

Summer Stride Activities

Week 2



Cascade's Summer Stride

***EXPLORE RENTON •
MAKE MEMORIES • LEARN
AND PLAY • CONNECT WITH
THE CASCADE COMMUNITY •
BUILD PRIDE!***

○ Week 2: Empathy Towards Others

Goal: I can identify similarities, differences, and perspectives among various social and cultural groups.

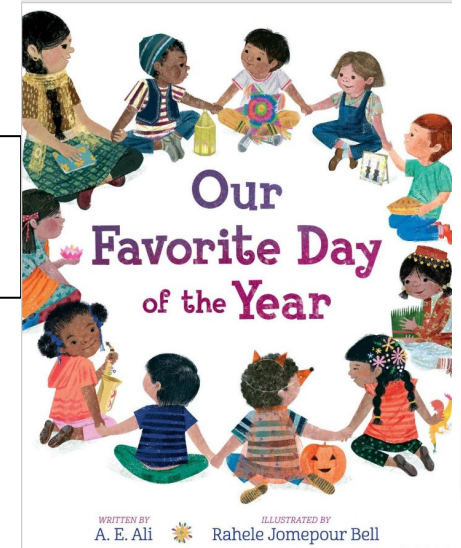
Activity: "Our Favorite Day of the Year"

Materials:

- Read Aloud: **Our Favorite Day of the Year** by A.E Ali
- Also available as a read aloud on YouTube [**Our Favorite Day of The Year - YouTube**](#)

Instructions:

- Choose a time that your family can focus on and listen to a read-aloud (e.g. bedtime, weekend morning, after dinner, etc.)
- Listen to the book "Our Favorite Day of the Year"
- Listen for new holidays or traditions you don't know about





Continue the Conversation:

- What did you like about that story?
- What did you notice about the people in the story? Did all the students celebrate the same holidays?
- What holidays did you recognize? What holidays were new to you?
- Is there anyone in your class who celebrates different holidays than you? What do you have in common with them?

Tips for Families:

- Ask your child to name some things the students from the book have in common. Have a conversation about how even though they all celebrate different holidays, there are also things that they all share!

○ Empathy Towards Others



Goal: I can demonstrate acceptance of differing beliefs and perspectives

Activity: Would You Rather

Materials: None

Instructions:

- Ask your child (and family) different 'Would you Rather' questions about their preferences. They can range from silly to serious – for example, 'would you rather have everything you touch turn to potato chips or water balloons', or 'would you rather be a famous musician or a famous author'?
- You can either brainstorm these questions before the game begins, or take turns thinking of and asking questions with your family
- Encourage discussion after questions are answered. Ask why they feel that way, what helped them make their decision, what experience do they have with the things in the questions, etc.



Continue the Conversation:

- What did you notice about that game?
- Did anybody's answer surprise you? Why were you surprised?
- Did you learn anything new about somebody? Why or why not?
- Can you still be friends with people who have different answers than you?
- Why is it important for people to feel comfortable sharing their opinions?

Tips for Families:

- Remember to embrace the silliness! This game can generate some silly questions, and you can definitely expect some silly answers.
- Try to stay neutral as you listen to answers, and use language that doesn't reflect preference for one answer

○ Empathy Towards Others

Goal: I can identify similarities and differences in customs and traditions between and within cultures

Activity: Paper Around the World

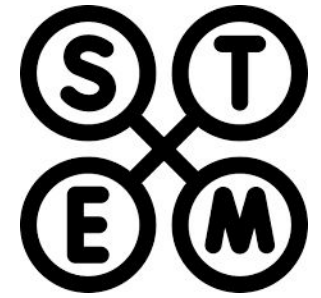
Materials:

- Paper and Scissors
- Optional: decorations (markers, stamps, stickers, glue and glitter, etc.)

