

READING CHALLENGE

Dates: Feb. 20 to April 20

We invite you to join the Nebraska Health Network in our reading challenge!

Over the eight-week challenge, you will be rewarded for reading a variety of different books. You are welcome to read books of any length and are encouraged to use the prompts on this worksheet for inspiration.

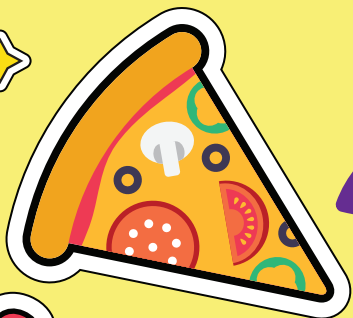
Be sure to comment on our social media post if you participate!

Did you know?



READING...

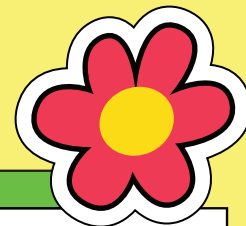
- ☐ Daily to young children, starting in infancy, can help with **language acquisition, communication skills, social skills, and literacy skills.**
- ☐ Can **reduce stress by as much as 68%** and is more effective than listening to music or going for a walk.





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Name



Book Prompt

- A book you have had on your list for a while
- A book about a vacation
- A book by a first-time author
- A book with "Girl" in the title
- A book with "Boy" in the title
- A book with mythical creatures
- A celebrity memoir
- A book with a color in the title
- A book about or set in Hollywood
- A modern retelling of a classic
- A book where the main character's name is in the title
- A book that is, or will be, a TV series or movie
- A book based on a popular movie or vice versa
- A book set in the decade you were born
- A whodunit book
- A #BookTok recommendation
- A book you bought secondhand
- A book you checked out from the library
- A book you borrowed
- A book from our NHN reading list
- A book that's on a celebrity book-club list
- A book about a family
- A book that is part of a series
- A book about an athlete/sport
- A historical-fiction book
- A book you should have read in high school
- A book you read more than 10 years ago
- A book by an author with the same initials as you
- A book with a pet character
- A book about a holiday that's not Christmas
- A book with alliteration in the title
- A book a child recommended to you
- A book from a "new-to-you" genre
- A book from your favorite genre
- A book about leadership
- A book you started before, but never finished
- A book about business
- Wildcard: Any book that doesn't fit into a category above