

San Luis Obispo County Office of Education



6-WEEK GUIDE FOR SUMMER LEARNING

FOR FAMILIES AND KIDS IN K-6TH GRADES

ALSO AVAILABLE ONLINE AT WWW.SLOCOE.ORG



PUBLIC LIBRARIES
slolibrary.org





Typically summer can be a time for travel, vacations, and new adventures. The summer of 2020 will be different because of COVID-19. The San Luis Obispo County Office of Education's mission ~ ***"To promote student success by supporting the work of local school districts, delivering specialized student services, and providing countywide leadership and advocacy for the needs of all children"*** is now more important than ever.

The San Luis Obispo County Office of Education facilitates both Charter/Spectrum public education access channels 2 & 19, will continue to offer access to our Education Portal, and has developed a guide for parents of elementary-aged children called ***SLO Summer Learning***. The guide contains six weekly plans with suggested activities and web links to extend learning this summer. Each week is designed around a theme and includes a neighborhood-based free family field trip, things to read, watch and listen to, activities to think like a practicing professional, projects to show what students have learned, as well as activities for continued social-emotional learning.

The ***SLO Summer Learning*** guides are available on the San Luis Obispo County Office of Education website as well as a print version in both English and Spanish. As your county superintendent, I invite you to plan with your children how the summer will be spent considering COVID-19. A second suggestion is to avoid going overboard with structured activities and thinking that you have to plan every minute of the summer. Summer is still an opportunity for freedom from the routine and the pressure that can accompany school. Also, consider some free time exploration, creativity, and relaxation. It is an honor to serve as your county superintendent.

James J. Brescia, Ed.D.
San Luis Obispo County Superintendent

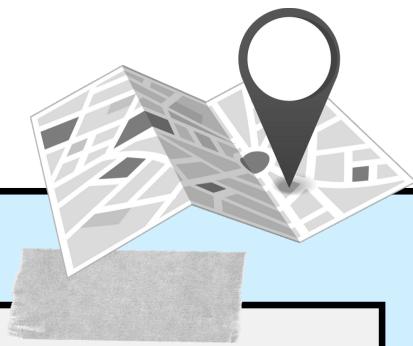
WEEK ONE

CAUTION: KIDS AT PLAY

FIND A PLAYGROUND NEAR YOU

San Luis Obispo County Parks & Playgrounds

<https://bit.ly/parksnplay>



I SPY...

How many can you count?

bars
steps
slides
poles
bridges
swings
ladders
ramps
tubes
ropes
rings
colors
types of materials

JOY PLAYGROUND

Joy Playground in Atascadero, is a fully accessible playground sponsored by a group of parents of special needs children.

<http://www.parentsforjoy.org/home.html>

BEFORE YOU GO:

- Make a list of everything you already know about playgrounds.
- What makes a great playground?
- Rank these in order of importance: size, safety, types of equipment, variety, accessibility, location, protection from the sun, creativity

FINISH THESE SENTENCES

My two favorite parts of this playground are.....because.....

My least favorite part of this playground is.....because.....

WHAT WOULD YOU ADD OR REDESIGN AT THIS PLAYGROUND TO MAKE IT...

Safer?

More interesting to a wider range of ages?

More earth-friendly?

Sketch the playground from different viewpoints (across the street, from the left, right, from above).

PICK ONE AND TALK ABOUT IT

Should all kids have access to a playground? Why or why not?

Should playgrounds meet the needs of everyone? Why or why not?

Is safety the responsibility of the playground designer or the people who play on it? Why?

WEEK ONE

CAUTION: KIDS AT PLAY

READ

Read about the 16 coolest playgrounds in the world.

Which one would you most want to visit?

<https://bit.ly/coolplayground>

READ

Read about these 30 classic playground games.

Can you think of ways to make the games safe with social distancing?

<https://bit.ly/finestplay>

READ

CURL UP WITH A GOOD BOOK!

Check out this list of e-books from the SLO County Public Library

<https://bit.ly/slolibrarybook>

WATCH

DO YOU LOVE HAVING SOMEONE READ TO YOU?

Check out these stories about playgrounds.

<https://bit.ly/playgroundbooks>



LISTEN

WHY DO WE PLAY AND WHAT DO WE LEARN FROM IT?

<https://bit.ly/playiskey>

WATCH

WATCH THIS

<https://bit.ly/kidsbuilding>

A playground where kids get to build?

Would you enjoy this?

What concerns might some people have?

WATCH

WHAT ARE THE GAMES CHILDREN PLAY AROUND THE WORLD?

<https://bit.ly/gamesintheworld>

LISTEN

HERE IS A PLAYLIST OF JUMP ROPE RHYMES

<https://bit.ly/jumprhymes>

Grab a rope and see if you can jump and sing along!

WEEK ONE

CAUTION: KIDS AT PLAY

THIS WEEK, YOU GET TO BE AN ENGINEER

Albert Einstein said it best when he stated,

“Scientists investigate that which already is; Engineers create that which has never been.”

Choose one or more of the resources below to get started.



You can participate in this engineering challenge and learn how strong spaghetti is.

<https://bit.ly/engineergame>

All you need for this lab is some paper and a stack of books.

In this engineering challenge, you will learn how strong a piece of paper is.

<https://bit.ly/enginechallenge>

CHECK OUT THIS STORY READ ALOUD BY AN ASTRONAUT IN OUTER SPACE

Rosie Revere, Engineer
by Andrea Beaty

<https://bit.ly/astronautvideo>

Watch an episode of The Big Brain Theory on the Discovery Channel.

<https://bit.ly/brainwatch>

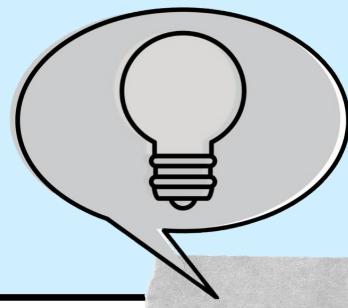
Competitors have 30 minutes to come up with a solution to a seemingly impossible engineering challenge.

CHECK OUT PBS DESIGN SQUAD NATION

<https://bit.ly/pbskidfun>

Through Design Squad challenges, videos, and tutorials, you'll discover all there is to know about engineering!

Consider joining the Global Design Challenge for super shoes (<https://bit.ly/pbsshoes>)



WEEK ONE

CAUTION: KIDS AT PLAY

SNACK TIME!

Try this engineering project with grapes and toothpicks.

Today, we give you permission to play with your food!

<https://bit.ly/3e1aqvn>

DO-IT-YOURSELF RECYCLED SUSPENSION BRIDGE

Check this out:
<https://bit.ly/buildabridge1>

Build your own bridge out of objects you have in your house.

Can you make it strong enough for your favorite toy?

CAN YOU BUILD THE TALLEST TOWER?

Try the Spaghetti Tower Marshmallow challenge.

<https://bit.ly/towerofspaghetti>

Whether you're inside or outside, engineer an obstacle course to get moving
(<https://bit.ly/engineercourse>)

Design the course using a blueprint and then bring the course to life with jump ropes, large boxes, tables, and chairs.

If you go outside, you can use trees and large rocks as part of your course.

