictionary, Sorry, Scrabble, etc.
- Beverages and snacks

### **COMPUTER GAME NIGHT**

1-2 HOURS

Needed:

- Computers and computer games
- Have the teens bring their own games

Notes:

Make sure enough computers are available for this program. Reserve all of the computers or start the program after the library closes. Make sure they will be able to load and play the games on the computers.

## **GATHERINGS**

### **MOVIES AND MUNCHIES**

Time: 2 hours (or watch 2)

Supplies:

- Projector/laptop
- Screen
- Popcorn/soda
- DVD – G, PG, OR PG-13

Notes: You may need to purchase a public performance license. These are available from *Movie Licensing USA*

Encourage them to bring a pillow in order to be more comfortable.

### **TEEN ELECTION**

Time: 1-2 hours

Supplies:

- An awareness of current election issues
- Copies of newspaper and magazine clippings to generate discussions
- Ballot forms
- Use the Opposing Viewpoints database to generate ideas

Notes: This program can go in a number of directions. You could turn it into a debate by breaking them up into teams and having them argue the issues. You could generate a general discussion. Try to bring in local candidates or campaigners and have them present their views. Regardless of what you decide to do, the idea is to hold a teen election around the time of a real election.

### **MANGA MANIA**

1 hour

What to do:

Gather as much manga as possible before the program.

Provide drawing supplies for those who want to draw their own stories. Another idea is to have them create either general or theme oriented decorations for the library. Encourage the teens to bring their favorite manga materials to discuss with other teens. This could easily be made into a monthly program.

## HEALTH & BEAUTY

### GIRLS NIGHT OUT

Young Adult Program Box

Limit = 10 participants

### GIRLS MUST BRING A TOWEL

1 ½ hours

#### Supplies:

- 3 bowls
- sunflower seeds
- old fashioned uncooked oats
- blender
- wooden spoons
- measuring cups
- 2 graters
- Ivory soap bars
- glycerin
- essential oils
- 10 plastic bottles (for girls to bring home bubble bath)
- hair bands
- paper for slam books &
- directions
- recipe lists
- shampoo
- nylons
- 3 plastic bowls & 2 lids
- 1 pen for ea. participant
- Distilled water
- Pot to melt soap in water
- Optional - extremely ripe fruit (pears, peaches or apples) – **needed only if you opt to do the mushy masks**
- Optional – nail polish to do each other's nails

Follow the recipes on the handout, modifying amounts as needed. Exact amounts are not necessary, results are great regardless. It is recommended that you cut down the amount dramatically for the bubble bath (¼ c. shampoo and a ¼ c. glycerin is plenty for ea. bottle).

Do the activities in the following order:

- 1) Begin to demo the bubble bath. Place the pot of soap and water on a hot plate or a burner to melt the soap (or can be done in the microwave prior to the start of the program). Another option is to give each girl a Styrofoam cup with a measured amount of soap and add in boiling water from a tea kettle. They can stir until melted using coffee stirrers.
- 2) While waiting for the soap to melt, make the Magic Bath Bags.
- 3) Finish the bubble bath project.
- 4) Make Friendship/Slam books.
- 5) If you'd like and have time, finish with Marvelous Mushy Masks or nail polishing.

**GIRLS NIGHT OUT**  
**Fresno County Library**  
**Youth Services Division**

Many of the following recipes are from the book, *Hey Day! Super-amazing, Funk-da-crazing, Ultra-glazing Things to Do, Make and Ponder Every Day of the Year*

**FOR THE FACE**

**Marvelous Mushy Masks**

Got some fruit that is a little mushier than you like to eat it? Don't throw it out! Your skin wants it. Create this easy body scrub to get smooth supple skin.

Need:  $\frac{3}{4}$  c. sunflower seeds (not in the shell)  
 2 Tbsp. sunflower oil  
 $\frac{1}{2}$  c. mashed fruit: berries, melons, apples, pears, or peaches.

Directions: Dump the sunflower seeds in a blender and grind. Blend in the oil. Skin, peel and pit any of the fruit as necessary. Slowly stir in the fruit and whirl until it's all smooth. If it's too runny, add a little flour to thicken. Pour into a plastic container.

This is an all-over body scrub. \*\*\*If you are allergic to any of these fruits, DO NOT do this spa treatment.

