

**TEEN**  
ages 13-19

# SUMMER CHALLENGE

Complete the challenge and drop it off to  
the MHPL Honeycomb House by September 2  
for a chance to win a prize!



DIGITAL WELLNESS  
COALITION



medicine hat  
public library

PAINT A ROCK AND HIDE IT IN THE COMMUNITY	HAVE A PICNIC AT A PARK	TALK TO SOMEONE NEW AT THE HONEYCOMB HOUSE	ATTEND A COMMUNITY EVENT
GET CREATIVE	HAVE A SCREEN FREE DAY	LEARN A NEW SPORT	WRITE YOURSELF A POSITIVE MESSAGE
LISTEN TO A NEW GENRE OF MUSIC	VISIT A MEDICINE HAT MONUMENT	BUILD A PILLOW FORT	COOK/BAKE SOMETHING FOR YOUR FRIENDS/FAMILY
DO A RANDOM ACT OF KINDNESS	READ A BOOK	PLAY A BOARD GAME	GO FOR A WALK OR RUN

Full Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_