Check out these other courses:

- sidewalk chalk obstacle course (<https://bit.ly/sidewalkcourse>)
- alternate PE course (<https://bit.ly/pecourses>)

Create a new game to play at your local playground with friends.

Be sure to give it a name, the rules, and step-by-step directions.

Write a news story about the playground you visited. It can be a story for the local newspaper or one that will be broadcast on the TV news.

TRY DESIGNING A MARBLE RUN!

This site has lots of inspiration for materials to use and ways to approach this task.

<https://bit.ly/marblerunn>

Have fun designing!

DESIGN THE PERFECT PLAYGROUND

Draw it.

Label the parts.

Include a bird's eye view (looking down from above).

Present your design to someone in your family explaining why you love it!

WEEK ONE

CAUTION: KIDS AT PLAY

RELATIONSHIP SKILLS ARE:

- The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.
- The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

LET'S GET THE JOB DONE!

Doing household chores or projects together is a great way to teach working together.

Talk about what needs to get done, the steps involved and how each person can do a part.

Model taking turns and being supportive of each other.

Time it-use a stopwatch and then challenge the group to get it done even faster.

BEHAVIORS BRAINSTORM

Together come up with examples for expected and unexpected behaviors:

- While watching a movie or TV show
- At the dinner table
- When answering the phone
- When greeting a stranger
- When greeting a friend or family member

USE THESE DINNER CONVERSATION STARTERS FOR EACH MEMBER OF THE FAMILY TO SHARE.

Remind everyone of the importance of active listening!

- What is one word that best describes you? Why?
- What qualities make someone a good friend? Share three.
- Has anyone ever stood up for you when you were treated badly? What happened?
- What is your greatest strength? Why?
- What is something you wish you were better at?
- What is your goal for improving?

HOW DO WE RESOLVE CONFLICT PEACEFULLY?

Teach and practice these steps. Role play with your kids using some common conflicts you have experienced at home (playing with toys, what to watch on TV...). Model and have kids name the steps they see. Talk about how it feels when problems are resolved peacefully.

- STOP & Stay calm: Stop what you are doing. Stay calm and take some deep breaths.
- Use an "I" message: Take turns talking. Share how you feel and why. Listen to each other.
- Find a solution: Think of solutions to the problem together. Take turns and listen.
- Compromise & Apologize: Agree on a solution. Shake on it. Say, "I'm sorry," if necessary.

The more we know about each other, the more likely we can build trusting and deep relationships with each other.

Learn more about helping kids develop relationship skills:

<https://bit.ly/skills4kiddos>

MANNERS CHALLENGE

Manners are things we say or do to be polite towards others. This includes things like saying "please," "no thank you," or "excuse me." It also includes things like waiting your turn in line, chewing your food with your mouth closed, or waiting for someone to finish talking before you do. Talk together about the power of good manners. Which manners are important to you? Others? Catch each other using good manners.

EXPECTED & UNEXPECTED BEHAVIORS

Show your kids this clip from the movie Elf. (<https://bit.ly/2buddytheelf>)

Buddy is from the North Pole. When he comes to New York he does things that are quite unusual. Notice how it makes some people feel uncomfortable and how it affects the way people treat him. In the North Pole, his behavior is expected and he is well-liked, but in New York his behavior is unexpected.

Discuss:

- How do others feel and react when you do things that are expected?
- How do others feel and react when you do things that are unexpected?
- How can knowing this help us have better relationships with others?



WEEK TWO

HERE COMES THE SUN

Today, solar panels can be found across San Luis Obispo County--on the roofs of homes and businesses, providing shade for parking lots, or in the open fields of our farms and vineyards. Look around your town or neighborhood for solar installations.

CHECK IT OUT

Topaz Solar Farm (Santa Margarita): <https://bit.ly/topazsolar>

San Antonio Winery (PR): <https://bit.ly/pasosolar>

Cal Poly Solar Farm (SLO): <https://bit.ly/calpolysolar>

The Vintner Solar Project (Templeton): <https://bit.ly/templetonsolar>

Cal Flats Solar Energy Farm (San Miguel): <https://bit.ly/sanmiguelsolar>

Paso Robles Joint Unified School District (PR): <https://bit.ly/prjstsolar>

Avenales Cattle Company Solar Array (Shandon): <https://bit.ly/shandonsolar>

I SPY...

Describe at least 3 details of something you notice.

I notice these things about solar panels:

- 1.
- 2.
- 3.

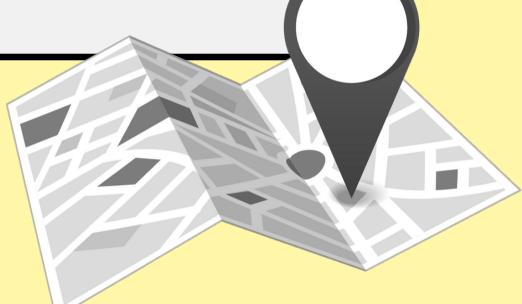
I WONDER...

As you are observing solar panels around your neighborhood, generate a list of questions that you are curious about.

BEFORE YOU VISIT

What do you already know about solar energy and solar panels?

What do you think you will see?



COMPARE AND CONTRAST

After visiting two different places where solar panels are installed, what was similar?

What was different?

WEEK TWO

HERE COMES THE SUN

READ

All days have 24 hours, but did you know that the length of the daylight changes throughout the year?

Read about Summer Solstice and some of the history and traditions celebrating the longest day of the year all over the world.

<https://bit.ly/2wx85dl>
<https://bit.ly/36mfwrr>

READ

Here is a fun read-aloud about a brave little dog on the summer solstice in the arctic

Sun Dog by Deborah Kertel

READ

CURL UP WITH A GOOD BOOK!

Check out this list of e-books from the SLO County Public Library about the sun and solar power.

<https://bit.ly/3cwezky>

WATCH

WHEN IS THE FIRST "OFFICIAL" DAY OF SUMMER?

What causes this day to be the longest? Watch this to find out answers.

<https://bit.ly/2zooqpk>

WATCH

The Earth intercepts a lot of solar power - 173,000 terawatts. That's 10,000 times more power than the planet's population uses.

Do you think it's possible that the world could be entirely reliant upon solar energy one day?

LISTEN

<https://bit.ly/2xd6jmo>

WATCH

Learn how we harness the power of the sun through solar panels.

<https://bit.ly/pow3rofsun>

LISTEN

Did you know there are over 300 songs with "sun" in the title? <https://bit.ly/songsofsun>

How many can you name or sing?

Sing-along to Here Comes the Sun here: <https://bit.ly/2xnhh5h>



WHY DOES THE SUN MAKE YOU SNEEZE?

Did you know there is a name for this phenomenon?

It's called "photic sneeze reflex."

Listen to this podcast to learn more: <https://bit.ly/2zrbfbiv>

WEEK TWO

HERE COMES THE SUN

This week, you get to be a Photovoltaic (Solar) Engineer--this is someone who plans, designs, and implements solar energy projects.

WHAT DOES A SOLAR ENGINEER DO?

Watch a day in the life of a solar engineer.

<https://bit.ly/3bnqvle>

Read more about a career in solar engineering.

<https://bit.ly/3bskwxb>

Learn about the person who invented the first solar heating system and solar distiller.

