

Once Upon a Time

Write It | Haiku

A Haiku is a form of poetry that does not rhyme and has only seventeen syllables divided into three lines:

Line One: five syllables
Line Two: seven Syllables
Line Three: five syllables

This topic sounds vague, so it could be interpreted however you want. Write a haiku where you “imagine your story.”

Wellness | Mini Zen Garden

Create a peaceful and relaxing miniature Zen garden.

Materials needed:

- Empty Altoids tin or similar container; a small plastic container or a cardboard jewelry box would work as well
- sand
- small stones
- plastic fork
- Markers (optional)
- stickers (optional)

Fill your container with sand, and add a few small stones. You may wish to collect sand and/or stones outside (check for bugs!) Use your plastic fork as the rake to move the sand and stones back and forth.

Music | Create a Playlist

Do you have a favorite book? Movies and TV shows have music in the background to accentuate a certain feeling. Why not do the same thing for a book! Create a playlist for this book.

