BECOME A SUMMER READING CHAMPION JOIN US



www.librarieshawaii.org

Exercise Your Reading Muscles and Receive a Free Book!

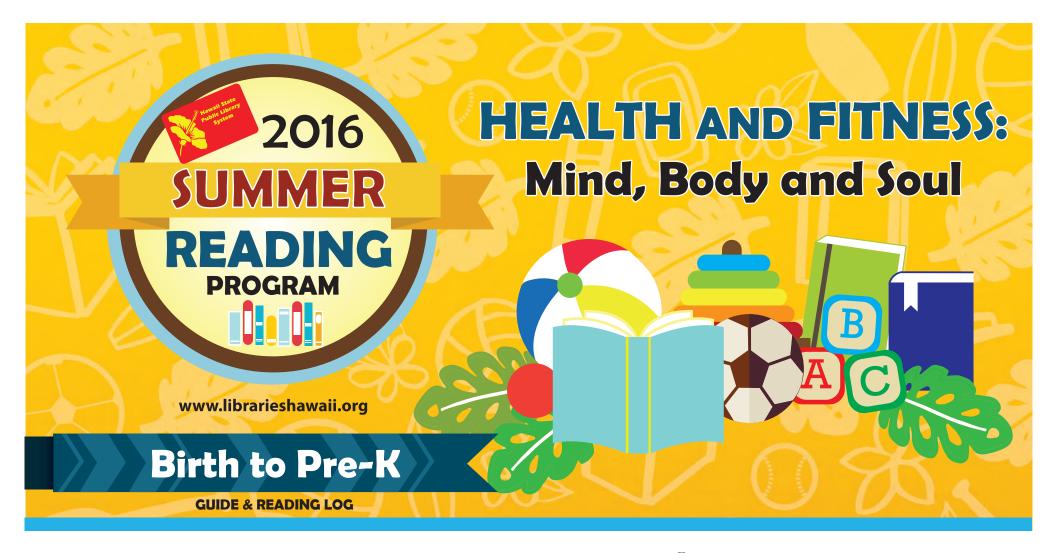


Registration begins May 31 @ your public library

For Children, Teens, and Adults

FREE PROGRAMS • ACTIVITIES • PRIZE DRAWINGS





Name:

Age:



Sponsored by the Friends of the Library of Hawai'i and the 2016 Summer Reading Sponsors:

Hawaii State Federal Credit Union Hawaiian Electric Companies Meadow Gold Dairies HMS Host Hansen Distribution Group Roberts Hawaii Aloha United Way The Harry and Jeanette Weinberg Foundation Rotary Club of Windward Oahu Mitsunaga & Associates National Football League Charities Local Friends Chapters HouseMart Ace Hardware HouseMart Ben Franklin Crafts

McDonald's Restaurants of Hawaii First Insurance Company of Hawaii HONOLULU Family Starbucks Coffee Company University of Hawaii at Manoa Outreach College's Statewide Cultural Extension Program National Endowment for the Arts Hawaii State Foundation on Culture and the Arts University of Hawaii

Aloha Readers!

Welcome to the Hawaii State Public Library System's Summer Reading Program!

We're excited to serve up all kinds of FREE programs and activities to strengthen the mind, body and soul. Most of all, we can't wait to assist you and your keiki to build reading muscles together! So let's dive in now.

- Check out the helpful tips to get keiki ready to read.
- See our library staff's top picks to get you started.
- Read together at least 20 minutes a day and track time spent on the reading log. Follow the easy steps on the reading log and receive a free book!

Please visit **www.librarieshawaii.org** to find more of the fun happenings available.

See you in our public libraries this summer!

Tips for Parents and Caregivers

It's never too early to help your child get ready to read!





Children who start kindergarten ready to read have greater success throughout their school years. These five activities encourage early literacy skills and are fun for children and parents or caregivers. Here's why they're important.

1) **READING**

Reading with children is the single most effective way to help them become good readers. Being read to helps them develop vocabulary, comprehension and basic knowledge they need to understand and enjoy books as they grow up.

Did You Know?