Maria Telkes: Solar Engineer
<https://bit.ly/2tqzuvg>

ARE YOU A LEGO FAN?

Watch these videos of solar-powered Lego cars to inspire your family with technical engineering project ideas.

<https://bit.ly/2sss4p>
<https://bit.ly/solarlego>

CAL POLY PROVE LAB

Students from Cal Poly's Prototype Vehicles Laboratory (PROVE Lab) have designed a car to break the international land speed record for solar vehicles!

Watch <https://bit.ly/2txck5> to inspire you to create your own record attempt!

Build a solar updraft tower and discover how it works!

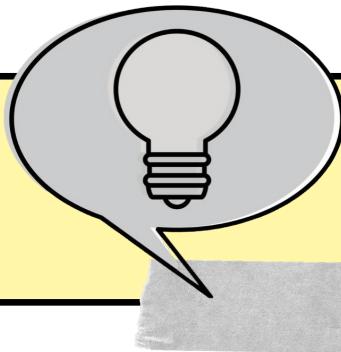
<https://bit.ly/2xp9dmn>

WEEK TWO

HERE COMES THE SUN

Solar Stills are a simple way to purify water for drinking, making it a great survival skill to learn. Build a Solar Still following this STEM solar science activity.

<https://bit.ly/2wvqnh3>



SHADOW ART

Grab some paper and a pencil (or chalk for the sidewalk or driveway) and some of your small toy dinosaurs, cars, animals or action figures. Set them in the sun and trace the shadow!

TELL TIME USING THE SUN

Grab some family members and some chalk to make your own human sundial! Don't forget to document your observations like all scientists do!

<https://bit.ly/humansundial>

WRITE A POEM ABOUT THE SUN OR SUMMER SOLSTICE

Here are a few for inspiration:

- The Sun: https://fizzyfunnyfuzzy.com/poem/the_sun
- Sun Poem: <https://sciencepoems.net/the-sun-a-science-poem/>
- Golden Sun: <https://bit.ly/gold3nsun>

DID YOU KNOW?

When light hits water, it bends in all different directions. This is called refraction. Impress your family with light magic after learning about light refraction and creating your own light box.

<https://bit.ly/2tvqqvv>

ACT IT OUT

Grab your family and play summer charades. Choose from these activities or create your own list.

<https://bit.ly/zzspuyo>

BUILD A PIZZA BOX SOLAR OVEN

Make s'mores, nachos or some other tasty treat! (Make sure you have an adult helping!)

Directions:
<https://bit.ly/3gfbira>
<https://bit.ly/homscie5>

WEEK TWO

HERE COMES THE SUN

SELF-MANAGEMENT IS:

- the ability to successfully regulate one's emotions, thoughts, and behaviors in different situations.
- This regulation is achieved by effectively managing stress, controlling impulses, and motivating oneself.
- This includes impulse control, stress management, self-discipline, goal setting, self-motivation, and organization skills.

MANAGE STRESS BY PRACTICING MINDFULNESS

Here are some resources to help:

- SLO County Public Library's mindfulness video series: <https://bit.ly/kidsminds>
- Square Breathing: <https://bit.ly/kidssquare>

THINK FIRST

Teach the "THINK" process to help kids think before saying or posting an unkind or untrue remark about a person because you are upset.

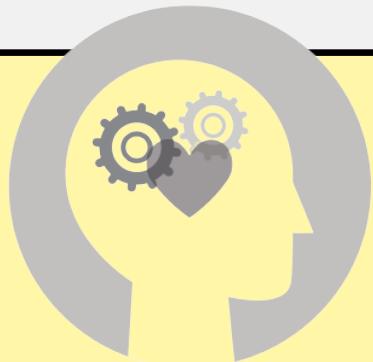
T—is it true?

H—is it helpful?

I—is it inspiring?

N—is it necessary?

K—is it kind?



POSITIVELY PRAISE YOUR CHILD WHEN THEY ARE DEMONSTRATING SELF-MANAGEMENT AND EXPRESSING EMOTIONS APPROPRIATELY

Say things like:

- "I saw the way you waited your turn just now [e.g., to hold the bunny, to get a drink]. I know you were excited and it was hard to do, but I saw you take a breath. I'm proud of you, and you should be proud of yourself."
- "I know you're angry at her, right now for.... What are some calm ways you could tell her what you're upset about?"
- "I know you were feeling sad about what happened earlier. I was proud of you for...(e.g., going to the other room and drawing a picture about what happened, coming to talk to me about it.)"

LEARN MORE ABOUT HELPING KIDS DEVELOP SELF-MANAGEMENT SKILLS

<https://bit.ly/xxjfvgc>

PRACTICE THESE STRATEGIES FOR MANAGING STRONG EMOTIONS:

- belly breathing
- yoga
- counting to ten
- self-talk
- relaxation exercises
- mental rehearsal

GET READY, DO, DONE

Teach your kids this strategy for planning backwards. Use this approach for planning to get anything done, from cleaning your room to writing a story.

Start with talking about what "done" looks like, then plan the steps and how much time each one will take, and finally discuss what they will need to get the project done.

Use this planner to help:
<https://bit.ly/3gemmf2>

WEEK THREE

GROW YOUR OWN WAY

FIND A FARMER'S MARKET OR FARM NEAR YOU

SLO County Farmers' Markets:
<https://bit.ly/slofarmersmarket>

SLO Co Farm Trail Map:
<https://farmsteaded.com/pages/slo-co-farm-trail>

USING MY SENSES

While you are at the market or farm, have kids describe what they:

- See-- Give each person a color and have them find items that are different shades or hues of that color.
- Hear-- Close your eyes and listen. What do you hear? Make a list.
- Smell-- What can you smell from far away? Which things can you smell when you are closer? Which smells are pleasant? What ones are not?
- Touch-- Put a market item in a bag so it cannot be seen. Reach in the bag and use words to describe how the object feels (i.e. smooth, spiky, sharp, squishy). Can you guess what the item is by how it feels?
- Taste-- Do a taste test on 2 similar fruits (i.e. two types of oranges) and describe how they are alike and different.

Did you know we have had Farmer's Markets in SLO County for over 40 years?

Read about it here:
<https://bit.ly/slomarkets>

Members of the community can purchase shares of a local farm's CSA (community-supported agriculture) like a subscription and receive ongoing fresh food from that farm.

Read about Bee Wench Farm in Shandon.

<https://bit.ly/beewench>

ABC'S

Try to find something at the market or farm that starts with each letter of the alphabet. Draw it or take a photo. Make an ABC book!

BEFORE YOU VISIT A FARMER'S MARKET

Make a list of everything you might see at the market.

What are you most looking forward to?



INTERVIEW A FARMER OR MERCHANT AT THE MARKET

Generate a list of questions you could ask to learn more about farming and where food comes from. Try some of these or some of your own:

- What do you grow or produce?
- What are the biggest challenges you face growing or producing that?
- Do you work alone or do you have others working with you?
- What are some ways you cooperate with others to bring goods to the market?
- How did you learn the skills of farming?
- What advice do you have for someone interested in farming?
- What is the strangest thing you have grown?

