



# SUMMER AT YOUR LIBRARY

READ. LEARN. CREATE.

ADULTS

## ACTIVITY BOOK

[SDCL.ORG/SUMMER](http://SDCL.ORG/SUMMER)



sandiegocountylibrary



# County Emergency Rent & Utility Assistance



County of San Diego

Have you been  
financially impacted  
by COVID-19?

Are you behind on  
rent and/or utility  
payments?



## Grant dollars available for eligible renters.

Application period has been  
extended until funding no longer  
available.

Serving the entire San Diego  
region except for the cities of  
San Diego and Chula Vista. Visit  
[SDHCD.org](https://www.sdhcd.org) to apply.

San Diego and Chula Vista  
residents: visit [ERAPSanDiego.org](https://www.ERAPSanDiego.org)

*Award amounts are subject to landlord and utility  
company participation. Visit [SDHCD.org](https://www.sdhcd.org) for details.*

*This project is being supported, in whole or in part,  
by federal award number ERA0043 awarded to the  
County of San Diego by the U.S. Department of the  
Treasury.*

# Welcome to San Diego County Library Summer Learning 2021

## Read, Learn, Create at Home

You've probably noticed that our Summer Learning program looks a little different this year, just like the rest of the world. Our goal this year is to keep you in touch with our beautiful county and all it has to offer through these activity pages. In this book, we've brought together fun activities, interesting challenges, and valuable resources from places and organizations all over San Diego County to experience San Diego in a whole new way.

Here's to creating your own summer story with SDCL!

[SDCL.ORG/SUMMER](https://sdcl.org/summer)

# San Diego County Library Free Resources

## eCard



Apply online for an eCard to access SDCL's digital eLibrary resources.

## Libby



Check out eBooks and audiobooks, including a collection for kids and teens. More than 3000 magazine titles also available on a broad range of topics. **(Available in Spanish)**

## Books and DVDs



Visit [sdcl.org](http://sdcl.org) or call your local branch to request books and DVDs, then go to your library when they are ready for pickup. **(Available in Spanish)**

## Linked In Learning



Learn business, tech, and creative skills taught by expert instructors.

## Mango Language Learning



Learn a new language for free! More than 60 foreign language courses and 16 English as a Second Language (ESL) courses are available. **(Available in Spanish)**

## SIRS Discoverer



Research school assignments and papers for grades 3-9.

## BookFlix



An exciting online literacy resource that pairs interactive, fictional video storybooks with related nonfiction eBooks. **(Available in Spanish)**





# LiveWell@Home: Adults

LiveWell@Home is an online resource to help residents find tips and activities to stay healthy in both mind and body while at home. Find physical fitness, mindfulness, and social connection activities and a virtual events calendar. Learn more: [LiveWellSD.org/LiveWellatHome](https://LiveWellSD.org/LiveWellatHome)

## Physical Fitness

Let's jump right in to one of our @Home fitness activities with the American College of Sports Medicine's 7-Minute Workout. The 7-Minute Workout is a timed set of twelve exercises that combines aerobic and resistance training into one efficient training program that can be done anywhere.

Complete each exercise for 30 seconds with a 10 second rest in between.



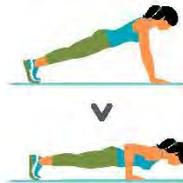
### 1 Jumping jacks

Stand with feet together and hands by your side. In one motion, jump your feet out to the side and raise your arms above your head. Reverse to the starting position. Repeat.



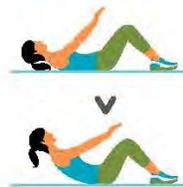
### 2 Wall sit

Stand with your back against a wall. Slide your back down the wall until your hips and knees bend at a 90 degree angle. Keep your feet flat with head, shoulders, back against the wall. Hold.



### 3 Push-up

Position hands slightly wider than shoulders. Extend legs back, keeping your body in a straight line. Bend your elbows and lower yourself until elbows are at 90 degree angle. Push back up through hands to starting position. Repeat.



### 4 Abdominal crunch

Lie on back with knees bent, feet flat on floor. Hold arms out in front of you, chin tilted slightly towards chest. Curl up and forward so head, neck and shoulders lift off floor. Hold then lower slowly back down. Repeat.



### 5 Step-up on to chair

Position chair/stool in front of you. Stand with feet hip width apart, hands on hips. Step onto seat with one foot, then bring the other foot up next to it. Step back with leading foot then bring other foot down next to it. Repeat, alternating leading foot.



### 6 Squat

Stand tall, feet hip width apart. Lower your body by pushing your hips back and bending your knees while raising your arms in front of you for balance. Reverse to the starting position. Repeat.



### 7 Triceps dip on chair

Sit in a chair holding onto front edge with both hands. Slide your bottom off the seat and hold yourself up with arms straight. Lower your body by bending your elbows to 90 degree angle. Then slowly straighten your arms. Repeat.



### 8 Plank

Position hands slightly wider than shoulders. Extend legs back, keeping your body in a straight line with your head in line with your back. Hold the position.



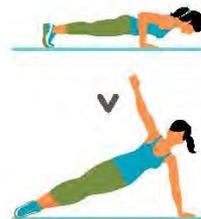
### 9 High knees running in place

Stand with feet hip width apart and hands by your side. Jump from one foot to the other while lifting your knees to hip height, arms following with the motion. Repeat.



### 10 Lunge

Stand with hands on hips, shoulders back. Step forward with one leg and lower body until front knee is bent to 90 degrees. Push yourself back up and repeat with other leg.