Our brain enables us to move, think, learn, feel emotions, remember, dream, create, breathe, see, hear, feel and taste.

2) WRITING

Drawing, scribbling and coloring are essential building blocks to writing. Holding and using crayons and pencils help children develop the fine motor skills and eye-hand coordination they need to write letters and words.

3) SINGING

Singing helps children learn about language. Hearing and practicing the different sounds of words builds language, listening and memory skills that are essential to learning. It's also soothing and calming for children and adults!

Did You Know

Like all parts of your body, your brain can benefit from exercise, too!

4) PLAYING

Playing stimulates creativity, coordination, and the ability to concentrate and put thoughts into words. Playing with others, structured play and unstructured play are all important.

5) TALKING

Talking to children allows them to learn language and other literacy skills by listening. Very young children learn to talk by hearing caregivers and family members talk to them, and they understand words long before they can speak. Simply talking to or with your children throughout the day helps them build vocabulary and develop language and listening skills.



"Did You Know" Info adapted from online reference: http://www.fun-facts.org.uk/human_body/brain.htm





These five practices are from the Every Child Ready to Read® @ your library®, a program of the Association for Library Service to Children and Public Library Association, divisions of the American Library Association. Every Child Read Read® @ your library® is a registered trademark and is used with permission.

Top Staff Picks

Jump right into reading this summer with this starter list selected by our library staff. For more recommended readings, visit www.librarieshawaii.org or just ask the library staff at your local public library and they'll be happy to assist you.



Barton, Byron. My Bike.

Tom is the proud owner of a bright green bicycle that he rides to work every day. Can you guess what Tom's job is?



Carle, Eric. From Head to Toe.

With whimsical illustrations, this book encourages the reader to exercise by following the movements of various animals.



Cousins, Lucy. Maisy's Field Day.

When Maisy and friends have a special day for races and competitions, it's not about winning or losing, the fun is in playing the games.



Cronin, Doreen. Wiggle.

A playful pup shows toddlers some of the many ways they can wiggle their way through the day.



Ehlert, Lois. Eating the Alphabet: Fruits and Vegetables from A to Z.

An alphabetical tour of the world of fruits and vegetables, from apricot and artichoke to yam and zucchini.



London, Jonathan. Froggy Learns to Swim. Froggy is afraid of the water! But with a little encouragement, some practice, and the help of a silly song or two, Froggy becomes an expert frog-kicker.



Lozano, Christin. Island Toes.

A descriptive, rhyming tale about the types of feet and toes one can encounter growing up in an island setting.



Rotner, Shelley. Yummy! Good Food Makes

Me Strong.

Engaging color photos show young children and their families food shopping, gardening, and preparing and enjoying healthy foods.

