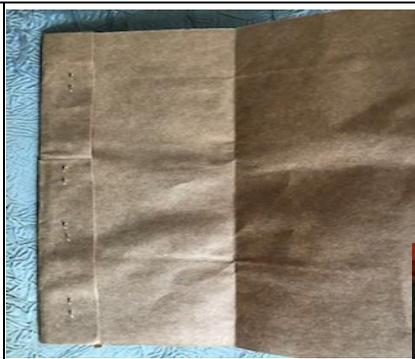


This is Ms. Susan from the Shorewood Public Library. Happy New Year! I hope you are ready for a fun project that will keep you creating all year. This will be your 2023 storybook and you will choose "one word" that will help you be your best self. Some people make a new year's resolution this time of year, but it sounds like a lot of work. You will just choose one word that describes something that you want more of in your life or something that makes you feel your better. Is there something you want to add to your life that would bring joy? Is there something you would like to learn? You can ask other special people in your life to make a book of their own and discover together.

|  |   |   |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |
|--|---|---|------|----------|--------|------|-----|------|------|------|--------|------|-------|--------|-----|---------|---------|-------|-------|------|------|------|-------|-----|------------|------|------|-------|--------|---------|------|--|
|   |   | <p>My word is <b>Breathe</b>. I will try be aware of my breath and the wonder of it. Slowing down to enjoy each moment.</p> |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |
|  | <p>So many words...</p> <table border="0"> <tr> <td>Learn</td> <td>Jump</td> <td>Fearless</td> </tr> <tr> <td>Create</td> <td>Ride</td> <td>Try</td> </tr> <tr> <td>Calm</td> <td>Find</td> <td>Find</td> </tr> <tr> <td>Giving</td> <td>Meet</td> <td>Learn</td> </tr> <tr> <td>Caring</td> <td>Try</td> <td>Believe</td> </tr> <tr> <td>Forgive</td> <td>Dance</td> <td>Build</td> </tr> <tr> <td>Read</td> <td>Love</td> <td>Read</td> </tr> <tr> <td>Dream</td> <td>Fun</td> <td>Appreciate</td> </tr> <tr> <td>Play</td> <td>Cook</td> <td>Laugh</td> </tr> <tr> <td>Listen</td> <td>Breathe</td> <td>Move</td> </tr> </table> | Learn   | Jump | Fearless | Create | Ride | Try | Calm | Find | Find | Giving | Meet | Learn | Caring | Try | Believe | Forgive | Dance | Build | Read | Love | Read | Dream | Fun | Appreciate | Play | Cook | Laugh | Listen | Breathe | Move |  |
| Learn  | Jump  | Fearless  |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |
| Create   | Ride  | Try   |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |
| Calm   | Find  | Find  |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |
| Giving   | Meet  | Learn   |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |
| Caring   | Try   | Believe   |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |
| Forgive  | Dance   | Build   |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |
| Read   | Love  | Read  |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |
| Dream  | Fun   | Appreciate  |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |
| Play   | Cook  | Laugh   |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |
| Listen   | Breathe   | Move  |      |          |        |      |     |      |      |      |        |      |       |        |     |         |         |       |       |      |      |      |       |     |            |      |      |       |        |         |      |  |

1-Fold one piece of paper into pages for your 2023 Word book. You can use a brown paper bag, cardboard, cardstock, or just another page of paper for the cover of your book. On the front cover, write the year 2023 or cut the numbers out from another source. Decorate the page with your favorite colors and designs. Use crayons, markers, pictures from old magazines or cards. Maybe you have some holiday wrapping paper or fabric to glue on the cover for a background. You can fold the cover over before stapling the pages inside to create a sturdier spine for your book. Take some time to choose your word by thinking about how you feel when you are at your best. Insert your word on the first page and decorate as you like.

2- Use the remaining pages to document your favorite examples of the word throughout the year with pictures or stories. You could even add pages to your book each month by stapling on more paper. Or you can use the pages to show what this word means to you or what it could bring to your life. Look for the story of "one word" on the internet to help you get clues to your word.

**One year, one word, all good! –**

**2023**

Ms. Susan