### 11 Push-up and rotation

Begin in push-up position. Slowly lower your body until elbows are bent at 90 degrees. Push-up and rotate your upper body and extend your arm upwards. Return to starting position and repeat on other side.



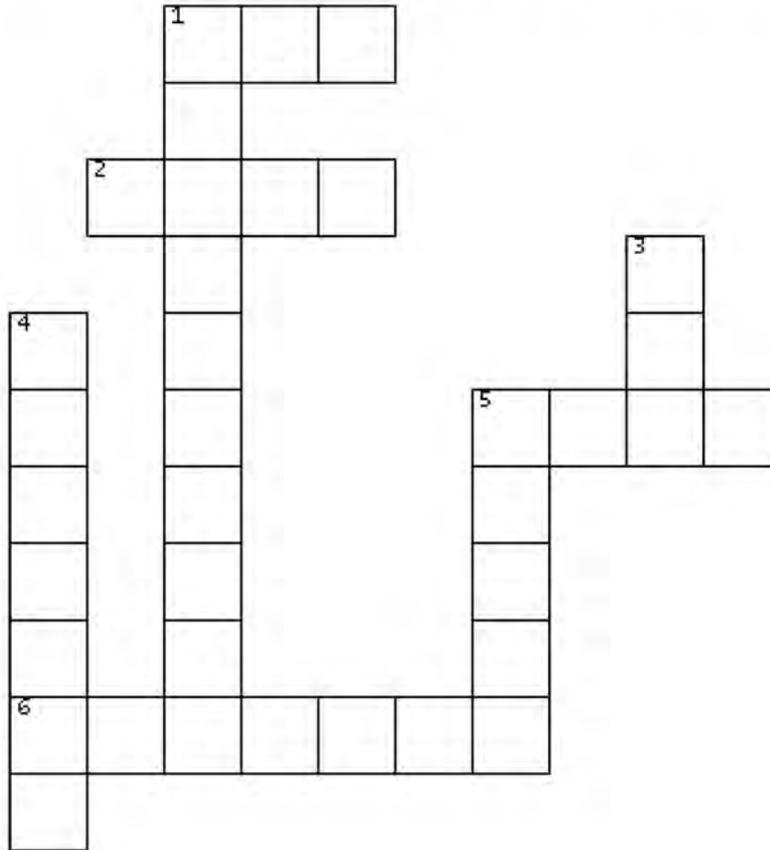
### 12 Side plank

Lie on one side with your legs stacked on top of one another. Prop your body up on your elbow while keeping it in a straight line. Hold the position. Switch sides and hold again.

Learn about coronavirus, testing and recovery: [Coronavirus-SD.com](https://Coronavirus-SD.com)

# Worm Bin Crossword Puzzle

**Instructions:** Use the clues to fill in the words above. Words can go across or down. Letters are shared when the words intersect.



## ACROSS

1. a container used to store things
2. a substance plants and animals eat
5. a small, long, soft and squishy animal used in vermicomposting
6. a place that protects animals from the weather

## DOWN

1. breaking down waste products
3. it surrounds us and plants and animals breathe it in
4. food and plant material decayed into a soil-like substance
5. plants and animals need this liquid

Program sponsored by



# Word Search

**Instructions:** Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

Q D J D H W B U E N D W C  
E X O O Z B A G L I M O O  
R D M O O E G T B B E R F  
H E O I F S R B E X F M F  
L O J K H D I T O R B N E  
O U I E H P O A Y P V R E  
P I L S M G C L A H E F G  
L L Q H C K N K W P B Y R  
S F F G S B J I A H I C O  
Y M O T A N A P D G H W U  
E R U T S I O M H D B M N  
C A S T I N G S F M E R D  
S P D X G U Z A U I S B S

anatomy

coffee grounds

moisture

bedding

coir

paper

bin

eggshells

water

castings

food

worm

home

Program sponsored by



# Mindfulness Wordsearch

Find words and phrases related to little things we  
can do to be more mindful each day.

S J O N G O E S Z S C O S M R L J B J E  
T F L Q C T T U N U S E G X T Y T E S L  
S C H G A X H H D X T E O Y F V E Y O B  
B V E E I N Y X X I I C R V H C C O J A  
V F R L Y G E H N I M O G P N I W U J V  
G C K J F H O T G N I N A E M D N I F E  
K R Z G T E E Z A D K K I B I O G V A I  
B I A X B N R Z R Z T L L V A K C P E H  
S J D T T P T R H F I Z E O A R B E J C  
N P A I I H M Y T S F T H I O P G E D A  
F W O C W T G G E T A C T I V E K H K W  
R N Y J S Y U R R F A E Y Y F J I T D K  
S H H I G L W D L G H I K S I E N A B D  
D Y O M U B E S E C K K F F T S D E U E  
X I U T Z C U E Q A W N P V N Q N R H Z  
S E I D Y P W K P E N G A G E O E B M X  
S Q T Y P E Y D A J G S Z O J K S C Z H  
L S E O T C E N N O C U Z N Z Y S X T L  
G C R W B T V I I N F O N G I P S J F G  
Y T F I H W J D I N L C E E B Q M U B S