WEEK THREE
GROW YOUR OWN WAY

READ

America Test Kitchen for Kids has an incredible website where you can explore recipes and activities just right for you.

All recipes have been extensively tested and are sure to be a hit in your home.

<https://bit.ly/kidtestkitchen>

WATCH

MYSTERY SCIENCE

How could you make the biggest fruit in the world?

Kids love Mystery Doug and in this episode he is teaching about the plant life cycle and heredity in a fun and entertaining way.

<https://bit.ly/biggestfruit>

READ

CURL UP WITH A GOOD BOOK!

Check out this list of e-books about food from the SLO County Public Library

<https://bit.ly/3gc8ccl>

WATCH

WHERE DOES OUR FOOD COME FROM?

Check out this video hosted by a young lady full of fun farming and food facts.

<https://bit.ly/1foodfacts1>

LISTEN

ZOMBIES DON'T EAT VEGGIES!

Ever heard of a Zombie who loves vegetables?

Mo is not like most Zombies and he tries to convince his parents that veggies can be delicious. The story is read aloud by Jaime Camil on Storyline Online.

<https://bit.ly/veggie11>

WATCH

DO YOU THINK MILK COMES FROM A CARTON?

Take a trip to a dairy farm with these two brothers to see where milk comes from.

<https://bit.ly/3e9milk>

LISTEN

HERE ARE A FEW FUN SONGS TO LISTEN TO

Vegetable Song
<https://bit.ly/veggiesong1>

Farmers Life For Me Song
<https://bit.ly/farmlifeforme>

Old MacDonald Had a Farm Song
<https://bit.ly/oldmacdonald2>



LISTEN

ARE YOU CURIOUS ABOUT THINGS?

Check out these podcasts to answer the questions:

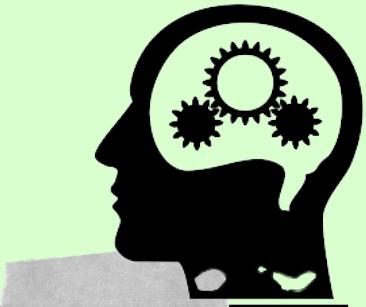
How Do We Taste Food?
<https://bit.ly/3ebzzca>

How Do Bees Make Honey and Why Do They Sting? <https://bit.ly/3e24alk>

How Do Big Plants Grow From Such Small Seeds? <https://bit.ly/plantsgrow1>

WEEK THREE

GROW YOUR OWN WAY



This week, you get to be a farmer--someone who manages farms, ranches, greenhouses, nurseries, and other agricultural production organizations. Farmers are involved in planting, cultivating, performing post-harvest duties, overseeing livestock, and supervising farm labor depending on the type of farm.

What you see depends on how you see the world. To most people the ground is just dirt. To a farmer it is potential.

Dirty Jobs Pig Farmer is fun for the whole family. Discuss with your kids about what they thought about pig farming.

Would they ever want to be a pig farmer?

Can they think of an easier way to take care of the pigs?

If you enjoyed the video you can explore more of Dirty Job Farm episodes on YouTube.

<https://bit.ly/2XixoFX>

LEARN ABOUT THE WORK OF A FARMER

Is this the job for you?

Don't forget to scroll down when you are reading the website to see all the different types of farming.

<https://bit.ly/3explorer>

GROW SEEDS LIKE A REAL FARMER

All you need are some dry beans (or seeds you have around the house).

Make a baggie greenhouse (<https://bit.ly/1greenhouse1>) or a newspaper pot (<https://bit.ly/newspaperpot>).

Watch seed germination happen right before your eyes. Check out this video on Seed Germination for a full explanation of what is happening: <https://bit.ly/germination1>

Ranching is the practice of raising herds of animals on large tracts of land. Ranchers commonly raise grazing animals, such as cattle and sheep. Read more about it: <https://bit.ly/grazinganimals>

Check out the chores that need to be done: (<https://bit.ly/chores2do>) and what a rancher does on a typical day (<https://bit.ly/ranchersday>)

How is this different from a farmer that grows crops?

PICKLE THAT!

Explore the role of preservation in preparing foods and make quick pickles with this recipe.

<https://bit.ly/quickpickles1>

Take a walk through your neighborhood and take pictures of all the fruit trees you find along the way. Come home and use the Common Trees for San Luis Obispo County resource to identify the trees. You can also use a plant identification app on your phone.

<https://bit.ly/slotrees>

WEEK THREE
GROW YOUR OWN WAY
**CREATE A
VEGETABLE COLLAGE**

All you need is some plain paper, some colored paper (old magazines work well), and a glue stick. Let your kids rip up the scraps of paper and create their own colorful vegetables.

<https://bit.ly/veggiecollage>

**DISSECTING FRUITS &
VEGETABLES**

Talk to your child about the difference between fruits and vegetables, have them make comparisons, have them smell, touch, and taste.

<https://bit.ly/disectfruits>

LOVE TO DRAW?

Your child can create a mural of farm animals.

Start with a chicken:
<https://bit.ly/drawachicken>

Write a children's book or story about living on a farm, then illustrate your book and read it aloud for friends and family.

Kids can create their own farm by making a diagram with the barn, places for the animals, where they will grow their crops, and whatever else they would like on their farm. Don't forget to have them pick what vegetables and fruits they will grow and what animals they will raise. This can be a drawing or they can use found objects to create a 3D farm. After the project is complete, have them explain their project and why they selected the items for their farm.

Here are some examples:

- 3D Farm
<https://bit.ly/3dfarm3>
- How to Draw a Farm
<https://bit.ly/drawafarm2>
- Kid Drawing
<https://bit.ly/kiddrawing2>

**MAKE LUNCH WITH
ALL SIX PLANT PARTS**

Roots, stems, leaves, flowers, fruits and seeds.

Check out these recipes:

- Six Parts of the Plant Salad
<https://bit.ly/6plantparts>
- Plant Part Burrito
<https://bit.ly/plantburritos>

**DON'T THROW AWAY
THOSE KITCHEN
SCRAPS!**

Find out why we compost and how to do it
<https://bit.ly/3compost>.

Make your own composter with a 2-liter bottle
<https://bit.ly/compostfromhome>

See how Curious George did this, too (<https://bit.ly/2wrf331>)!

WEEK THREE

GROW YOUR OWN WAY

SELF-AWARENESS IS:

- the ability to accurately recognize one's own emotions, thoughts, and values, and how they influence behavior.
- the ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, and optimism.
- In short, self-awareness is the ability to understand one's self.

COMPLIMENT YOURSELF

You are pretty amazing. Build your self-confidence by giving yourself ten genuine compliments. Write a list. If you aren't sure what to write, think about something that a friend, relative, or teacher would say about you. Post these on the refrigerator, mirror, or somewhere where you will see them!

MY IDENTITY GAME

Learn more about yourself and your family.

For this game, you will need 2-6 players, 6 pieces of paper, a marker, and a dice.

<https://bit.ly/identitygame>

EMOTION DETECTIVES

While you watch TV shows or movies together, have kids be on the lookout for clues about emotions. Use these questions to help talk about them:

- How do the characters feel?
- How can you tell what those feelings are?
- Did any of the characters get really upset?
- What did they do to cope with their feelings?

