



Suggested Activities for Teens and Classrooms

Arrange a blind tea tasting party and discuss the importance of tea in *Darius the Great is Not Okay*. [Check out this meaningful guest post from author Adib Khorram at The Hermit Librarian](#) about what tea represents to the main character Darius and personally to him as a writer.



[Check out more activities for Teens and Mentors at Change to Chill.](#) Looking for more ways to relax, reflect, and recharge? These resources are designed for teens to help them get better sleep, practice gratitude, and develop better daily habits and a support system.



[Teen mental health exercises for educators.](#) A compilation of free exercises with clear instructions by Classroom Mental Health.