ACHIEVABLE

BE YOU

BREATHE

CONNECT

CREATE

DECOMPRESS

ENGAGE

FIND MEANING

GET ACTIVE

GRATITUDE

KINDNESS

REFLECT

RESILIENCE

SET INTENTIONS

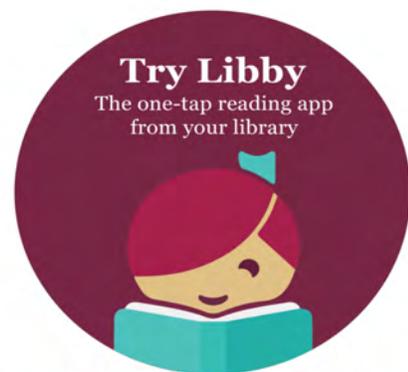
SLEEP

SUPPORT



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Discover more at [SDeBooks.org](https://SDeBooks.org)



# COMPOSTING BASICS

There are four basic ingredients are required for composting: GREENS, BROWNS, WATER, & AIR. Mixing the proper amounts of these ingredients together will provide the composting organisms (see Compost Critters) with enough nitrogen, carbon, moisture and oxygen to break down the materials efficiently.

## GREENS + BROWNS

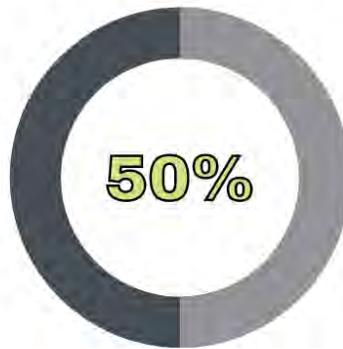
**GREENS** are fresh organic materials that serve as sources of nitrogen. Greens are the primary energy source of the active microorganisms, and are useful as a supplementary source of moisture in the pile.

**BROWNS** are dried or dead organic materials that serve as sources of carbon. Browns are useful for retaining moisture, creating small air pockets, and supporting a more diverse community of decomposers in the pile.

## WHAT GOES IN THE COMPOST PILE?

### 50% GREENS

Fresh yard trimmings, fresh grass clippings, fresh or moldy fruit and vegetable scraps, coffee grinds, tea leaves, breads, certain types of manure\*



### 50% BROWNS

Woody materials, dead or dried yard debris, chopped branches and twigs, bark, straw, sawdust, coffee filters, tea bags, shredded paper and paper products

\*For more information on composting with manure, visit [solanacenter.org/ci](http://solanacenter.org/ci)

### WHAT STAYS OUT OF THE COMPOST PILE?

Meat, fish, poultry & bones  
Eggs & dairy products

Charcoal or firelog ashes  
Treated wood products



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# WATER + AIR

**WATER** helps ensure efficient processing of organics. Ideally, the pile is kept as moist as a wrung out sponge.

Too little moisture will inhibit decomposition, but too much water can produce smelly, anaerobic conditions.

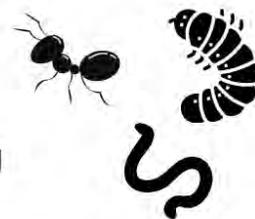
**AIR** is essential for a sweet, earthy-smelling compost pile. Turning your compost pile regularly will help to inhibit the growth of odor-causing anaerobic bacteria, and will result in faster decomposition.

## COMPOST CRITTERS

A handful of compost contains more decomposer organisms than there are people on the planet. These amazing little creatures are responsible for making the whole composting process happen.

**MICROORGANISMS** (like bacteria and fungi) do the majority of decomposition work. Although too small to see, they are on everything you throw into the compost pile.

**MACROORGANISMS** (like insects, worms, and grubs) are large enough to see. They usually enter the compost pile from the surrounding landscape in the later stages of decomposition.



Dog, cat & human feces  
Glossy/coated paper

Oils, grease & lard  
Inorganic materials

Fresh weeds with mature seeds  
(unless building a hot compost pile)

# Talk, Read, Sing

Your child should hear 30,000 words every day starting at birth

From the day we are born, we begin learning. As your children's brain develops, the simple acts of talking, reading and singing with them will give them the tools they need to thrive and become successful as they grow and begin to read and write.

## TALK

Talking is a brain building activity. Each time you talk with a baby and have a high-quality interaction, new connections are made in the baby's brain. Have conversations by narrating the actions you take throughout the day and use a variety of facial expressions. Also, respond verbally to gestures or noises such as cooing, pointing or clapping.

## READ

The most important language stimulation you can provide babies and toddlers is reading to them. Children can be read to no matter how young they are, whether it be through reading books to them or simply reading words you see out in the real world.

## SING

The act of rhyming, singing, and talking, starting at birth, profoundly influences literacy and language development, which are the foundations for all other learning. Use known nursery rhymes or make up songs with silly meanings to help build up memory and stimulate motor skills. Warning - singing may turn into dance parties!

First 5 San Diego promotes the health and well-being of young children during their most critical years of development, from the prenatal stage through five years of age. Our goal is to help ensure that every child in San Diego County enters school ready to succeed.



FIRST5SANDIEGO.ORG | 1-888-5FIRST5  
*we are born learning, let's begin*

# Kitchen Counter Gardening:

## The wonder of recycling and growing your kitchen scraps

Did you know that there are many different edibles that you can grow from last night's dinner? Lettuce, bok choy, cabbage, celery, avocados, potatoes, garlic, onions, basil, cilantro, and even pineapple are just some of the things you can continue to grow in your own home. Here are a few examples you can grow in your kitchen.



After Two Weeks

### BEET GREENS

Simply cut the top off of a beet root and place in a dish with a small amount of water. Place in a bright, but indirectly lit spot, like a window sill or on your counter. The leaves will start to regrow in a couple of days. You can leave the beet in the dish of water or plant in a pot with soil. If you leave it in water, make sure to change out the water every few days. Note: you will not be able to regrow the beet root. The new plant may flower and produce seeds that you can grow more beets from.