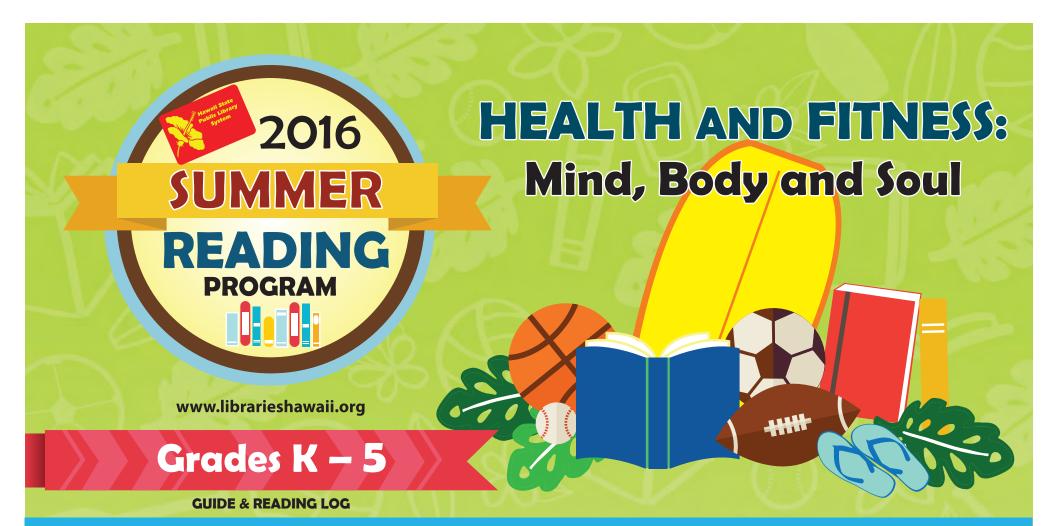


Spinelli, Eileen. Miss Fox's Class Shapes Up. When Miss Fox sees that her students do not have healthy habits, she teaches them fun ways to eat right, exercise, and sleep soundly.



Yolen, Jane. How Do Dinosaurs Get Well Soon? Children will laugh at the antics of sick dinosaurs learning the importance of taking their medicine, visiting the doctor, and resting their bodies so they can get better quickly.

My Reading Log My favorite books read this summer: **Directions:** Challenge yourself to read at least 20 minutes a day! 1) Any and all reading counts, including 2) Bring in your reading log to your 3) Collect at least four stickers on books and magazines (electronic ones, public library every week to share your reading log and you'll receive a the number of minutes you read that free book at the end of the Summer too), graphic novels, and even listening to audiobooks. Write in the block the week and collect a sticker! Reading Program! number of minutes you read each day. **Reward for** start Keep on getting started Reading! Reading Goal Collect Reward is to read Sticker for moving Collect every day forward Sticker for **Reward for** Week 1 Total You're a continuina Week 2 Total Super Reader! to read minutes minutes minutes Collect Sticker Collect Sticker Week 4 Total Halfway there! **CONGRATULATIONS** Week 3 Total Great job! **Summer Reading Champion** minutes You completed minutes _ minutes of reading! Collect Sticker Collect Sticker READING **Got 4 stickers** Week 5 Total or more? Week 6 Total You get a free book! Almost to the finish line! minutes minutes



Name: Age: Grade:



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- Read at least 20 minutes a day and track time spent on the reading log. Follow the easy steps on the reading log and receive a free book!
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Please visit www.librarieshawaii.org to find more of the fun happenings available.

See you in our public libraries this summer!

Did You Know?

Read at least **20 minutes a day**to stay sharp during the summer
break. Exercising your reading
muscles will allow you to discover
new things and be ready to return
to school for possibly even better grades.



Top Staff Picks

K

Alexander, Kwame. Surf's Up. Surfer frog Dude can't believe his friend would rather read a book than hang 10. But before you can shout "Surf's up!" both frogs are sharing the same adventure.

Willems, Mo.
Elephants
Cannot Dance.
(Elephant and Piggie)
Gerald the elephant is certain that he cannot learn to dance, but his friend Piggie convinces him to try.

Grade 1

Adler, Tedd.
Hooray for Fly Guy.
"Flies can't play football," says the coach. But Buzz and his pet Fly Guy are determined to prove him wrong. Will Fly Guy get to do his hilarious touchdown dance?

Berenstain, Stan & Jan.
The Berenstain Bears
Play T-Ball.

Brother and Sister Bear are teaching the younger cubs how to play T-ball, and they soon

realize they have a lot to learn—like remembering to tell the little cubs to run to home plate and not run all the way home!

Grade 2

Rabe, Tish.
Oh, The Things
You Can Do That
Are Good for You!:
All About Staying
Healthy.

The Cat in the Hat explains the basics of healthy living, from eating right and getting enough exercise and sleep, to having a positive body image, to the distance and speed of a typical sneeze!

Golembe, Carla. The Story of Hula. Young readers can learn about the history, implements, costumes, chants,

and movements of hula.

Includes a read-along CD.

Grade 3

Gutman, Dan.Ms. Leaky is Freaky.
(My Weird School Daze)
Ella Mentry School
hires a health
teacher who tries

to force the students to eat healthy foods and exercise, whether they want to or not.

Holm, Jennifer.
Babymouse
Goes for the Gold.
Babymouse has
joined the swim
team and is ready

team and is ready to dive in. But competitive sports aren't really her strong suit. Will hard work and determination earn her a gold medal?