EMOTION CHECK-IN

At different points throughout the day, do an emotion check-in. Chart the changes throughout the day.

- Do you notice any patterns?
- What makes you feel sad, mad, happy, frustrated, excited, proud, angry, worried, brave, joyful, etc.?
- How are you feeling now?
- When you feel sad, mad, angry, or frustrated, what can you do to help your body feel better?

Reassure your child that there are no bad feelings.

As long as we have safe and respectful ways to handle all of our feelings, no feelings are bad feelings!

Learn more about helping kids develop self-awareness:

<https://bit.ly/3bllzzv>

NAME THAT EMOTION

You can...

- use songs from Story-Bots Emotions (<https://bit.ly/2ss4rmm>)
- check out this chart (<https://bit.ly/3curhjd>)

...to name different ranges of emotions.

THE FUTURE ME

What are your dreams?

What would you like to do in the future?

Where would you like to travel or visit?

What problems would you like to solve?

What kind of job would you like to do?

Help your kids explore hopes and dreams and share yours with them, too!

WEEK FOUR

LIONS, TIGERS, AND BEARS - OH MY!

FIND AN ANIMAL SHELTER, VETERINARIAN OFFICES, ZOO, OR PET STORE NEAR YOU.

- Avila Valley Barn: <https://www.avilavalleybarn.com/>
- SLO County Animal Care Clinics: <https://bit.ly/parksnplay>
- Woods Humane Society: <https://www.woodshumanesociety.org/>
- Charles Paddock Zoo: <https://charlespaddockzoo.org/>
- PetSmart SLO: <https://bit.ly/2xptsmn>
- Petco SLO: <https://bit.ly/2slopetco>
- Petco Arroyo Grande: <https://bit.ly/petcoag>
- Petco Paso Robles: <https://bit.ly/petcopaso>

CHECK THIS OUT

We have an elephant seal rookery in our county (San Simeon), which is a place where a colony of breeding animals group together. Depending on the month of the year, we can see different things happening.

Have a look at the live webcam and find out more here:
<https://www.elephantseal.org/>



BEFORE YOU VISIT:

Make a list of all of the animals you know each on a separate card or post it note. Sort the list in different ways:

- Alphabetically
- Smallest to largest
- Wild vs Pets

Challenge your kids to think of other ways to sort them.

While you are there, count the number of animals at the location.

You can tally, make a pictograph (if there are different types), make a number line, or create another way.

ANIMAL SOUNDS

If you have a recording device, such as a phone, capture recordings of the different animal sounds you hear. Play them back at home and see if you can name the animal that made them.

FINISH THESE STATEMENTS

The most interesting thing I saw today was.....because.....

I am now curious to know more about.....

I could find out more by.....

BRAINSTORM QUESTIONS THAT YOU COULD ASK SOMEONE WHO TAKES CARE OF THE ANIMALS AT THE LOCATION YOU PLAN TO VISIT.

Practice asking them at home. Take something with you to record the answers. Here are a few suggestions:

- What are the different types of animals that you care for here?
- What do they eat and who feeds them?
- Tell me about one of the silliest animals here. What behaviors make them silly?
- How do you handle the dangerous animals? How were you trained to handle them safely?

WEEK FOUR

LIONS, TIGERS, AND BEARS - OH MY!

READ

CURL UP WITH A GOOD BOOK!

Check out this list of e-books about animals from the SLO County Public Library.

<https://bit.ly/2upzyh>

READ

Read about an amazing kid who had a unique interest.

A Passion to Save Gorillas Makes One 11-year old a Hero: <https://bit.ly/2tusw6>

READ

HAVE YOU EVER HEARD OF AN ECHIDNA?

How about a Guenon?

Check out this awesome resource to learn about over 200 different kinds of interesting animals.

<https://bit.ly/2awvv5>

WATCH

Do you love having someone read to you?

Check out these stories about animals.

bit.ly/2yn3a2w

WATCH

MYSTERY DOUG

Mystery Doug answers questions from curious kids like you! Have you ever asked any of these questions?

- Why are baby animals so cute?
<https://bit.ly/3e45jo>
- What is the most dangerous animal in the world?
<https://bit.ly/36tkksq>
- Why do cats purr?
<https://bit.ly/catspur3>
- Can animals get a sunburn?
<https://bit.ly/36pitdd>
- Can animals laugh?
<https://bit.ly/animalslaugh>

WATCH

Learn about some local animals from the Naturalists at Rancho El Chorro Outdoor School!

Sea Otters: <https://bit.ly/3c3ubbe>

Amphibians: <https://bit.ly/2amphibians>

Animals in the tide pools:
<https://bit.ly/tides8>

LISTEN

EVER WONDERED?

Do Animals Get Married?

Listen to this podcast to find out.

<https://bit.ly/3cs5wgv>

LISTEN

SING ALONG AND DANCE TO THESE SONGS ABOUT ANIMALS!

Learn About Wild Animals:
<https://bit.ly/2zvkkgyu>

Let's Go to the Zoo:
<https://bit.ly/2zwmtn1>

Chicken Bop: <https://bit.ly/2aatsnh>

So Many Animals: <https://bit.ly/mcgjv>

Wild Animals: <https://bit.ly/2aweek>



WEEK FOUR

LIONS, TIGERS, AND BEARS - OH MY!

This week, you get to be an animal scientist like a veterinarian, anthrozoologist, zoologist, or marine biologist.

Watch what happens during a veterinarian check-up. What did they do?
<https://bit.ly/vetcheck7>

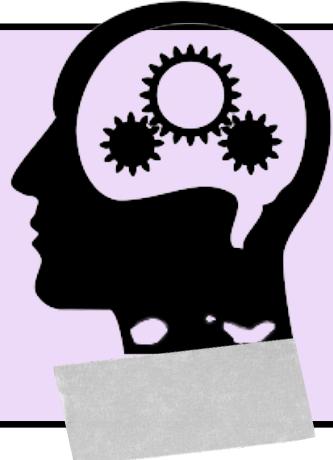
Grab one of your stuffed animals and give them a check-up using this helpful printable as your guide:
<https://bit.ly/vetplay>

WHAT IS IT LIKE TO BE A ZOOKEEPER?

Follow along to see what life is like as a zookeeper:
<https://bit.ly/2dsl8rt>

Want to know more? Check out this video: <https://bit.ly/birdlife7>

Tell someone in your family one fun fact you learned.



LEARN WHAT IT IS LIKE TO BE A DEEP-SEA MARINE BIOLOGIST

<https://bit.ly/glowfish7>

Write a letter with your questions to a real or imaginary biologist.

CHECK OUT WHAT THE ANIMALS ARE DOING RIGHT NOW AT THE ZOO

Live Video of Zoo Animals (7:30am-7:30pm):
<https://bit.ly/livezoo7>

Create an observation journal in which you write the type of the animal, describe its habitat, record its activity, and list any questions you would like to research.

Scientists also like to draw sketches with their notes to help them remember things about the animals they observe.

LEARN THE TYPICAL DAY OF A RESEARCH MARINE BIOLOGIST

<https://bit.ly/3cxvoex>

Now imagine you are one. Write a journal entry for your day. Make sure to include something awesome that happened, something challenging, your feelings, and something you are looking forward to on another day.