You can trim off the leaves and eat them fresh in a salad or steamed or sautéed like spinach.

### CARROT TOP

Just like the beet, cut the top off of your carrots and place them in a dish with a small amount of water. Change out the water every few days. You can eventually put the carrot tops into soil or leave on your countertop. Note: the orange part of the carrot will not grow, just the greens. The carrot tops will eventually flower and produce seeds that you can plant.

The leaves can be trimmed off and eaten raw, although they are a little bitter. They are yummy sautéed, make a great pesto, or provide seasoning when making stock for soup.



After Two Weeks



## Kitchen Counter Gardening



After Three Weeks



After One year

### AVOCADO

Simply take the clean seed from your avocado and pierce it with 3 toothpicks. The toothpicks will help hold it in water. Submerge it about half way and watch it sprout. The seed may eventually split. When the plant is 6 inches tall, you can transplant it into soil and place in a sunny spot. Leave about half of the seed exposed above the soil. Avocados are a long-term commitment if you would like more fruit. Plant them in the ground outside in full sun and enjoy!



After 2 weeks

### POTATO

To sprout potatoes on your countertop, you can either use an entire potato or a piece like pictured here. Like the avocado, you can puncture the potato with 3 toothpicks to hold it in a bowl of water, partway submerged. It will start to sprout from the eyes. If you want to grow more potatoes, eventually place your potatoes sprout-side up about 2-3 inches deep. It may take up to 4 months for the new potatoes to grow.



## Kitchen Counter Gardening

### GREEN ONION, GARLIC AND WHITE ONION

After you trim your green onions or chives down to the thicker white part, you can simply place them root-side down in a bowl of water. Watch the green part re-grow in a matter of days. This is a great way to always have green onions or chives on hand!

You can place the entire head of garlic in water or a single clove at a time, making sure to cover the roots with water. You can plant the garlic in soil and it will grow more cloves in a few months. Surprisingly, the garlic greens provide a nice garlicky garnish.



The same is true for a large onion. You can either cut a ½ inch of the base off near the root and place it into water, or save the central part like pictured here. If planted in soil, it will produce a new bulb in about a month depending on the type.



After One Week

### BOK CHOY

Cut about ½ inch off of the bottom of a stalk of bok choy. Place in a bowl with a small amount of water and change daily. Cut away brown or slimy areas that form. The new leaves will start to grow out of the center of the base. Harvest as you wish to enjoy fresh bok choy leaves!

(This is very similar to what you would do with celery too.)

No pots or room to grow in the ground? No worries! You can get creative with using cardboard boxes, old take-out containers, or layered paper sacks.

**Happy recycling and countertop growing!**



# SUMMER LEARNING COMPLETE ACTIVITIES

Mark off any combination of activities as you complete them



Read one book  
or one hour



Read one book  
or one hour



Write a poem



Read one book  
or one hour



Read one book  
or one hour



Complete a  
scavenger hunt



Read one book  
or one hour



Read one book  
or one hour



Visit a park



Read one book  
or one hour



Read one book  
or one hour



Read one book  
or one hour



Read one book  
or one hour



Write a book  
review



Read one book  
or one hour



Listen to an  
audiobook



Follow a recipe  
and make a  
snack



Read one book  
or one hour



Create your own  
activity



Read one book  
or one hour



Read one book  
or one hour



Draw a picture of a  
robot



Read one book  
or one hour



Read one book  
or one hour

# CHALLENGE YOURSELF

HOW MANY CAN YOU DO THIS SUMMER?

# 10

# 20

# 30



Create a comic



Read one book  
or one hour



Learn about your  
family tree



Read one book  
or one hour



Read one book  
or one hour



Draw a Picture



Read one book  
or one hour



Read one book  
or one hour



Practice a new  
language (ask us how)



Read one book  
or one hour



Commit a random  
act of kindness



Read one book  
or one hour



Read one book  
or one hour



Share a book  
recommendation



Read one book  
or one hour



Read one book  
or one hour



Check out an e-book  
or audiobook



Read one book  
or one hour



Read one book  
or one hour



Check out an e-book  
or audiobook



Read one book  
or one hour



Learn about an  
animal



Read one book  
or one hour



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# EARN YOUR HIGH SCHOOL DIPLOMA FOR FREE

Library High School offers adults the opportunity to earn an **accredited high school diploma** and career certificate online.



## HOW TO APPLY

Applying is easy and you can start the process online.

1



### Self-Assessment

Complete an online self-assessment at [LibraryHighSchool.org](http://LibraryHighSchool.org)

2



### Prerequisite Course

Enroll in a prerequisite course to determine if you are ready for online learning. You must finish the course within two weeks of your enrollment date.

3



### Orientation

Participate in an orientation with library staff to discuss next steps.

[LibraryHighSchool.org](http://LibraryHighSchool.org)

For more information, contact our Enrollment Team:  
858-495-5563 • [libraryhighschool@sdcountry.ca.gov](mailto:libraryhighschool@sdcountry.ca.gov)



**LIBRARY**  
HIGH SCHOOL

# Calming Rice Heating Pack



1. Fill **sock** 75% full with **dry rice** and securely tie shut.
2. Microwave the sock for 1-2 minutes.
3. Add a few drops of **lavendar essential oil**.
4. Apply to sore muscles and relax!

