

FEBRUARY 2023

RECOMMENDED

READS, MOVIES & MORE!

10 Fun Activity Books
for Family Day



PLUS OUR LISTS OF
adult books for Black History
Month & making impactful
changes in your life, YA
books by black authors and
Valentine's Day reads and
SO MUCH MORE!

FOR KIDS

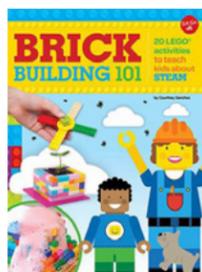
10 Fun Activity Books for Family Day



Fun Painting Projects for Kids

by Louise McMullen

Learn how to experiment with different colors, create special effects, make prints with paint, and much more. An adorable guide to master art techniques.



Brick Building 101

by Courtney Sanchez

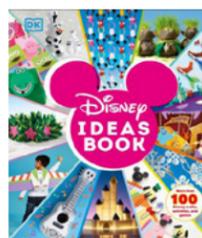
Do you like playing with LEGO bricks? Beautifully illustrated, the book offers 20 step-by-step projects to help kids learn about STEAM topics while having fun.



100 Screen-free Ways to Beat Boredom!

by Kris Hirschmann

Limiting screen usage can be quite a challenge. Discover 100 interesting activities that will make children put away their devices and stay engaged for hours.



Disney Ideas Book

by Elizabeth Dowsett

Are you a big fan of Disney movies? Spark your imagination and bring Disney magic to life with these fantastic crafts, games, and activities.



The Toilet Roll Activity Book

by Lauren Farnsworth

Think twice before throwing the empty toilet paper rolls in the trash. From cactus flowers to race cars and rockets, this book provides cute and budget-friendly projects to keep children entertained.



Toy and Game Projects

by Megan Borgert-Spaniol

From making slime to flipping bottles, this book will help you create your own toys and games. It's time to surprise your family with your unique creations.



Boredom Busters

by Caroline Fernandez

Are you looking for ways to beat boredom? Divided into art, craft, science, food, and travel sections, this book offers amazing activities with simple materials found around the house.



Play at Home With Elmo

by Percy Leed

Elmo is back with exciting games and activities from Sesame Street. What are you waiting for? Gather everyone together for a day full of fun and adventure.



25 Fun Things to Do With Your Friends and Family

by Paul Mason

What can be more enjoyable than spending quality time with your family and friends? Here is a great choice of things you can do to keep everyone happy.



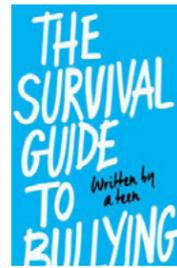
Backyard Adventure

by Amanda Thomsen

Build an ice palace, make a map of your neighborhood, create a wall of noise, and more. Packed with wonderful tips and ideas, this book will help you transform your backyard into a fascinating playground.

FOR KIDS

10 Motivational Anti-Bullying Books for Kids



The Survival Guide to Bullying

by Aija Mayrock

Written by a teen with first-hand experience, this guide preps kids to navigate bullying with personal stories and helpful tips and even provides guidance for talking to parents.



You Can Stop Bullying

by Connie Colwell Miller

A choose-your-own-adventure story that teaches children the importance of standing up to bullies, rather than being a passive bystander.



Sometimes Jokes Aren't Funny

by Amanda F. Doering

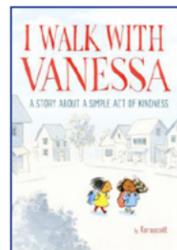
When does a joke cross the line? This book for young readers discusses hidden bullying and provides children with the tools to recognize it.



Siha Tooskin Knows the Strength of His Hair

by Charlene Bearhead

In this short novel, a Nakota boy is bullied for his long, traditional hair. With the help of his grandfather, Siha learns to find strength in his culture.



I Walk with Vanessa

by Kerascoët

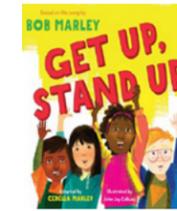
Through illustration, this wordless picture book teaches the value of empathy and allyship in the face of bullying.



What Does It Mean to Be Safe?

By Rana DiOrio

A kids' primer for creating safe and healthy boundaries, from standing up to bullying to knowing when and how to get an adult's help.



