



# Hiveclass

Library Programming Guide  
*FOR TEENS!*



## Welcome to our Hive!

These programs and activities are offered to you as our way of showing that Hiveclass can be a resource for librarians just as much as kids. Each activity featured in this document is designed with teens of all ages in mind, from 12 to 18, with a strong focus on mental health and simply having fun.

We understand that some libraries may be limited in space or crafting materials so each program can be adjusted and tweaked to fit the needs of your specific library. The purpose of this document is to spark an idea which you can then turn into something that your patrons will resonate with.

As a fellow librarian, I understand better than most how difficult programming can be — especially when you're trying to connect with teenagers. It's my hope that this guide will be useful to you and help make your job a little bit easier.

Hiveclass



# Active Programs

# Obstacle Course

*Obstacle courses are fantastic programs that are easily adapted to suit the layout of your library.*

## Materials Needed

- ☐ Whatever you have on hand!

## Course Ideas:

- Successfully kick or throw a ball through a “goal” before moving on to the next section.
- Balance books on your head without dropping them – if any hit the floor, you have to start the section over!
- Use tape, chalk, yarn, ribbon, or whatever you have to make sections where you can only run, jump, skip, or hop from one end to the other.
- Use large cardboard boxes to create a tunnel through which you have to crawl.

### Quick Tip!

If you don't have a large activity room or outdoor green space, use your library's parking lot or sidewalk instead!

# Balloon Footvolley

*This fun twist on volleyball gets hearts pumping while also strengthening hand-eye coordination, spatial awareness, and teamwork.*

## Materials Needed

- ☐ Large balloon(s)
- ☐ Rope, ribbon, or anything to divide the room/play area

## Instructions

Split your teens into two groups (or more if you have a large turnout) and use whatever method you prefer to decide which team goes first. The goal is to make sure the balloon never touches the ground – but players can only use their feet!

### Quick Tip!

If you have plenty of outdoor greenspace, swap out the balloon for a ball to make the game more challenging!



# Musical Chairs

*Perfect for large groups of teens – it encourages fun and silliness while still engaging players in physical activity and skill development.*

## Materials Needed

- ☐ Chairs, bean bags, stools – anything to sit on!
- ☐ Music of your choice (and a way to play it!)

## Instructions

Arrange your chairs (or whatever!) in a large circle making sure there is one fewer than the number of attendees. Once the music starts, the teens must move around the circle – have them dance, skip, bunny hop, or walk – until the music stops again and they have to sit on the nearest chair. The last player standing is eliminated and the next round begins!

### Quick Tip!

For a fun variation on this classic activity, swap out the chairs for large hula hoops!

# Schoolyard Games

*A great way to get teens moving while minimizing anxiety about performance and putting a spotlight on just having fun.*

**Some schoolyard games you probably already know include:**

- Double Dutch
- Hopscotch
- Red Rover
- Hide & Seek
- Duck, Duck, Goose
- Simon Says
- Red Light, Green Light

# Homework & Move

*This is a great program for teens who need a quiet space to do homework after school and not necessarily help from a tutor.*

## **Brain breaks can look like:**

- ☐ 5 minutes of meditation before beginning any assignments helps focus the mind.
- ☐ Get up and stretch – touch your toes, incorporate some easy yoga poses, stretch from side to side, anything to help dissipate built up tension and stress.
- ☐ Get up and move – spend 5 minutes shaking your arms and legs, dancing, jumping up and down, or anything else you can think of to get blood pumping and your brain excited to work.

## **Instructions**

Set teens up in a quiet space – a study room or quiet corner of the library – for them to work on their homework in peace. The kicker? Encourage them to take regular “brain breaks” whether they feel like they need it or not to introduce mindfulness into their study habits.





# Activities & Crafts

# Water Bead Stress Balls

*This program is quick, easy, and provides teens an easy-to-replicate tool to manage stress and anxiety.*

## Materials Needed

- ☐ Large balloons
- ☐ Water beads
- ☐ Empty plastic water bottle

## Instructions

Fill your water bottle about halfway with your expanded water beads. Once done, blow your balloon up (also halfway) and stretch the opening over the opening of the bottle. Squeeze the bottle to transfer the water beads into the balloon. Once it's filled to your desired size/texture, tie the end of the balloon into a knot.

### Quick Tips!

Water beads need time to expand/absorb water before use so make sure you prep early!

For a more cost effective alternative, replace the water beads with cornstarch as your balloon filling instead to get a similar effect.

# Papier-mâché Lanterns

*Papier-mâché is a great STEAM activity that's fun for all ages! While teens are getting their hands dirty they're also working on motor skills, creativity, cooperation, teamwork, and more.*



## Materials Needed

- ☐ Battery tea lights/fairy lights
- ☐ Recycled Paper, cut into strips
- ☐ Paint, paintbrushes
- ☐ Elmer's Glue
- ☐ Water
- ☐ Balloons (large or medium)

## Instructions

Create a paste by combining 2 parts glue with 1 part water; once mixed, add strips of recycled paper. Layer strips of coated paper over an inflated balloon until the general shape of the lantern is created (make sure to create a base of some kind!). Once done, set aside to dry for at least a day -- then it's time to decorate! When you're ready, pop the balloon inside and add your tea light or a strand of fairy lights.