# Birch Aquarium at Scripps

# Nature JOURNALING

Scientists use observation skills to learn about nature, and you can be a scientist too by drawing animals in our Kelp Forest or by sketching animals in or around your home!

## NATURE JOURNALING TIPS:

- You can journal by drawing, writing notes and observations, creating poems, collecting nature or any other ways you can think of.
- Using the right tools will make your work easier. Grab a pair of binoculars or a magnifying glass to see more details.
- Get yourself comfortable and be patient. Sometimes you need to wait to see the really cool things.
- Make sure to always respect nature. Only pick up nature that has already fallen if you want to keep some things in your journal.
- Journal for as long or short as you want but make sure to do it in a way that makes you happy. Journaling should be fun!
- Share what you're doing with us!

## SOME QUESTIONS TO THINK ABOUT WHEN JOURNALING:

- What do you observe?
- What do you wonder?
- Why do you think that?
- What additional questions do you have?



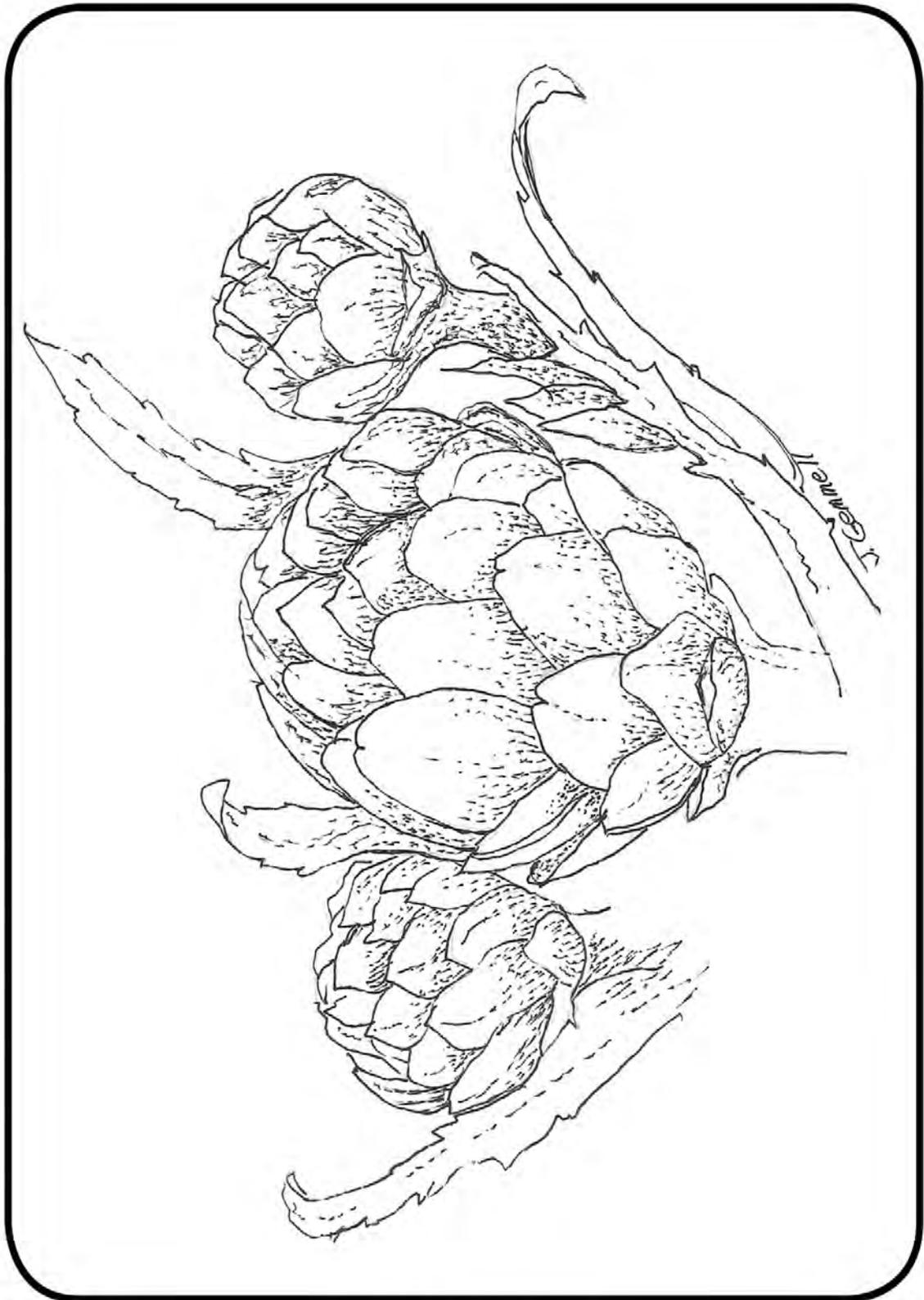
## MATERIALS YOU CAN USE

You can use one or all of these materials. It's up to you! You can even create your own materials to use. Remember you don't need to use the same materials every time you journal. It can be fun to try markers one day and pencils another. The most important thing is to have fun and be inspired by nature.