Get Up, Stand Up

by Cedella Marley

Bob Marley's daughter borrows his famous refrain in this picture book, which encourages young readers to stand up for themselves and their peers, on the schoolyard and elsewhere.



Genie Meanie

by Mahtab Narsimhan

When Kiara Prasad's grandmother leaves her a genie in a bottle, she thinks she's found the solution to her bullying problem. But can Kiara learn to solve her problems without magic?



Lunch Every Day

by Kathryn Otoshi

This anti-bullying picture book tells the story from the perspective of the bully. Jimmy picks on "Skinny Kid" until a lesson in kindness shows him the error of his ways.



The Best at It

by Maulik Pancholy

In this novel of self-acceptance, Rahul Kapoor contends with his family, friends, and a neighbourhood bully while coming to terms with his own identity.

FOR TEENS

10 Swoonworthy YA Reads for Valentine's Day



[See You Yesterday](#)

by Rachel Lynn Solomon

This take on the Groundhog Day plot sees new college student Barrett Bloom stuck reliving her first day over & over. When she meets Miles, who is also trapped in the time loop, they start to fall for each other. But what will happen once they break free?



[Salt and Sugar](#)

by Rebecca Carvalho

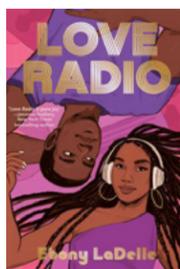
Romeo & Juliet set in Brazilian bakeries! When rivals Lari Ramires and Pedro Molina team up to save their families' bakeries, they must overcome prejudices and put the past behind them in order to succeed.



[Beating Heart Baby](#)

by Lio Min

Santi is the new kid in school, and quickly finds himself falling for musical prodigy Suwa, a trans classmate. By turns romantic and devastating, this novel asks how much love can withstand.



[Love Radio](#)

by Ebony LaDelle

In a classic rom-com setup, teen DJ Prince Jones has three dates to prove to the ambitious Dani Ford that he's worth falling for. Will Dani give love a chance?



[The Falling in Love Montage](#)

by Ciara Smyth

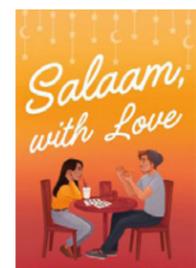
When heartbroken teen Saoirse swears off love, her new friend Ruby challenges them to a summer of cliché dates—without the romance. But will Saoirse be able to keep her real feelings at bay?



[Before We Disappear](#)

by Shaun David Hutchinson

Jack and Wilhelm are rival magicians' assistants in the early twentieth century, whose blossoming romance puts them both at risk. Can they free themselves of their captors and make a future for themselves?



[Salaam, With Love](#)

by Sara Sharaf Beg

Set during the month of Ramadan, this novel about a Muslim teen contending with her desires and her conservative family is insightful, sensitive, and hopeful.



[Emergency Contact](#)

by Mary H.K. Choi

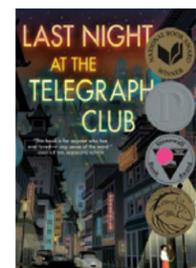
After a vulnerable chance encounter, Penny agrees to be Sam's emergency contact, and a relationship forms over text. Can their feelings translate to real life? A novel about the beauty and difficulty of human connection.



[Instructions for Dancing](#)

by Nicola Yoon

Evie Thomas has a strange gift: the ability to see the beginning and end of every romance. As she prepares for a ballroom dance competition with her partner X, she must decide if love is worth it—even if it ends.



[Last Night at the Telegraph Club](#)

by Malinda Lo

A richly detailed 1950s San Francisco is the setting of this sweeping romance, about a queer Chinese teen named Lily Hu who finds love at the titular nightclub.

FOR TEENS

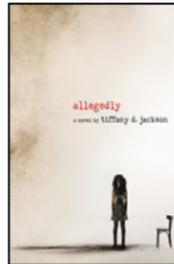
10 Compelling YA Books by Black Authors



Rise to the Sun

by Leah Johnson

In this witty and engaging novel, a chance encounter between Olivia and Toni at a music festival changes their lives and leads to romance.



Allegedly

by Tiffany D. Jackson

In this engrossing and suspenseful novel, Mary, a pregnant teen who lives in a group home, must talk about what really happened the night she allegedly killed an infant if she wants to be able to keep her baby.