Grade 4

Jamieson, Victoria Roller Girl.

Jump right into reading this summer with this starter list selected by our library

staff. For more recommended readings, visit **www.librarieshawaii.org** or just ask the library staff at your local public library and they'll be happy to assist you.

A graphic novel adventure about a girl who discovers roller derby right as she and her best friend are growing apart.

Nene Recommended

Jenkins, Steve.
Bones: Skeletons
and How They Work.
See under the
skin of the animal
kingdom with

kingdom with

Jenkins' gorgeous true-to-scale
cut-paper collage illustrations
of cross-species skeletons.

Learn the functions of different
parts of the skeleton.

Grade 5

Alexander, Kwame.

The Crossover.
Full of action, and sizzling language,

twelve-year-old twin basketball players Josh and Jordan wrestle with highs and lows on and off the court as their father ignores his declining health.

Newbery Award & Nene Recommended

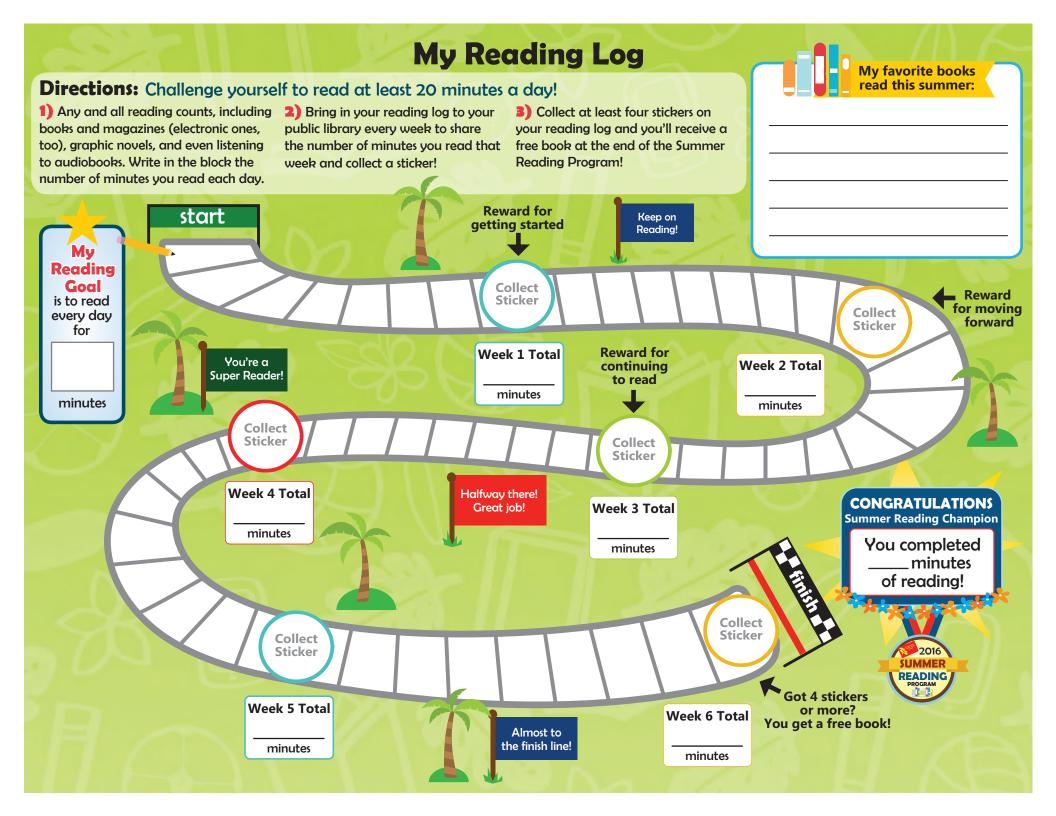
Crowe, Ellie. Surfer of the Century: The Life of Duke Kahanamoku.