# Art Mood Journal

*Art Journals are a wonderful tool for teens to express themselves without needing to put their thoughts or feelings into words.*

## Materials Needed

- ☐ Blank notebooks (any size, unlined paper is best)
- ☐ Writing materials (pens, pencils, markers, crayons, paint)
- ☐ Decorations (stickers, colored tape, yarn, construction paper, glitter, etc)
- ☐ Scissors
- ☐ Glue/glue sticks, tape

## Instructions

Provide each of your teens with a blank notebook for them to make use of. Spend the program time having your teens begin filling out pages of their journal using whatever crafting/decorating supplies you have access to. Motivate them not to use words whenever possible to encourage creativity and artistic expression.

### Prompts

How does an upcoming major holiday make you feel?  
How would you express being happy without using words? Excited? Frustrated?  
How do you feel about tomorrow? Today?  
Fill a page with things that make you happy.



# Rock Painting

*Teens can create designs as simple or complex as they want in this program that places emphasis on being patient and meticulous.*

## Materials Needed

- ☐ Rocks, any size but big enough to paint on
- ☐ Paint, paintbrush(es)
- ☐ Optional: Mod Podge or some other type of craft sealant

## Instructions

Gather rocks from around your community of any size — palm-sized or larger. Prepare them for painting by rinsing them with water to remove dirt/debris and letting them dry completely. Provide paint and paintbrushes to the teens and have them create designs using the rocks as a canvas. When dry, paint over the design with Mod Podge (or some other craft sealant) to save it from being ruined over time.