- Notebook or paper
- Pencil
- Pen
- Markers
- Colored Pencils
- Crayons
- Paints
- Colored paper, magazine, or newspaper for a collage

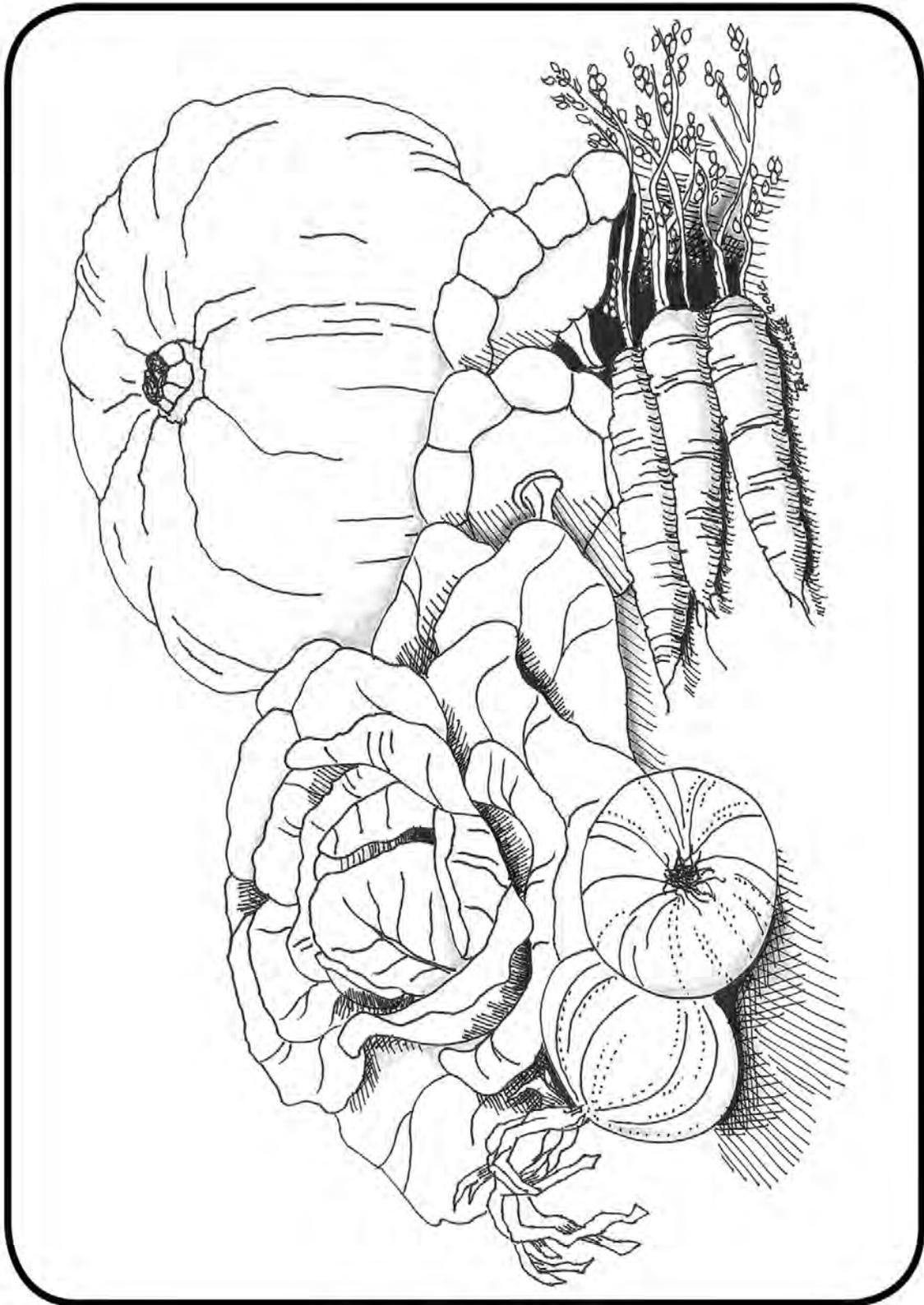






"Artichokes" - by Joyce Gemmell

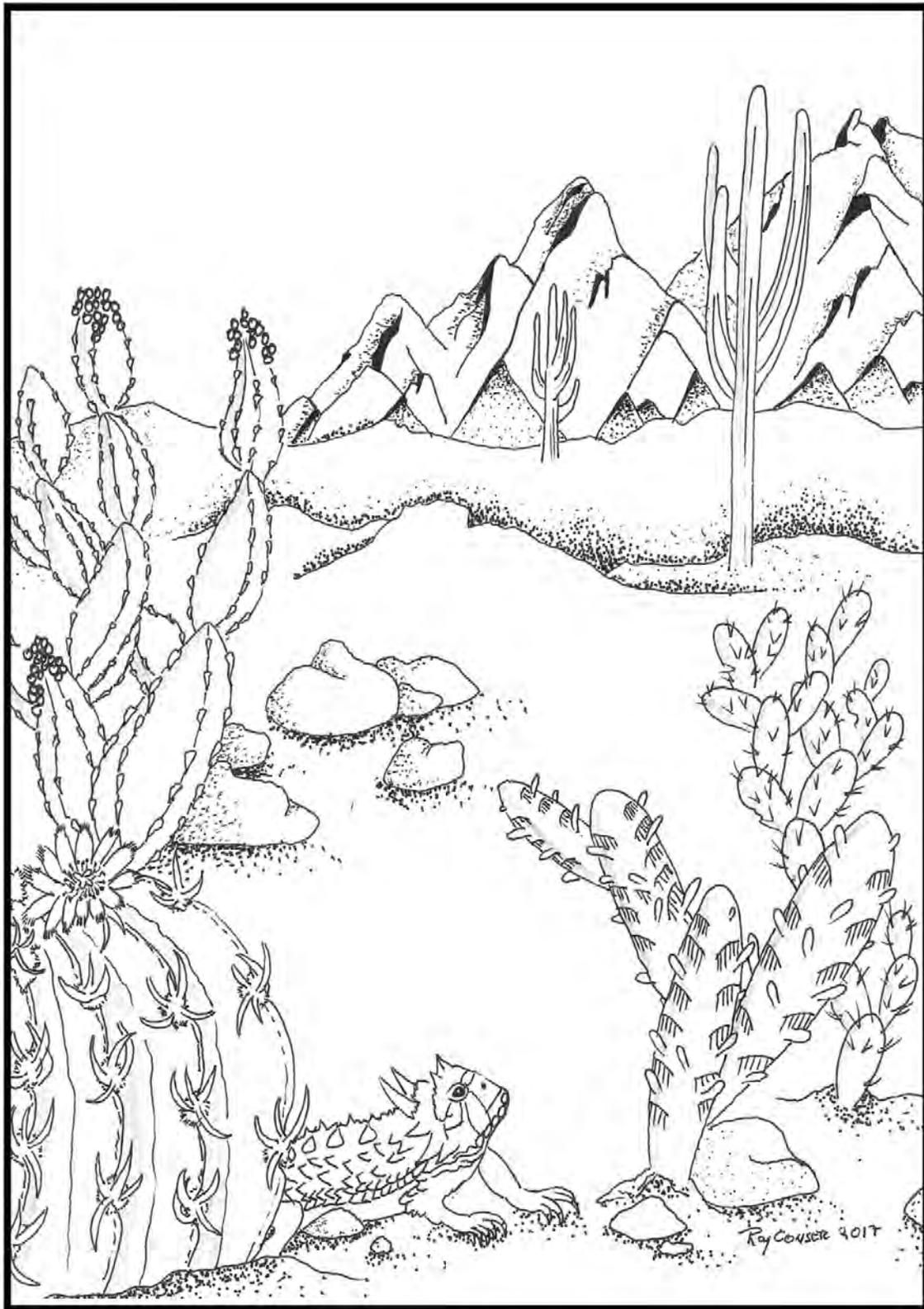
Joyce Gemmell has been drawing as a hobby for many years and used her skill at the San Diego Natural History Museum where she drew microscopic sea shells for research publications. Vegetable and herb drawings were a part of her employment at a local nurseries newsletter. She is a charter member of the Master Gardener Association of San Diego County (1983).