WEEK FOUR

LIONS, TIGERS, AND BEARS - OH MY!

Choose your favorite animal and use household junk to build one.

Use things from your recycle bin like cans, bottles, cereal boxes, and toilet paper rolls.

Display it somewhere in your house.

PUT ON YOUR BIRDWATCHING GOGGLES AND TRY TO FIND BIRD NESTS IN YOUR NEIGHBORHOOD

What are they made of? Here is a video that takes a closer look at the construction of a nest:

<https://bit.ly/birdnests7>

Could you make your own? Use a paper plate as the base and gather natural materials from your neighborhood or yard. Use this note-taking sheet to document your plan:

<https://bit.ly/makenest7>

Do you think your nest would work for a family of birds? Watch this video to see a mama blackbird build a nest, lay eggs, and take care of her babies until they are ready to venture out into the world!

<https://bit.ly/mamabird7>

Learn more about sea otters:
<https://bit.ly/cotter7>

Then create your own sea otter puppet using a paper bag:
<https://bit.ly/otterpuppet>.

Put on a puppet show and tell your audience all about what you learned.

Write a story about an animal who makes friends with another animal who we would not expect to get along. (e.g., an alligator and a bear).

HAVE YOU EVER WANTED TO DRAW ANIMALS?

Grab some drawing supplies and learn how to draw with these videos.

<https://bit.ly/drawanimals7>

Label the different parts of the animals.

Head to the kitchen and make moose track cookies or penguin snacks.:

- <https://bit.ly/moosecookie>
- <https://bit.ly/penguinsnack>

They are almost too cute to eat! Make up your own recipe for an animal snack.

DO YOU HAVE A PET?

What is needed to care for this pet?

What does it eat?

Where does it sleep?

What are some things your pet does?

Design a poster or "How To" book to teach others about your pet.

WEEK FOUR

LIONS, TIGERS, AND BEARS - OH MY!

RESPONSIBLE DECISION-MAKING IS:

- the ability to make positive choices and evaluate the consequences of one's actions.

Kids begin by making simple decisions with growing independence.

They can benefit from carefully considering options to day-to-day decisions.

LEARN MORE ABOUT HELPING KIDS DEVELOP RESPONSIBLE DECISION-MAKING:

<https://bit.ly/decision7>

DECISIONS CAN BE BIG OR SMALL

These videos help kids understand they can make their own decisions:

- Decisions are hard <https://bit.ly/sesame7>
- Decisions, decisions <https://bit.ly/3cyzox>
- Making Decisions <https://bit.ly/2wuqyz>

DINNERTIME CONVERSATIONS

Use some of these questions to spark family discussion:

- What does it mean when someone is described as a "responsible" person?
- What are some reasons why you might want to be considered a "responsible" person?
- What are your responsibilities?
- Think of a time you acted responsibly. How did it feel?
- What are the rewards for being a responsible person?

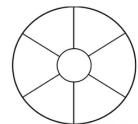
IN & OUT OF MY CONTROL

We can control some things that happen in our lives, while other things can be completely out of our control. Focusing on things within our control helps keep our minds and bodies positive. Trace your child's hand on a piece of paper. Inside the hand, write a list things and draw pictures of the things within our control (e.g., my behavior, my effort, my thoughts, my goals, my choices, etc.) on the outside of the hand, write a list or draw pictures of the things out of our control (e.g., the weather, other people's behavior, other people's thoughts, being sick, etc.).

Promote the process of making responsible decisions by guiding kids to consider pros and cons of a decision or having them come up with a few reasons why they have made a choice.

They need support to:

- Identify options that are available to them in a decision
- Build confidence that they are capable of making their own choices
- Evaluate and reflect on the results of their decisions.



WHEEL OF CHOICES

What makes you angry or frustrated? What causes it?

Planning ahead can help us manage our strong emotions in a positive way before we even feel them. Most importantly, it will also help us make safer choices wherever the emotions come up.

Make a list together of safe options or choices for when we feel angry. For example: deep breathing, going for a walk, taking a drink of water, listening to calming music, or spending time alone.

Add one idea for each part of the circle.

Have kids illustrate.

WE ARE WHAT WE EAT

Grab a snack and talk with kids about how they feel both physically and emotionally when they are hungry and when they are full. Is it easier to make good choices when you are hungry or full? What about when you are tired or rested?

WEEK FIVE

THINGS THAT GO

Walk around your neighborhood or city to observe all of the various forms of transportation available. Find a bus stop, train station, airport, bike or walking trail near you.

Here are some websites to help you locate them:

- SLO Amtrak Station: <https://www.amtrak.com/stations/slo>
- SLO Transit - Car Free: <http://www.slocarfree.org/train/>
- SLO Transportation - Walk, Bike, Bus, & Train: <https://www.slocity.org/living/transportation>
- SLO Mountain Bike Trails | SLO County Outdoors: <https://bit.ly/slobiking>

CHECK IT OUT

Did you know the San Luis Obispo Railroad Museum was founded to preserve and present the railroad history of California?

Learn more here:
<https://slorrm.com/modelrr.html>

BEFORE YOU VISIT

Ask kids to brainstorm what they already know about the type of transportation you plan to observe.

What questions do they have?

What do they hope to see?

COUNTING VEHICLES

Set a timer and count how many vehicles pass by in one minute. Keep track of how many are red, blue, white, and black.

Which color did you see the most?

How many wheels all together?

PAY ATTENTION TO SAFETY

Notice any signs, stop lights, or markings.

How do these things make transportation safer?

Are there seatbelts or other safety items inside the vehicle?

THE SOUNDS OF TRANSPORTATION

Close your eyes and listen.

What do you hear?

How do different types of vehicles/modes of transportation sound?

What makes each sound unique?

MAPPING YOUR COURSE

Take something with you to write on.

Create a map from your house to your destination. Include roads and other important landmarks.

Show kids this transportation map of San Francisco and find all the different types of transportation.

<https://bit.ly/sftrans>

WEEK FIVE

THINGS THAT GO

READ

DID YOU KNOW?

Trains can move very fast.
<https://bit.ly/3cuerwv>

They can't stop quickly. That's why there are signs and signals at railroad crossings. They help people stay safe.

But do all trains run above ground? Learn about subways and how the world's first metro system was built.

<https://bit.ly/2wt7klz>
<https://bit.ly/2xmm5ww>

READ

WHAT WOULD YOU DRIVE IF THE STREETS OF YOUR TOWN WERE WATER?

Read about the gondolas in Venice.

<https://bit.ly/whatsagondola>

READ

CURL UP WITH A GOOD BOOK

Check out this list of transportation e-books for Kids from the SLO County Public Library.

<https://bit.ly/slotrans>

WATCH

GARBAGE BARGE

We have heard of garbage trucks, but have you ever heard of a garbage barge?

Watch this read-aloud of The Garbage Barge.

<https://bit.ly/garbag3barg3>

WATCH

LET'S TAKE A LOOK AT THE DIFFERENT MODES OF TRANSPORTATION.

How many of these have you observed?

<https://bit.ly/3e8msb6>

WATCH

WHY IS TRANSPORTATION IMPORTANT IN A COMMUNITY?