Tyler Johnson Was Here

by Jay Coles

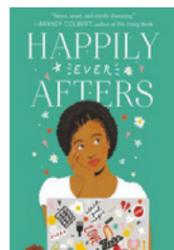
When his twin brother, Tyler, is killed by police, Marvin must fight for justice. A gripping novel that deals sensitively with the tough subjects of grief and systemic racism.



Right Where I Left You

by Julian Winters

In this joyful friends-to-lovers queer romance, Isaac's new relationship leads him to neglect his friendship with Diego. But could there be another reason why Diego is upset?



Happily Ever Afters

by Elise Bryant

In this charming and well-written romance, Tessa is accepted into a prestigious creative writing program, but finds herself suffering from writer's block. She decides to draw inspiration from her real-life crush, but is he really what she wants?



Swing

by Kwame Alexander

Walt and Noah dream of making the baseball team and becoming cool. But a pack of old love letters and the American flags mysteriously appearing around town soon change things. A moving and heartfelt free verse novel.



Smash It!

by Francina Simone

Determined to overcome her insecurities, Olivia decides to say yes to everything, including auditioning for the school musical. A realistic journey of self-discovery with a heroine you'll root for despite her mistakes.



Beasts Made of Night

by Tochi Onyebuchi

In this vividly imagined fantasy, an aki, or sin-eater, named Taj is drawn into a plot to destroy the city and must save himself and the princess he loves.



Daughters of Jubilation

by Kara Lee Corthron

In this fast-paced historical fantasy, Evvie must harness her magical abilities to overcome the demons of the past.



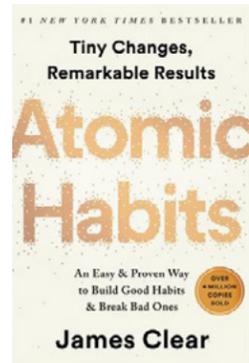
Felix Ever After

by Kacen Callender

When a classmate posts Felix's deadname beside images of him before he transitioned, Felix wants revenge. Instead, he begins a journey of self-discovery. An inspiring story about identity and acceptance.

FOR ADULTS

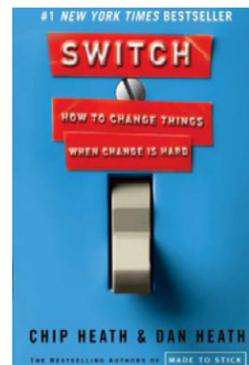
8 Books about Making Tiny but Impactful Changes



Atomic Habits

by James Clear

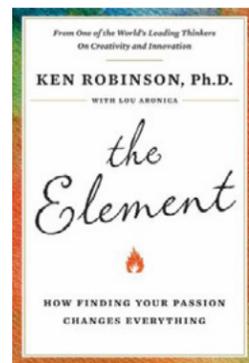
James Clear, one of the world's leading experts on habit formation, offers simple, practical steps to improve our everyday well-being.



Switch

by Chip Heath

The Stanford emeritus professor on organizational behaviour teaches us how to overcome the conflicts between our rational mind and emotional mind to make remarkable changes.



The Element

by Ken Robinson

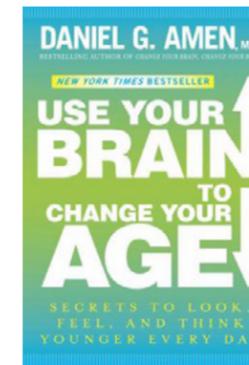
With great stories and humour, the late education reformer encourages us to recognize our talent and passion to achieve our highest potential.



The Feel Good Effect

by Robyn Conley Downs

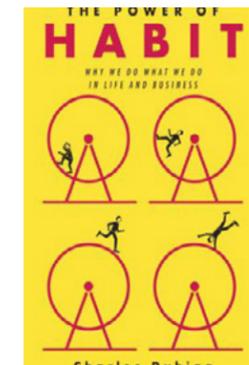
Downs advocates a fresh and insightful approach that helps us redefine wellness on our own terms.