**Clay Mask**

You can make your own clay and mud mask pretty easily. Hit the health store to get the right kind of clay.

Need: 1 Tbsp. Fuller's Earth or French Clay

What you mix with it depends on your skin type –

Oily Skin: Couple drops of water  
 Normal Skin: some drops of milk  
 Dry skin: few drops of cream

Directions: Add just enough liquid to make it a spread able paste like consistency. Slather it on your face and neck and lie down. When your face feels like it will crack, rinse. Finish with a light moisturizer.

ZIT ZAPPING TIP! Mix a tablespoon of the clay with a couple drops of water. Dab onto zit with a Q-tip. Sleep. In the morning, rinse off any left over. Science explanation: The clay absorbs excess oil in the zit, speeding along the healing process!

\*\*\* Another trick for zapping acne is dabbing Milk of Magnesia onto acne and go to sleep! Wash off in the morning.

**Moisturizing Spritzer**

This is the lightest moisturizer you can devise. And it will still nourish your skin, but not make you any oilier than you already are.

Need: a plastic spritzer bottle

½ c. distilled water  
 3 tsp. glycerin  
 5 drops lemon essential oil

Directions: put all three things inside the bottle. Shake well. Close your eyes and spray on your face. Feel the moisture seep into your skin. Great after you wash your face. Shake the bottle right before you spritz every time.

## **FOR YOUR HAIR**

### **Dry Hair Disappearing Act**

Do you have dry hair? Mix one cup of apple cider vinegar and two cups water. Shampoo hair as normal. Rinse out with the vinegar mixture. This cheap beauty magic will add highlights to brown hair and remove soap film and oils. Who knew?

### **The Fabulous Hair Salad**

Today it's all about guacamole for the hair, so get ready to get slimy.

Need: 1 very ripe avocado  
 1 large egg

Directions: Cut open the avocado and remove the pit. Scrape the insides into the blender. Add egg and whirl. In the bathroom make a part in your hair. Slather some green goop into your scalp and roots. Then make another part and slap on more goop. Keep making parts and pouring the stuff on until you've covered most of your head. Leave on for 20 minutes. Wash out with warm water. You might need to shampoo afterward, but if you do, choose a mild one. End result? Intensely shiny and soft hair. Hooray!

\*\*\*Oily Hair? Try this quick treatment – after lightly towel drying freshly washed hair, lightly spray hair's oily spots with an astringent (like Sea Breeze). Put the astringent into a small spray bottle/mister.

## **FOR YOUR BODY**

### **Homemade Bath Oils**

If you're stressed, take a bath. If your psyche is bruised, take a bath. Baths rock!

Need: Castor Oil  
 Pretty bottles  
 1 oz. essential oil (health food store or Body Shop)

What kind of oil should you use?

Lavender: for achy heads and acne

Rosemary: for stuffy nose

Tangerine: for anxiety, citrus helps you relax

Ylang-ylang: for dry skin

Chamomile: to clear out your pores

### **Magic Bath Bag**

Need: an old, but clean foot from some nylons  
 ½ c. oatmeal

½ c. sunflower seeds, shelled

Directions: Grind the seeds in the food processor or blender. Grind the oatmeal the same way. Mix together. Put in the foot of the stocking. Tie end in a knot to close. Now fill the tub. While you bathe, rub the pouch all over your body. It softens and moisturizes your skin. Let it float in the tub when you are not rubbing. Oatmeal in your bath help relieve itchy skin.

### **Relaxing-Rejuvenating Bubble Bath**

Need: 2 c. soap flakes  
1 gallon water  
¼ to ½ c. glycerin  
2 c. non-smelly shampoo  
Essential oil

Directions: over low heat, melt the soap flakes and the glycerin in the water. Stir. (Or, melt the soap in the water in a microwave oven, then add then glycerin and stir.) Now add the shampoo and a couple drops of smelly oil. Put into a pretty jar. Add a couple tablespoons to your bath and enjoy the bubbles.

### **MARVELOUS MUSHY BODY SCRUB**

30 minutes

Needed:

- ¾ cup sunflower seeds (not in the shell)
- 2 Tablespoons sunflower oil
- ½ cup mashed fruit: berries, melons, apples, pears pr peaches

What to do:

Dump the sunflower seeds in a blender and grind. Blend the oil. Skin, peel and pit any of the fruit as necessary. Slowly stir in the fruit and whirl until it's all smooth. If it's too runny, add a little flour to thicken. Pour into a plastic container.