Think about all of the ways transportation impacts your life.

<https://bit.ly/2tubqaa>

LISTEN

HOW DO TRAINS WORK?

Listen to this and learn more.

Why Do Trains Run On Tracks?

<https://bit.ly/2e3keo>

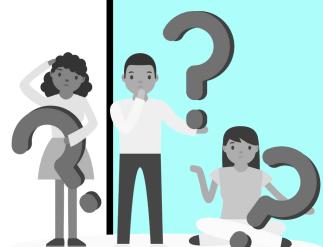
LISTEN

THIS SONG IS A CATCHY ONE...WATCH OUT!

What do you ride in?

A car, plane, or train?

Listen to transportation for kids: <https://bit.ly/songtogo>



WEEK FIVE
THINGS THAT GO



This week, you get to be a driver, pilot, engine driver, or captain.

Choose one or more of the resources below to get started.

EVER WONDER WHERE TRAINS, PLANES AND CARS GO WHEN THEY NO LONGER WORK?

Check out:

- This airplane graveyard in Mojave, CA: <https://bit.ly/2eewu>
- This car graveyard: <https://bit.ly/2tnnb>
- This ship graveyard, too: <https://bit.ly/2rbhq>

DO YOU WANT TO BE...?

...a school bus driver? <https://bit.ly/3cbz1>

...a train engineer? <https://bit.ly/2ttgom>

What strengths do you have that would help you in one of these jobs?

What about this job interests you most?

Whether you are a passenger in a car, a person on a bike, or a driver of a vehicle, you need to know how to read traffic signs. Bring this Road Sign Scavenger Hunt sheet with you when you are out on a walk or a passenger in a car.

<https://bit.ly/2sb8h>

WHAT DOES A PILOT DO?

Make a list of all the things they have to do to fly a plane:
<https://bit.ly/2yoxdqu>

Maybe you want to learn to fly. Read how:
<https://bit.ly/2XsEM1r>

CARS HELP US GET WHERE WE NEED TO GO

Ever wonder how they are made? Watch this:
<https://bit.ly/carmaking>

Does your family have a car?

Who maintains it?

When does it need an oil change or the tires rotated? <https://bit.ly/3c35fg>

Do the windshield wipers need replacing?

Find out how your car is able to keep running safely.

ARE YOU INTERESTED IN BECOMING A SHIP CAPTAIN?

Find out what they do and how they learn to become one: <https://bit.ly/shipcaptain>

Also, hear about the day in the life of one sea captain: <https://bit.ly/2k7gh>

WEEK FIVE

THINGS THAT GO

A PICTURE IS WORTH A THOUSAND WORDS

Choose one of these photos to describe what you see and tell a story: <https://bit.ly/3cvrwu>

Set a timer. You can tell the story out loud or write it down.

What would be the title?

TRANSPORTATION IS ALL ABOUT THINGS THAT GO, MOVE, FLY, BOUNCE, SPIN, AND MORE.

Use the materials you have on hand to invent your own simple machines designed to move in some way, shape, or form. Get ready to design, engineer, test, and re-test your own things that move with the following STEM activities for kids: <https://bit.ly/3bywsya>.

Make a brochure advertising all of the types of transportation in your community.

Watch this and learn how to fold a simple origami boat.

<https://bit.ly/3gffobc>

Design the transportation of the future. Label the parts. Be ready to explain how it works, what it transports, and where (land, sea, air or all).

Go on a walk outside and check off what you see on your adventure by printing out this fun transportation scavenger hunt.

<https://bit.ly/2ss4ce>

MAKE A PAPER AIRPLANE

Learn about different designs. <https://bit.ly/3gcvo00>

Test different designs to see which flies the farthest.

HOW DO THEY WORK?

How Do Bicycles Work? <https://bit.ly/3eetwmp>

How Do Bike Gears Work? <https://bit.ly/3edxjjg>

Take on the challenge of riding a bike up a steep hill!

Give a demonstration to your family about how a bike works.



WEEK FIVE

THINGS THAT GO

GROWTH MINDSET IS:

the belief that our intelligence and abilities are flexible and grow through practice and effort.

MANAGING OUR EMOTIONS HELPS US GROW OUR BRAINS

Help kids manage frustration by encouraging “brain breaks.”

Say, “Sounds like/Looks like your brain needs a break.”

LEARN HOW OUR BRAINS WORK

Watch a read-aloud of *Your Fantastic, Elastic Brain* by Dr. JoAnn Beak: <https://bit.ly/3bp9s>

Learn some cool facts: <https://bit.ly/3gbjynh>

MISTAKES ARE OPPORTUNITIES TO LEARN

- Celebrate mistakes: Invite your child to drop a penny or another object into a jar every time they identify a mistake and learn from it. Watch your brain grow as the jar gets filled!
- Give encouragement. Say things like, “Great! You made a mistake. Now let’s learn from it.” or “I can see you learned from your mistake and did something different this time.”
- Watch a read-aloud of *The Girl Who Never Made Mistakes* by Mark Pett and Gary Rubinstein: <https://bit.ly/3cuxb2r>

LEARN MORE ABOUT HELPING KIDS DEVELOP A GROWTH MINDSET

<https://bit.ly/2xffpg>

MAKING HEALTHY CHOICES MAKES US SMARTER

Can exercise make you smarter? Explore this: <https://bit.ly/2uhlye>

Brain food! Visit <https://bit.ly/3d7npx> for some great activities to learn about healthy eating to make your brain grow

Do kids need more sleep than adults? <https://bit.ly/2mssxx>

THE POWER OF YET

Watch this “Power of Yet” song from Sesame Street: <https://bit.ly/2wsxgg>

Make a list of things your kids can’t do yet and make a plan to learn at least one of them.

When your kids say, “I can’t do...” or “This doesn’t work...” or “I’m not good at...” add the word YET. What we say shapes how we think!

GET IN THE ZONE

Our brains grow the most when we take on “just right” challenges--this is when something is challenging with support.

You can give growth mindset feedback like:

- Even when it got hard, you didn’t give up. You were persistent.
- I can see you worked hard on that.
- Let’s try something a little harder so we can grow your brain power.

WEEK SIX

ART IN OUR HEARTS

PUBLIC ART

Public art reflects and reveals our society, adds meaning to our cities, and brings uniqueness to our communities. Public art humanizes the built environment and invigorates public spaces. It provides an intersection between past, present, and future between disciplines and between ideas. Public art is freely accessible.

Read more about public art:
<https://bit.ly/3beaukn>

FIND SOME PUBLIC ART INSTALLATIONS NEAR YOU

San Luis Obispo County Public Art: <https://bit.ly/3czav4>

Paso Robles Public Artwork: <https://bit.ly/2zk5cuc>

Studios on the Park, Paso Robles: <http://www.studiosonthepark.org/>

Arroyo Grande: http://www.arroyograndeinbloom.org/public_art/index.shtml

Avila Beach Lifeguard Towers: <https://bit.ly/2wv8vhr>

Central Coast Aquarium murals: <https://bit.ly/2ansfff>

CHECK IT OUT

Sculpterra Winery in Paso Robles features art everywhere!