Use your Brain to Change your Age

by Daniel G. Amen

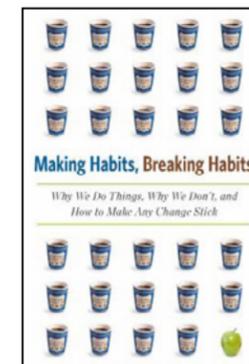
Bestselling author and brain expert Dr. Daniel G Amen shares ten simple strategies that help keep our brain healthy and outsmart our genes.



The Power of Habit

by Charles Duhigg

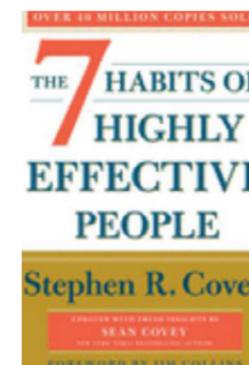
Filled with interesting stories and research findings, the American Journalist's instant bestseller shows us how habits shape us and how we can shape our habits.



Making Habits, Breaking Habits

by Jeremy Dean

With wit and hundreds of studies, psychologist Jeremy Dean teaches us how we can modify our behaviour and live a happier life.



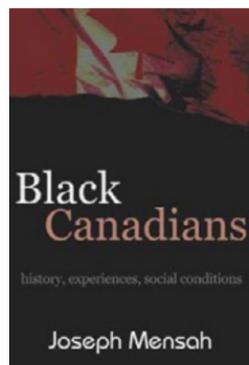
The 7 Habits of Highly Effective People

by Stephen R. Covey

This inspiring habit formation classic presents a principle-centered approach for solving both personal and professional problem.

FOR ADULTS

8 Canadian Books to Read This Black History Month



Black Canadians

by Joseph Mensah

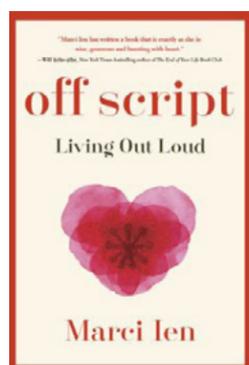
This comprehensive title covers over 300 years of Black history in Canada, addressing topics such as race relations, employment equity, and immigration.



The Skin We're In

by Desmond Cole

Journalist Desmond Cole presents an honest and unflinching look at the injustices facing Black Canadians. An engaging and accessible book that challenges our assumptions about racism in Canada.



Off Script

by Marci len

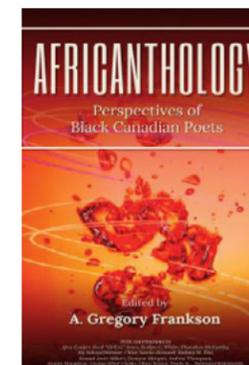
News anchor Marci len was the first Black woman in Canada to cohost a national morning show. In this open and conversational memoir, she discusses her career in media and her personal journey of resilience.



Can You Hear Me Now?

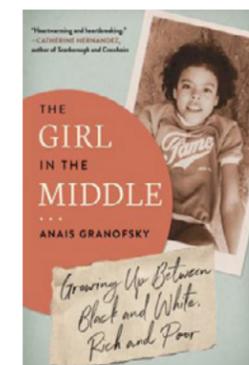
by Celina Caesar-Chavannes

In this candid memoir, Celina Caesar-Chavannes shares her experiences as a Black entrepreneur and Member of Parliament. An empowering story about breaking barriers and taking a stand.



Africanthology

This timely collection of poetry, essays, and short fiction is a frank and unapologetic depiction of Blackness in Canada.



The Girl in the Middle

by Anais Granofsky

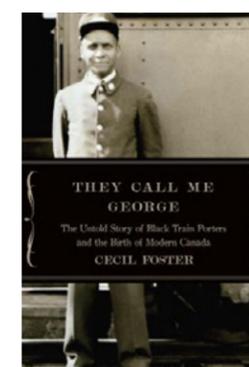
In this poignant memoir, actress Anais Granofsky of *Degrassi Junior High* fame recalls growing up biracial and her struggle to adapt to two different worlds.



Sure, I'll Be Your Black Friend

by Ben Philippe

Canadian author Ben Philippe's collection of essays discuss his experiences growing up as a Black man often navigating white spaces. The use of humour makes this an enjoyable read despite the difficult subject matter.



They Call Me George

by Cecil Foster

This well-researched book brings to light the untold stories of the Black men who worked as train porters on Canadian rail lines and their efforts to make Canada a nation truly open to all.



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