Kahanamoku. The true story of

Hawaiian Duke Kahanamoku, six-time Olympic swimming champion and legendary surfer who popularized surfing around the world.









http://www.fun-facts.org.uk/human_body/brain.htm "Did You Know" Info adapted from online reference:

it function and work more effectively! reading" are great ways to exercise your brain to help from exercise too! Puzzles, problem solving and "deep Like all parts of your body, your brain can benefit

Did You Know?

Read and log your minutes online from May 9-September 9, 2016. visit www.scholastic.com/summer.

For more information and to sign up for the free online challenge,

- Hawaii's First Lady Dawn Amano-Ige

World Records. I know you can and will make Hawaii proud!" Best in the State' recognition in the 2017 Scholastic Book of Read for your school this summer to attain the sign up for the Scholastic Summer Reading Challenge. "I humbly encourage all 6th-8th grade students to also



count twice by taking this challenge, too! Make your Summer Reading Program minutes

For more information and contest rules, visit www.librarieshawaii.org. Your Instagram account must be set to"public" at least through July 31, 2016.



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... pue it #teenSRPhawaii, on Instagram, hashtag

2) POST THE PHOTO

at your favorite place to

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"GET CAUGHT READING"

June 5 - July 16

TSETNOS MARDATSNI

"Get Caught Reading"

ape the Challenge

ONE WEEKLY WINNER will receive a 550 prepaid gift card!

share how you catch 20 minutes of reading time! Get caught reading wherever you go this summer and



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Grade: Name:



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HMS Host Hansen Distribution Group Roberts Hawaii

Aloha United Way The Harry and Jeanette Weinberg Foundation Rotary Club of Windward Oahu Mitsunaga & Associates National Football League Charities **Local Friends Chapters**

Hawaii Pizza Hut Frito-Lay of Hawaii McDonald's Restaurants of Hawaii Starbucks Coffee Company Hawaii State Foundation on Culture and the Arts

University of Hawaii at Manoa Outreach College's Statewide Cultural Extension Program National Endowment for the Arts University of Hawaii

Hey Teen Readers!

Welcome to the Hawaii State Public Library System's Summer Reading Program!

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- Check out our library staff's top picks to get you started.
- Read at least 20 minutes a day and track time spent on the reading log. Follow the easy steps on the reading log and receive a free book!
- Challenge yourself with the fun optional activities on the back of this guide and others that may be offered at your public library.

Please visit **www.librarieshawaii.org** to find more of the fun happenings available.

See you in our public libraries this summer!



Read at least **20 minutes a day** to stay sharp during the summer break. Exercising your reading muscles will allow you to discover new things and be ready to return to school for possibly even better grades.

Top Staff Picks

Flack, Sophie. Bunheads.

Hannah, 19, revels in being a member of Manhattan Ballet Company's corps de ballet. After meeting musician Jacob, her universe begins to change.



A small-town 16 year-old baseball player questions everything he holds to be true when his father is accused of murder.

Murdock, Catherine Gilbert. Dairy Queen.

16-yr-old D.J. trained the quarterback for her school's rival football team. She decides to go out for the sport, not anticipating the reactions of others.

Klass, David. Losers Take All.

At a sports-crazy New Jersey high school where all kids must play on a team, a group of rebels start a soccer team designed to undermine the jock-culture of the school.



Scheibe, Lindsey. Riptide.

Grace wants to get a surf scholarship. Her friend Ford enters Grace into a surf competition-it's the only way she can impress the surfing scouts. She has one summer to train and prepare.



car crash. She'll be able to walk with the help of a prosthetic leg and crutches. Jessica feels both in the spotlight and invisible.

Talley, Trevor.
Big Book of Building:
Everything Minecraft.
From a brief overview of
the game to advanced
farming, mining, and
building techniques,
this guide touches on
everything Minecraft
enthusiasts could ever

ask for.



BUILDING

Chandler, Murray. How to Beat Your Dad at Chess.

Jump right into reading this summer with this starter list

your local public library and they'll be happy to assist you.

selected by our library staff. For more recommended readings, visit **www.librarieshawaii.org** or just ask the library staff at

Teaches 50 Deadly
Checkmates. Each mating
motif is explained, and
several illustrative examples
are given. A test enables
the reader to grade his
pattern recognition abilities.



