



# Hiveclass

## Library Programming Guide

for supplemental spring programming



Hiveclass has grown so much over the last few months — from new content to new features and beyond. We pride ourselves on being a client-led business, so the additions and improvements are all thanks to the direct feedback and support of our Hive. Please believe us when we say that we want to hear from you so we can continue to build a product and resources that support you in your efforts to bring value to your community.

You might be familiar with our existing programming guides for children and young adults, and now we're sharing fresh programming ideas that are perfect for Spring! You'll notice that these suggestions highlight the new courses added to the platform over the last six months, including new releases from March 2023. Each of these ideas can be done inside or out, whether your library is rural or urban, and whether you have access to sports equipment or not.

Each of the programming ideas below includes suggestions on how to integrate the Hiveclass platform to help you make the most of it. We hope you and your patrons find these programs to be fun and engaging!

Hiveclass

CHILDREN (AGES 4+) & FAMILIES

# Mindfulness Storytime Walk

*Encourage your program attendees to live in the moment with this program that takes the classic storytime out into nature. Perfect for libraries of all types and sizes, whether you have green space or not!*

## Instructions

Partner with your local parks department or nature preserve to reserve a space to host a storytime program. Once you've finished reading, lead your attendees on a walk through the area while encouraging them to use all of their senses to take in their surroundings. Frequent stops/breaks are encouraged!

### Hiveclass – Digital Encyclopedia integration:

If you don't have access to green space (or the weather just isn't cooperating), swap out the nature walk for the "Mindfulness" course on the Hiveclass - Digital Encyclopedia platform!

- If your library has a program with an integrated A/V system, connect a laptop via HDMI cable and project any of the videos in the Mindfulness course to your attendees so everyone can follow along!
- If your library doesn't have an A/V system but has a few tablets and/or laptops for patron use, try breaking your attendees into smaller groups and having them share a device — each group focusing on one of the 3 Mindfulness sub-categories featured on the platform (Breathing, Movement, and Nature).

CHILDREN (AGES 8+) & FAMILIES

# Simon Says Yoga

*Introduce children to the many benefits of Yoga — including emotional regulation, fitness, increased memory and concentration, and self-esteem — in this program where parents are encouraged to join and participate!*

## Instructions

This program is great to hold in either a large activity room or an outdoor space where attendees can spread out comfortably. Have all attendees (children & adults) take some time to learn and practice a handful of Yoga poses together while following along with the Hiveclass - Digital Encyclopedia platform. Finish the program with a quick game of Simon Says, where you (the librarian) call out the very poses they just learned!

### Hiveclass – Digital Encyclopedia integration:

Here's a few video suggestions from the Yoga course to follow along with to get started. Start by holding the poses for 30 seconds each — if you notice kids struggling, then you can shorten or lengthen the time as needed.

- Balancing Poses - Tree Pose
- Strengthening Poses - Peaceful Warrior
- Strengthening Poses - Extended Triangle Pose
- Core & Backbend Poses - Cobra
- Core & Backbend Poses - Bridge
- Stretching & Restorative Poses - Happy Baby
- Stretching & Restorative Poses - Seated Forward Fold

#### Quick Tip!

The Hiveclass Yoga course features four different complete Yoga sequences that patrons can follow along with.



TEENS (AGES 13+)

# JuFITnile Fitness

*Encourage teens to start building healthy habits by providing a safe, non-judgemental space for them to try out a series of Fitness or Strength & Conditioning exercises.*

## Instructions

This program is best held in an activity room with plenty of space and privacy in order to make sure teens are as comfortable as possible. Project the Hiveclass - Digital Encyclopedia platform onto a big screen for everyone to follow along together or encourage teens to use a tablet or phone to watch whichever skill video they'd like to focus on.

### Hiveclass – Digital Encyclopedia integration:

The Hiveclass - Digital Encyclopedia platform features two courses that are great for this program idea: Fitness and Strength & Conditioning, so feel free to mix it up! Check below for a list of suggested skill videos in either course that you can use to get the ball rolling.

#### Fitness

- Flexibility - Ankle Circles
- Flexibility - Butterfly Stretch
- Cardiovascular Endurance - Jog in Place
- Cardiovascular Endurance - Mountain Climbers
- Muscular Strength & Endurance - Side Lunges
- Muscular Strength & Endurance - Inchworm

#### Strength & Conditioning

- Core - Controlled Roll Up
- Core - Lying Leg Lift
- Core - Crunch
- Workouts - Bear Crawl
- Workouts - Reverse Crunch
- Workouts - Frog Jump
- Mobility - Steep Mountain Climber
- Mobility - Walking Spiderman
- Mobility - 90/90

#### Quick Tips!

If your library doesn't have access to exercise equipment like dumbbells or kettlebells, substitute them with water bottles or canned foods instead!

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To get started, encourage teens to do each skill for three sets of 8 (do 8, rest for 30 seconds, then repeat twice) or challenge them to do as many as they can in 30 seconds. Remind them not to rush — it's not a competition!

ALL AGES (VARIES BY ACTIVITY)

# Spring Sports Series

*If you're looking for something to fill a few weekend afternoons, this multi-week program is a great way to provide a safe space for kids in your community to try out a wide range of physical activities for free!*

## Instructions

Focus on a different activity each week, or dive deep into one or two courses of your choice over the span of a few weeks. Project the Hiveclass - Digital Encyclopedia platform onto a big screen for everyone to watch together during the program or encourage patrons to sign up for their own accounts and watch selected content on their own devices.

### Hiveclass – Digital Encyclopedia integration:

Many of our sports courses don't require any equipment at all - or at the very least, require equipment that's easy to find or make substitutions for. Here's a list of activities you can host each week without breaking the program budget:

- Basketball
- Dance - Jazz
- Dance - Hip Hop
- Fitness
- Soccer
- Strength & Conditioning
- Yoga

#### Quick Tip!

The Dance course on Digital Encyclopedia actually teaches four sequences that can be combined into complete choreography!

TEENS (AGES 13+)

# Hanging Flower Pomander Balls

*Welcome spring with this craft that transforms common sports equipment into fun decor!*

## Materials Needed

- ☐ Wiffle Balls
- ☐ Artificial flowers (about 2-3 bunches per ball, larger ones better)
- ☐ Ribbon/String
- ☐ Hot glue gun & glue sticks
- ☐ Scissors

## Instructions

Begin by tying a length of ribbon or string through two adjoining holes in your ball. Separate artificial flowers from their stems by cutting about ½ inch from the head and use a hot glue gun to glue the flowers into each of the holes of the ball. Continue all around until each of the holes has a flower or you're happy with the look — the more full, the better! When finished, hang the finished pomander from the ceiling, a light fixture, or even a door handle to bring a bit of Spring into your room!

### Quick Tip!

Make this craft eco-friendly by replacing the wiffle balls with cracked Pickleballs you collect from members of your community!

TEENS (AGES 13+)

# Yoga Sequence Chart

*Encourage teens to dive deep into Yoga and build out a sequence that's suited to their ability and skill level!*





# Yoga Sequence Planner

*Use this worksheet to plan and build your own yoga sequences! Write the name of the pose in each box and use the empty space below to draw, describe, or make notes for each of the poses you choose.*

Pose: \_\_\_\_\_

Pose: \_\_\_\_\_

Pose: \_\_\_\_\_

Pose: \_\_\_\_\_

Pose: \_\_\_\_\_

Pose: \_\_\_\_\_

Pose: \_\_\_\_\_

Pose: \_\_\_\_\_

Pose: \_\_\_\_\_



Thanks for joining us on this  
journey to get kids active!

For questions, comments, or inquiries, email  
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