### **MAKE-UP and SKIN CARE TRENDS**

1 hour

Prep: Arrange for a consultant from MaryKay or Avon to come in and do demos on the audience. Make sure you are clear that the consultant can leave their card, but they cannot solicit sales from the audience during the program.

**MAKE YOUR OWN LIP BALM**

30-45 minutes

What you need:

	TABLESPOONS	TEASPOONS
beeswax	.25	.75
coconut oil	.33	.99
shea butter	.33	.99
jojoba oil	.4	1.2
vitamin e	2 capsules	about 4 drops
peppermint oil	6 drops	

- Containers if you plan on giving as a gift or saving for later.

What to do:

Mix these things together and use immediately or package and give as a gift.

Notes: WARNING – Some people are allergic to cocoa butter.

**TEEN YOGA**

30 MINUTES

What you will need:

- Someone to lead the group. Most cities have local adult school or high school health teachers that might be able to teach yoga.
- Adequate space – with either carpet, or yoga mats.

## **INDEPENDENT LEARNING**

### **TECH PROJECTS**

30-60 minutes

Pre-registration required

What you will need:

- Enough computers for the participants

What to do:

Each time you meet, do something different. Try digital photography, make calendars, graphics, Web pages and so on.

### **HANDWRITING ANALYSIS**

30-60 minutes

What you will need:

- Pens or pencils and paper
- A handwriting analysis guide(s).

Using your library catalog, search Subject Keyword for "Graphology." Any of the resources should be sufficient. Reserve multiple items so the teens can pass them around and get different interpretations.

Try the different activities and interpret the results.

### **INTERNET RESEARCH WORKSHOP**

30-45 minutes

What you will need:

- A Web based tutorial (optional)
- Handouts with main points and resources

Notes:

When the Clovis Regional Branch Library did this program they used <http://www.ithaca.edu/library/training/think.html> and <http://www.uni.uiuc.edu/library/computerlit/index.html>.

One other:

<http://tilt.lib.utsystem.edu/>

## WHO DO YOU THINK YOU ARE?

45 minutes

What you need:

- Resources on palmistry, numerology, handwriting analysis, Chinese astrology, Western astrology, fortune telling, tarot
- Tarot cards if you plan to use these

Notes:

Catalog subject keywords:

Fortune-telling

Tarot

Graphology

Numerology

Palmistry

Astrology, Chinese

Astrology

## **JOBS & CAREERS**

### **SUMMER JOB SEMINAR FOR TEENS**

1 hour 30 minutes

What you will need:

- Knowledgeable speaker (local job agencies or career development agencies)
- Adequate seating
- Booklists

Topics to be covered include

- 1) Résumés
- 2) Interview skills – include how to dress
- 3) Job hunting techniques, especially for jobs not advertised
- 4) Companies that hire teens

### **TEEN JOB FAIR**

An example program from Shaker Heights, Ohio:

The Shaker Heights Library and the City of Shaker Heights worked together to develop a list of potential employers using the city's database of licensed contractors. Invitations were enclosed reply cards were mailed to over 100 potential employers at the city's expense. Follow up calls were made to those who did not respond. The first year was small, but as they continued to develop the program the number of employers quickly grew larger. The employers were contacted with the details and the recreation department made signs for the employers. The event was publicized in a variety of ways. The librarians developed a list of suggested reading to hand out at the job fair. The first year 300 teens attended the job fair and it grew larger from there. Eventually a interviewing workshop was added to help prepare teens for job interviews.

### **TEEN BABYSITTING CLINIC**

Length will be determined by the presenter

Topics to be covered:

- 1) CPR
- 2) Rescue breathing
- 3) First aid
- 4) Playtime activities
- 5) How to build your babysitting business

Notes: Find out who offers this class locally. Contract them to provide the class at your library, with the library paying the participant's fee. Limits on number of participants depend on money available for this program. Ask the teens to bring a sack lunch, but the library should supply snacks for breaks.

## **READING**

### **READ THE BOOK SEE THE MOVIE**

2 – 3 hours

What you will need:

- Enough copies of the book
- Laptop/projector
- Snacks for the movie

What to do:

Have a group of teens sign up for the program and have each one check out a copy of the book, unless they have already read it. Schedule a time to watch the movie. After the movie have a discussion about the similarities between the book and the movie. Let the teens know they can discuss a movie the same way they discuss books in their English classes. They can talk about plot, characters, setting, and point of view.

