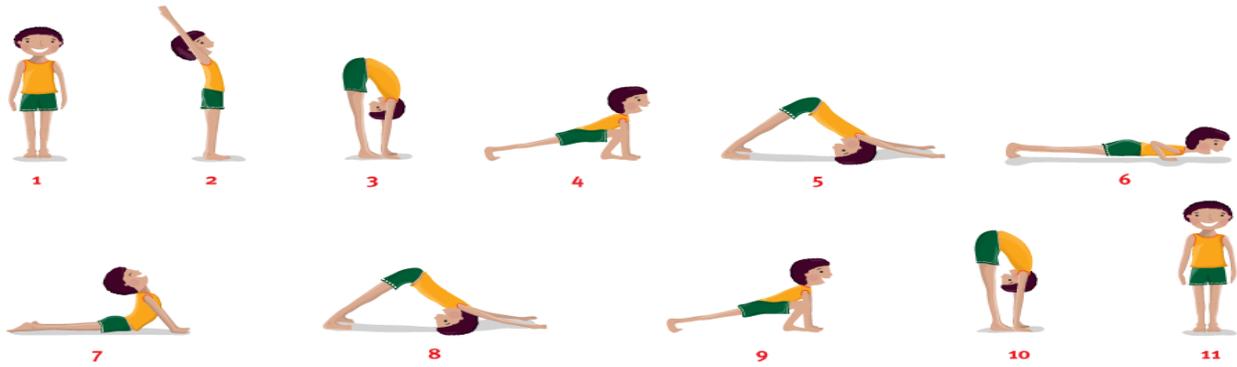


# INTEGRATING WELLNESS INTO OUTREACH PROGRAMMING

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## YOGA IN THE PARK



Spring and Summer are excellent seasons to host bookmobile sponsored “Yoga in the Park” events. Here are some tips for a successful event:

- Consider the time of day. Caretakers need to be able to get the kiddos up and fed before attending activities in the morning hours. Parents need to get home from work before gearing up to head out to an evening activity.
- If you’re not moonlighting as a yoga teacher, reach out to your local yoga community! You’ll find that most yogis love the idea of sharing yoga, especially with children, for free (seva)!
- Stock your bookmobile with related wellness titles for everyone’s browsing needs.
- Give away free books!
- Consider the weather. 70 degrees and up is best for outdoor yoga.
- Promote your event! Can’t emphasize that enough.
- Don’t stress. You can’t really control who shows up or how they’ll behave. Make it the best event you can.

## HEARE ARE SOME PICS FROM GPL’s SUMMER WOW!MOBILE YOGA IN THE PARK EVENTS



## COMMUNITY GOAL SETTING / POSITIVE THINKING

Pick a “project” or theme and print multiple small images that are easy to color and write on. Set a designated space on your bookmobile to display this creative work. Doing so will allow the patrons to:

- Express themselves artistically.
- Be part of creating a space that encourages a sense of belonging.
- Engage in positive dialogue with children and Outreach Librarian!

### HERE IS AN EXAMPLE OF SEPTEMBER’S GPL WOW!MOBILE ART PROJECT



### MINI-VISION BOARD

Vision boards are awesome, positive and lots of fun to make. Consider stocking the basic materials on your bus to offer as a quick and easy crafts for your patrons (8 yrs+).

Copy and paste this link for more info on vision boards from HuffingtonPost

[http://www.huffingtonpost.com/elizabeth-rider/the-scientific-reason-why\\_b\\_6392274.html](http://www.huffingtonpost.com/elizabeth-rider/the-scientific-reason-why_b_6392274.html)

- Magazine clippings (positive words & inspiring pictures) pre-cut, place in envelope.
- 3’x5’ cardboard pieces
- Glue or tape



