



**Week Five: Poetry and Stories!
Teen & Adult Craft/Writing Journal**

Materials Provided: writing journal, writing prompt (if wanted), & a Bio-Poem template
Additional Materials Needed: writing utensil

When you go to the library to pick up your journal, feel free to choose a provided writing prompt and grab a Bio-Poem template to get you started! Journaling has a long history in helping people manage stress, organize their thoughts, and improve mental health.

Give it a try!



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