How does the movie differ from the book? Are there aspects of the book that would be impossible to re-create on film and vice versa? If you were going to make your own movie based on this book what would you have done differently?

### **BOOKS AND BAGELS**

30 minutes

What you will need:

- Bagels
- Enough copies of the novel for the group

Notes: Partner with a school media teacher. Hold the meetings at the school site, so the students can have their book discussion then go directly to class. The two main objectives of the program are to encourage young people to eat breakfast, preferably a healthy one, and to discuss books. Let the teens choose the books for discussion, or have them simply talk about their favorite books, what they are currently reading, etc.

### **READ-A-THON**

Length can vary

Partner with a local eatery – Krispy Kreme; a coffee house, etc.

Have teens choose a book to read a loud for a determined amount of time. Teens can sign up for time slots. Be sure to provide an appreciation gift for teens that read.

## LIMERICK SCAVENGER HUNT

30 minutes

This is a good after-hours program, but can be done when the library is open. The program will be approximately 25 minutes. Teens can then eat goodies, if you've provided snacks, AND/OR have the teens read and write their own limericks. Hang some up in your library.

Supplies (appended below:

- Limericks – (6 sets in various colors)
- Sets of letters (6 sets in colors corresponding to the limericks)
- Master sheet of limericks, hiding locations and Riddle a
- Prizes for winning team

Directions:

1. Prior to your program, hide all the limericks along with three letters of the riddle answer in the appropriate places. (See master limerick list to see locations to hide a limerick.) For example, the teens will be sent by one of the limericks to the VIDEO COLLECTION to find another clue. Place a limerick for a different location there for the teens to find – e.g. REFERENCE) Mix them up, so teams are not following each other. At each team's final location, place the riddle. Each team will have their own color (ex. Team 1: blue; Team 2: yellow), so each location should have a 2-4 different colored limericks and 2-4 sets of coordinating letters. Follow each groups path to ensure that the limericks and riddle follow a logical progression correctly. You are now ready to go!
2. Divide your teens into groups, designated by a color. (Four on a team if possible. There are limericks for 6 teams.)
3. Give each team their first limerick. This will lead them to a general location where they will have to search and find another limerick and some letters. Tell the teams to only pick up their color limerick!
4. Teens continue finding limericks and letters until they get to the last location. At the last location, they will find the riddle. They must unscramble their letters to find the answer to the riddle.
5. The first team to get the correct answer wins a prize.

My brother is such a brat  
I'd like to trade tit for tat  
What I need for a hoax  
Is a big book of jokes  
Where on these shelves is that?

"I really need to grow kelp,"  
Freddy the Fish did yelp.  
"I need information  
Or I'm facing starvation  
Where can I get some help?"

Franklin, of course, always knew  
 Never to return videos past due  
 He always proves he's  
 Responsible with movies  
 Now, where can he find quite a few?

Edith once heard a folk song  
 Recorded by a band from Hong Kong  
 She searched for the CD  
 She found it with glee  
 The library had it all along.

A kid, looking for a poem  
 Found one he liked in a tome  
 To this desk he went  
 And without incident  
 They let him bring the book home

There was a young man named Eugene  
 Who discovered a lot of magazines  
*People, Newsweek, and Time*  
 He cried, "These are prime!  
 Where have all of these been?"

Frieda sought a depiction  
 Of her medical affliction  
*Squashed* is the title she found  
 Her doctor then did expound  
 "Where did you find *that*? It's fiction!"

Not an electronic database  
 Nor even a book-filled bookcase  
 Is owed more genuine value  
 Than a convenient bathroom is due  
 It's a very important place.

**What should you do if your dog tries to eat a library book?**

**T A K E T**  
**H W O R D**

**S R I G H**  
**T O U T O**  
**F H I S M**  
**O U T H .**

## SEASONAL

### **SKIERS AND SNOWBOARDERS WORKSHOP**

30-40 MINUTES

What you will need:

- A knowledgeable speaker, preferably someone with equipment to demonstrate.

Notes:

This program was done before at an unspecified location with Jack Pieroni from Herb Bauer Sporting Goods as the speaker. The same person might not be available, but maybe someone else from Herb Bauer Sporting Goods could do the presentation.