Check out the sculptures in their garden:
<http://sculpterra.com/visit-us/sculpture-garden/>

What do you notice?

BEFORE YOU VISIT

Get some pointers on how to look at public art.

<https://bit.ly/2zzztw>

WHILE OBSERVING THE ART, ASK THESE QUESTIONS

- What does this make you wonder? Why?
- What do you notice about the artwork?
- Do you notice anything different if you look at it from a different angle or position?
- Why do you think this art is here?
- What do you think this art means? Explain.

Take along something to draw or sketch with. Have kids capture what they see. Notice the colors, materials, shapes, dimensions.

FINISH THIS STATEMENT

If I could create some public art, I would make.....because.....

The location I would install my art would be.....because.....

WEEK SIX

ART IN OUR HEARTS

READ

DID YOU KNOW?

People have been making art for thousands of years.

Read about rock art, ancient or prehistoric drawings, paintings, or carvings on stone.

<https://bit.ly/3cxh4fb>

READ

When Pigasso Met Mootisee is a fun read-aloud about two animal artists caught in a feud.

<https://bit.ly/2xmapp5>

READ

CURL UP WITH A GOOD BOOK

Check out this list of transportation e-books from the SLO County Public Library.

<https://bit.ly/3bbbu1b>

WATCH

IS GRAFFITI ART?

Watch this to find out:

<https://bit.ly/2tui5zz>

WATCH

One of the most famous sculptures in the United States is the Statue of Liberty.

Watch this and think about other sculptures that are important to the USA:

<https://bit.ly/2trzjzq>



LISTEN

WATCH IMAGINATION SOAR

Put on some classical music while you paint or create.

<https://bit.ly/2tvzyr>

LISTEN

MUSICIANS ARE ARTISTS AND THEY BRING SO MUCH JOY INTO OUR LIVES

Ziggy Marley has made a whole album just for families, especially for the little ones.

Listen here:
<https://bit.ly/36ziggz>

WEEK SIX

ART IN OUR HEARTS

THIS WEEK, YOU GET TO BE AN ARTIST

“Every child is an artist. The problem is how to remain an artist once we grow up.”

--Pablo Picasso

Check out this video of artists turning the utility boxes in San Luis Obispo into beautiful pieces of public art: <https://bit.ly/2ncgg>

What would you choose to paint if you were one of these public artists?

Grab a box and paint your own, then put your creation outdoors for all to enjoy!

Watch this 2-minute YouTube video on how to think like an artist by Columbus Art Museum:
<https://bit.ly/2audj9>

Watch the video of Eric Carle, an artist who illustrates books: <https://bit.ly/2lssknd>

Make your own Eric Carle inspired art. Watch these video ideas for insect parts: <https://bit.ly/3bwpbj> and <https://bit.ly/2myohm>

Want more? Check out these videos for more tips about making collage (30 minutes each): <https://bit.ly/3efaayy> and <https://bit.ly/3cyqcv>.

Tape your insects on your window facing outward so people can see them as they pass by!

LEARN NEW PAINTING TECHNIQUES WITH SIDEWALK CHALK

Create your own masterpiece on your patio, sidewalk, or driveway.

<https://bit.ly/chaak33>

BANKSY

Banksy is a very famous British street artist who is anonymous-no one knows his true identity. His artwork just “appears” throughout the world. An elementary school student in England had written him a letter. One day, students and teachers arrived at school to find this surprise:

<https://bit.ly/2wuihwt2>

SOME ARTISTS INSTALL LARGE-SCALE ART IN PUBLIC

Look at the top 10 from around the world installed in 2019:
<https://bit.ly/2wvk9c>

What do you think inspired each of the artists?

What does each installation mean?



WEEK SIX

ART IN OUR HEARTS

PRETEND YOU ARE AN ART CRITIC

Write a review of one of the pieces of art that inspired you this week. Be sure to describe the art in detail, how it made you feel, and why it inspired you.

Watch an artist make art from trash found on the beach:
<https://bit.ly/2zm4vn>

Make a piece of art from trash and recycling to install at your house.

Make some “land art” with these mandala ideas:

<https://bit.ly/36pxhh5>
<https://bit.ly/2xkvmj>

Take pictures and share them.

WE CAN MAKE MUSIC ANYWHERE-EVEN THE KITCHEN.

Create a rhythm band from items in the kitchen: <https://bit.ly/2xqfhx>

Try out different sized pots, lids, & containers: <https://bit.ly/2zfcua>

BLOW ART PAINTING

This is a fun and easy art project that everyone in the family will love:
<https://bit.ly/2ia5r>

Get out the straws and some watercolors, or use food coloring diluted in water, and let your imagination run wild.

RAIN-ACTIVATED ART

Learn about Rain-Activated Art:
<https://bit.ly/3dmxg>

Think about a famous quote, image or design you think would make a great piece of rain-activated art. Draw it. Think about a place in your city or neighborhood where you could install your art and where it would also get wet.

Watch an episode of lunch doodles with Mo Willems and think about how art and writing go together to create beautiful books!

After watching, try creating your own story with pictures.

<https://bit.ly/2zpfw>

Write a song about summer. It can be an original tune inspired by nature or a song for which you rewrite the lyrics.

WEEK SIX

ART IN OUR HEARTS



SOCIAL AWARENESS IS

the ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

LEARN MORE ABOUT HELPING KIDS DEVELOP SOCIAL AWARENESS

<https://bit.ly/3cY2ee>

WALKING IN MY SNEAKERS

Empathy means being able to feel how someone else is feeling or trying to imagine how someone is feeling during a certain situation.

Practice perspective-taking with different scenarios.

Why is it important to walk in someone else's sneakers?

How would you describe empathy in your own words?

RANDOM ACTS OF KINDNESS

Research says teaching kindness has a positive influence on a wide range of academic, health, and social outcomes for kids. Good deeds improve well-being and help them develop positive perceptions of their world. Here are some ideas: donate items, do someone's chores, care for animals, make a gift, give a compliment, or just smile!

TALK ABOUT HOW DIFFERENCES MAKE THE WORLD A BETTER PLACE!

Listen to some of these books:

- *I Like Myself* by Karen Beaumont <https://bit.ly/2wvlwp>
- *The Colors of Us* by Karen Katz <https://bit.ly/kepst>
- *Families, Families, Families* by Suzanne and Max Lang <https://bit.ly/3btxqr>
- *The Skin You Live In* by Michael Tyler <https://bit.ly/2zukn>
- *Marisol McDonald Doesn't Match* by Monica Brown <https://bit.ly/3cwben>
- *It's Okay To Be Different* by Todd Parr <https://bit.ly/xkvbtts>

TAKING SIDES

Watch this video about Arthur and his friends:
<https://bit.ly/3gfsky>

Talk about how each of the characters felt during the feud.

How did they resolve their conflict?

What are some other ways they could have worked it out?

COMMUNITY HELPERS

Think of all the people in your community who help others like police officers, postal workers, teachers, nurses, and more.

What do they do as part of their job? What would you like to do to help your community?

SPREAD GRATITUDE

Make a list of everything you have to be grateful for--this can be people, things, ideas, and actions.

Have your kids write a thank you note to someone or something to express their thanks.