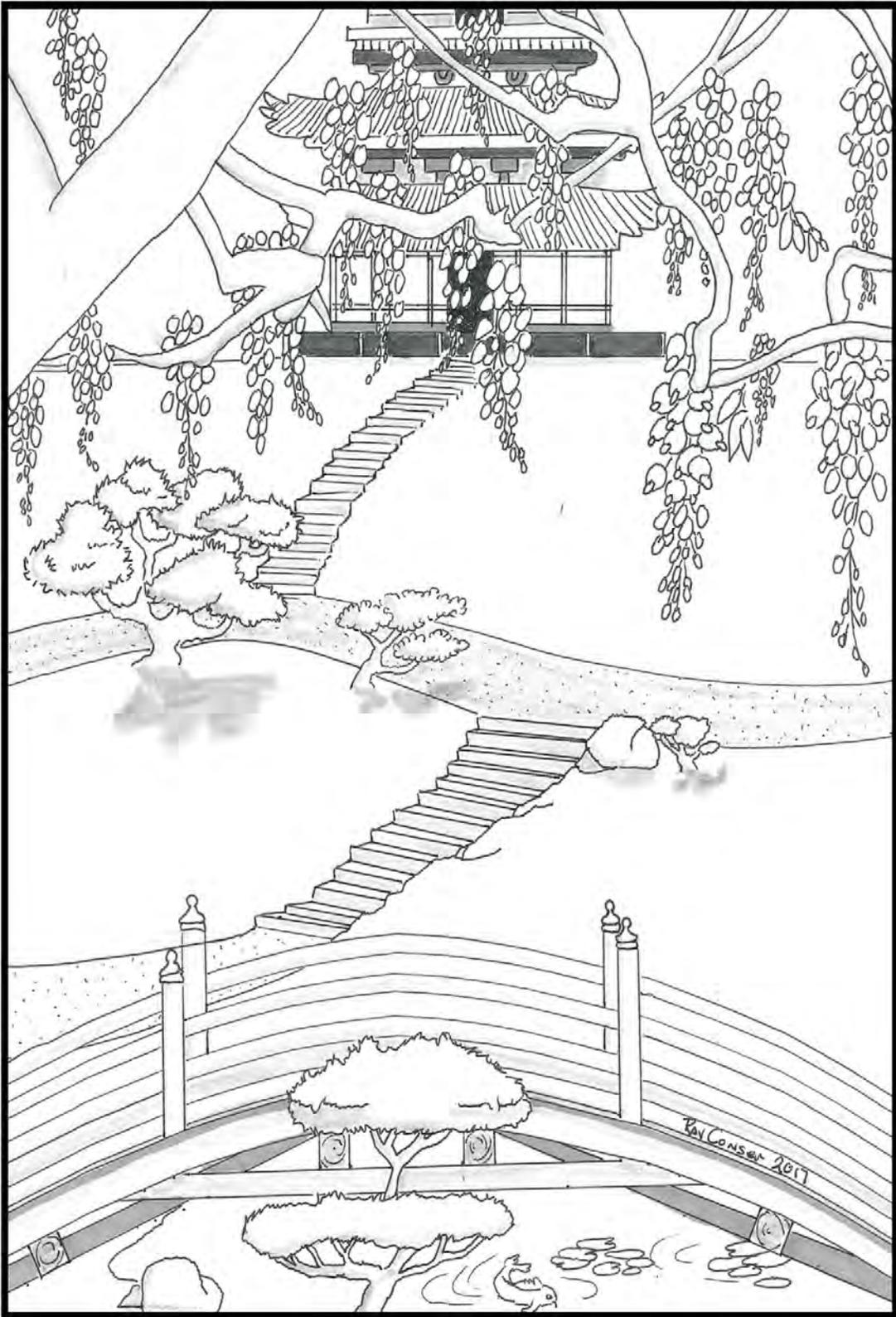
"Autumn Harvest" - by Ray Conser



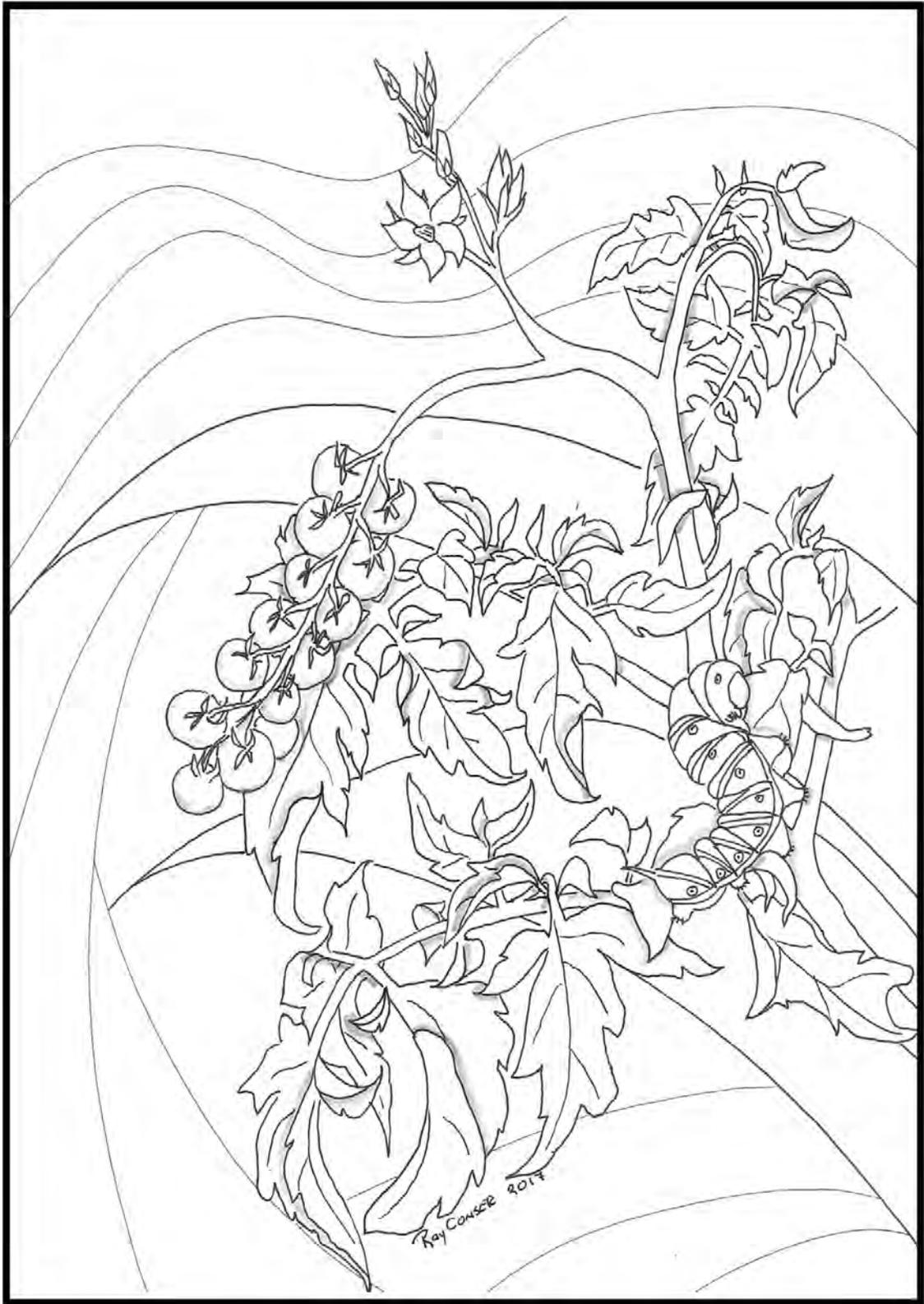
“Booted Racket-tail (*Ocreatus underwoodii*)” - by Ray Conser



"Garden Visitor" - by Ray Conser



"Serenity" - by Ray Conser



"Tomato Hornworm" - by Ray Conser

Ray Conser has been a Master Gardener since 2014. He is a professional artist living in Jamul who is known for the sensual nature of his work, combining color, texture, and symbolism into his art.



# SUMMER AT YOUR LIBRARY

READ. LEARN. CREATE.  
LEE. APRENDE. CREA.



Online challenges



Virtual performances



Books of Summer



Online reading program



[sdcl.org/summer](http://sdcl.org/summer)



## The First Partner's Summer Book Club

[www.gov.ca.gov/cakidsread/](http://www.gov.ca.gov/cakidsread/)

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Vaccinations are easy,  
free and safe.



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