Wicks, Maris.

Human Body Theater.
Your master of ceremonies is going to lead you through a theatrical revue of the biological system of the human body. Starting out as a skeleton, the MC puts on a new layer of her costume (her body) with each 'act'.



Hamilton, Bethany. Soul Surfer: A True Story of Faith, Family, and Fighting to get

back on the Board. Bethany's life as surfer, her recovery in the wake



of a shark attack, the adjustments she made to her unique surfing style, her unprecedented bid for a top showing in the World Surfing Championships, and most fundamentally, her belief in God.

Summer Reading Log

Challenge yourself to read at least 20 minutes a day!

- 1) Read your favorites or check out something new. Any and all reading counts, including books and magazines (electronic ones, too), graphic novels, and even listening to audiobooks downloaded to your mobile device!
- 2) Jot down your minutes of reading in the log daily.
- **3)** Bring in your log to your public library weekly to share the number of minutes you read that week and collect a sticker for your log.
- 4) Collect at least four stickers on your log and you'll receive a free book at the end of the Summer Reading Program!



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	MII
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	Reward for getting started	Reward for moving forward	Reward for continuing to read			Got 4 sticker or more? get a free b	

Scientific Reasons Why Reading Can Actually Improve Your Life!

1) Reading makes you a better person.

Two studies found that reading makes a person more caring and empathetic towards other people.

2) Reading reduces stress.

One of the pioneers of neuroscience reported that reading reduces stress levels by 68 percent and significantly lowers heart rate in as little as six minutes of reading.

3) Reading makes you a better speaker.

A 2001 study confirmed that reading helps you acquire a better, enriched vocabulary.

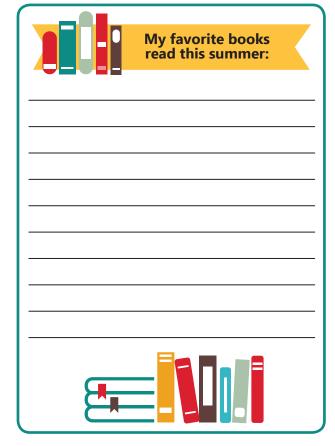
4) Reading minimizes Alzheimer's.

A 2001 study found that adults who regularly read or play mentally challenging games are much less likely to develop the crippling disease.

5) Reading keeps your brain sharp.

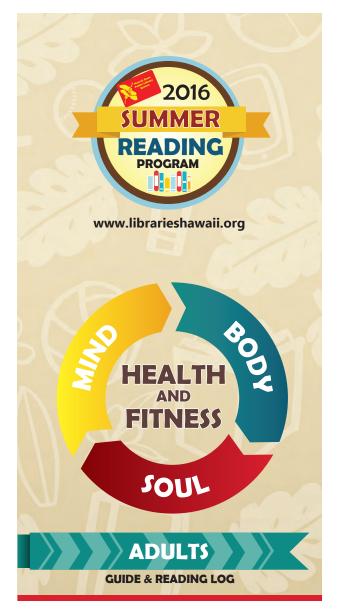
A study in the medical journal Neurology, says that reading is important throughout a person's life, from childhood to old age. People who read continuously throughout their life exhibit significantly better memory and mental abilities at all stages in life.

Above adapted from online reference: http://www.zmescience.com/other/feature-post/scientific-reasons-to-read-books/



Mahalo to our 2016 Summer Reading Sponsors:

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Name:



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Week 2

- Check out our library staff's top picks to get you started.
- Read at least 20 minutes a day and track time spent on the reading log. Follow the easy steps on the reading log and receive a free book!
- Check out other fun challenges that may be offered at your public library.

Please visit www.librarieshawaii.org to find more of the fun happenings available. See you in our public libraries this summer!

Week 1

Summer Reading Log

Challenge yourself to read at least 20 minutes a day!

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Week 3

Week 4

Week 5

Week 6





Reward

for getting

started



Reward

for moving

forward



Reward

for continuing

to read









Got 4 stickers or more? You get a free book!