# **Mandala Coloring Pages**



# Volleyball



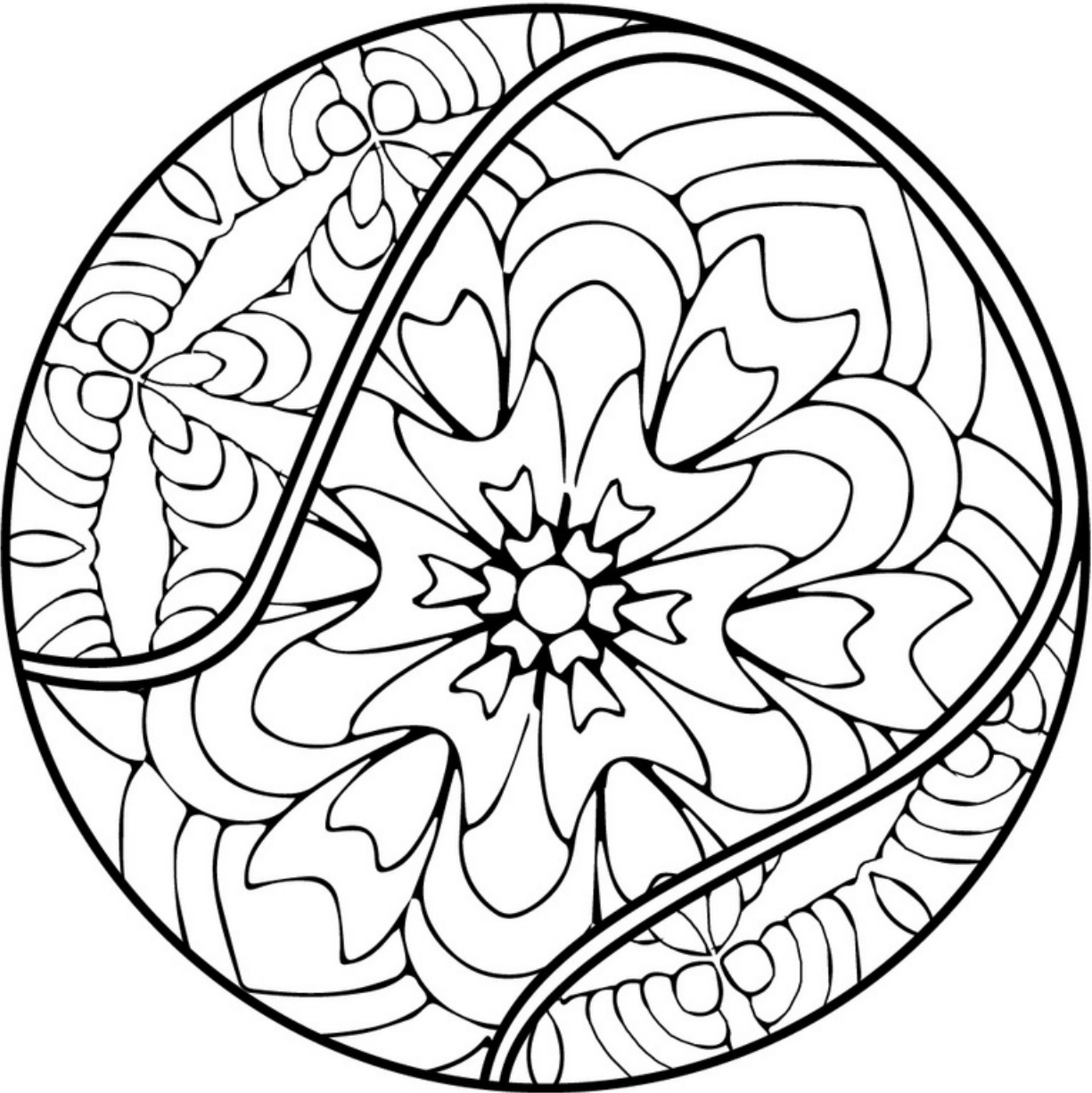


# BASKETBALL





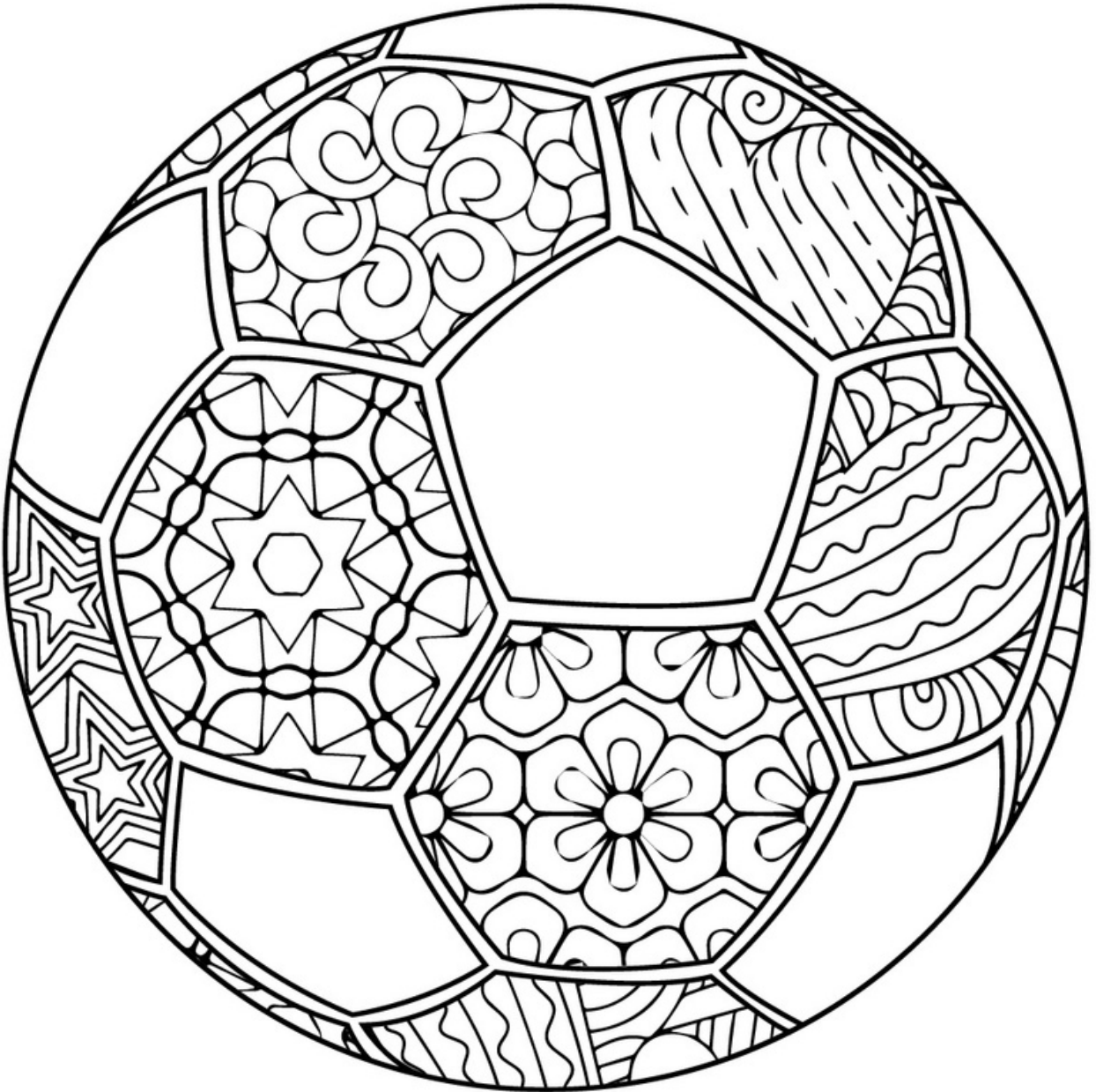
# TENNIS







# SOCCER







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

For questions, comments, or inquiries, email  
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