### **HAUNTED MANSION (HAUNTED LIBRARY)**

What you will need:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Yarn, string, thread</li> <li>• Charcoal pencil</li> <li>• Construction paper</li> <li>• Cauliflower</li> <li>• Cooking oil</li> <li>• Linguini</li> <li>• Candy worms</li> </ul> | <ul style="list-style-type: none"> <li>• Rubber gloves with dirt</li> <li>• Poster board</li> <li>• Kettle</li> <li>• Black sheets</li> <li>• Vegetable oil</li> <li>• Gelatin</li> <li>• Peeled grapes</li> </ul> |
|--|--|

What to do:

Have children and teens walk through a darkened room festooned with yarn spider webs, have them feel the human brains (cauliflower coated with cooking oil), chopped hearts (cooked linguini), guts (partially softened gelatin), eyeballs (peeled grapes), severed hands (rubber gloves filled with dirt), and have them eat worms (candy worms). Follow with ghost stories or a scary movie.

### **TEEN CONSTUME PARTY**

1 ½ hours

What you need:

- Decorations – get ideas from the Haunted Mansion program above
- Snacks

What to do:

Tell urban legends and ghost stories, play games, socialize.

## FALL FEAST

Time Varies

### Supplies:

- Paper goods: plates, napkins, cups, and table cloths
- Table decorations (created by teen council, if you have one)
- Tables and chairs
- Tables for food

### Directions:

1. Have teens bring a dish from their culture to celebrate a unique Thanksgiving that is truly an example of the American melting pot.
2. The library supplies the setting.
3. Play various get to know you games that can be done at each table group.

## WRAP IT UP!

1-2 hours

### Supplies:

- |                       |                |
|-----------------------|----------------|
| • Scissors            | • Markers      |
| • Glue                | • Tissue paper |
| • Construction Paper  | • Glitter      |
| • Brown butcher paper | • Buttons      |
| • Stamps and pads     | • Sequins      |
| • Ribbon              | • Feathers     |

### Directions:

Teens bring in their Christmas gifts and can wrap them up using ideas you provide, or any way they like. There are many books that have sample ideas for gift wrapping. You can also get ideas online. Let teens use their creativity also.

## CHRISTMAS SIGNS

Many cities and towns have a seasonal drive for Christmas lights and display. See if your teens can create a scene or a large sign for the annual display.

### Need:

Large sheet of plywood

Paint

## WRITING

### **WRITER'S WORKSHOP FOR TEENS**

Time: 1 hour per month

For the first two meetings have enough activities planned to fill the time. After that, encourage the participants to have their writing critiqued by the other workshop members and discuss a different writer's work each meeting. To encourage participation all forms and genres should be accepted.

Here are some activity suggestions:

#### Find the name

For this activity give a description of a person, and then have everyone come up with a name for the character. Another way is to leave it more open and just have everyone make up a name for anyone or anything in a story they might have in mind. They might name a school, a person, a town, or product.

#### The Lie Game

Good writers are good liars.

Have each participant write three very short scenes (2-3 sentences) in which they are the main character. Of the three scenes, only one can be true and the other two are lies. Try to have them focus on unusual things that have happened to them or that they have done. After everyone is done writing go around and have each person share all three scenes and have the others guess which one is true. Allow three questions to be asked after the person shares his/her scenes.

For more writing exercises consult:

The Write-Brain Workbook: 366 Exercises to Liberate Your Writing  
Neubauer, Bonnie

## OTHER IDEAS

1. Self Defense Class
2. Manga Art – Workshop; display teen work
3. Extreme Foods – make strange and/or fun foods and eat
4. Chocolate Festival – games and eating
5. Anime Chaos – watch anime and talk about your favorites
6. PC Tune Up – learn the tips that keep your Windows PC running smoothly
7. Concerts – local teen bands
8. Knitting – knit iPod socks, cell phone holders and more
9. Creative Writing clubs
10. Lampshade decorating
11. Mask making
12. Strange Science – do fun science-based activities
13. 70s Night – movies; disco; funny contests
14. Easy Microwave Cooking for Teens
15. Duct Tape Fashion
16. Poetry Slam/Open Mic
17. Body Fashion – henna
18. Grossology – make fake snot, slime, and wounds