Top Staff Picks

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Davis, David. Waterman: The Life and Times of Duke Kahanamoku. The life and legacy of Kahanamoku: swimmer, surfer, Olympic gold medalist, and Hawaiian icon.

Dunckley, Victoria. Reset Your Child's Brain: A Four-Week Plan to End Meltdowns, Raise Grades, and Boost Social Skills by Reversing the Effects of Electronic Screen-Time.

Discover how everyday use of interactive screen devices such as computers, videogames, smart phones, and tablets overstimulates a child's nervous system.

Shah, Neil. The 10-Step Stress Solution: Live More, Relax More, Reenergize. Practical solutions for easing the pressure and gaining control of your life.

Rath, Tom. Eat Move Sleep: How Small Choices Lead to Big Changes. The essential prescription for a longer and healthier life is, eating right, moving more, and sleeping better.

Katz, Rebecca. The Healthy Mind Cookbook: Big Flavor Recipes to Enhance Brain Function, Mood, Memory and Mental Clarity. Recipes optimize brain health, boost memory, improve mood, sharpen the central nervous system, and more.

Kumai, Candice. Clean Green Drinks: 100+ Cleansing Recipes to Renew & Restore Your Body and Mind. A guide to a leaner, happier, and more fulfilled you.

Pacé, Deborah. Creating Mandalas: How to Draw and Design Zendala Art. Slow down and open up your creative inner flow to create mandalas.

The Daily Ukulele: To Go!: 365 Songs for Better **Living.** Popular and easy ukulele arrangements featuring melody, lyrics and chord grids.

Glenn, Joshua & Larsen, Elizabeth Foy. **Unbored Adventure: 70 Seriously Fun** Activities for Kids & Their Families. Creative, constructive low and high-tech activities that kids can do on their own or with families.





















Enjoy eMagazines at http://www.librarieshawaii.org/emagazines









Take the challenge for MORE SUMMER FUN!

Can you do all 12 activities by July 16, 2016? If you do, you'll earn another chance to win the Children's lucky prize drawing!

Bring in your completed activity sheet to your local library staff as soon as you're done and they'll be happy to enter you for an extra chance to win a prize.

Don't forget to record the time spent reading for these activities onto your Reading Log.

Read about a sport you enjoy or would like to try.	Read a recipe and make it with the help of dad, mom, or a relative.	Read in your pajamas.	Find out what the hours are for your local public library.	
I did it!	I did it!	I did it!	☐ I did it!	
Read a book from the Hawaiiana section.	Dance to a favorite song.	Find out where you can find information about free programs held at the library.	Draw yourself eating your favorite fruit and write what you like about it.	
I did it!	I did it!	I did it!	☐ I did it!	
Read a Caldecott, Newbery, or Nene Award winning book.	Read to someone, such as a friend, brother, sister, cousin, or parent.	Help wash dishes and sweep the floor.	Look up a word that you don't know in a dictionary.	
☐ I did it!	☐ I did it!	☐ I did it!	☐ I did it!	

CHECK OUT THESE OTHER READING CHALLENGES!



Make your Summer Reading Program minutes count twice by taking this challenge too!

"I humbly encourage all K-8th grade students to also sign up for the Scholastic Summer Reading Challenge. Read for your school this summer to attain the 'Best in the State' recognition in the 2017 Scholastic Book of World Records. I know you can and will make Hawaii proud!"

- Hawaii's First Lady Dawn Amano-Ige

For more information and to sign up for the free online challenge, visit www.scholastic.com/summer.

Read and log your minutes online from May 9 – September 9, 2016.



Get Reading and Post it!

HONOLULU Family magazine wants to see how your family reads!

- 1) Take a photo of your child exercising his or her reading skills,
- Post it on Instagram with hashtag #HFSummerReads, or tag HONOLULU Family on Facebook, and
- 3) Get a chance to win a weekly prize!

Contest runs **May 31-July 16, 2016**. For more information on the contest, visit honolulufamily.com.