Instructions:

Many different countries and cultures use paper crafts as a way of celebrating important traditions, holidays or moments. Try one or several of the following activities from different cultures:

- Mexico: Papel Picado
- Japan: Origami
- Hinduism: Diwali Kandil





Continue the Conversation:

- What was it like to make crafts from different countries?
- What was unique and/or special about this craft?
- Did your craft remind you of any other projects you've done in school? Why or why not?
- Why do you think paper is used in so many cultures across the globe? Can you think of any other materials that are used in many cultures?

Tips for Families:

- Have a conversation with your children about how not all people within a country celebrate the same or practice the same cultural traditions. For example, India is home to 97% of the world's population of Hindus, but that does not mean that everyone from India practices Hinduism or celebrates Diwali.
- These projects may be frustrating, as they can require lots of attention to detail and patience. Encourage children to take deep breaths or take breaks if they become frustrated.

Paper craft descriptions:

Papel Picado

Translated as punched or perforated paper, Papel Picado is a Mexican paper art traditionally done with a hammer and chisel. Banners made with Papel Picado are used for all kinds of holidays, festivals, and religious events. The traditional method is to trace a pattern onto tissue paper; make a stack of papers; then hammer the design through them all at once so the design is repeated on every sheet. You can't cut more than one sheet of paper at the same time with scissors, but you can create identical pieces and hang them up on a banner, no hammering required!

Origami

From *ori* meaning "folding", and *kami* meaning "paper", Origami is the art of paper folding, which is often associated with Japanese culture. In modern usage, the word "origami" is used as a term for all folding practices, regardless of their culture of origin. The goal is to transform a flat square sheet of paper into a finished sculpture through folding and sculpting techniques.

Diwali Kandil

Spelled many different ways - Kandils, Kandeels, or Kindeels – these paper lanterns are generally hung in front of homes during the Hindu festival of lights, Diwali. Kandils are hung for around a month from the first day of Diwali. Kandils are traditionally built in a crystal shape with tails at the bottom; shapes include stars, globes, delicate dotted designs, and simple drawings. Opaque papers cut into a complex design give more beauty to a Kandils by blocking some of the light behind it.

Papel Picado

For best results, use tissue paper.

If you don't have tissue paper, regular paper will be just fine!

Fold paper in half, and make some pretty cuts along the crease.

Fold the paper in half again, and repeat.

Unfold paper and refold it in a different direction, if you want!

Keep folding and cutting until you get your desired result!



Origami Dog

1. Start with a square piece of paper.
2. Fold the paper in half by folding the top corner to the bottom corner. You should now have a triangle.
3. Fold that triangle in half by folding the left corner to the right corner. You should not have a smaller triangle.
4. Unfold that smaller triangle back to the bigger one, with the tip at the bottom.
5. Fold both corners of the triangle down at an angle to make the ears.
6. Fold the tip of the triangle back to make a flat head.
7. Draw a face and decorate your pup!



Diwali Kandil

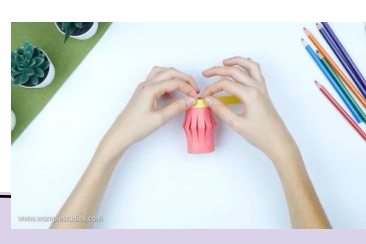
Cut out a rectangle from a piece of colored paper, about six inches long and three inches wide.

Fold this piece of paper lengthwise and then, cutting on the folded edge, make small cuts about a quarter or half inch apart. Be careful not to cut all the way through to the other side!

Unfold the piece of paper, then form a cylinder (jar shape) with the folded edge of the paper pointed outwards. Make a bottom out of a round piece of paper and glue the edges of the paper to the bottom, then to each other.

Use a different colored paper and cut out three strips of paper, each about six inches long and half an inch wide. Decorate the top and bottom of your lantern with two of the strips, glueing them to your cylinder.

Glue the third strip's ends to the inside of the cylinder to make a handle.



○ Empathy Towards Others



Goal: I can identify how individual backgrounds and experiences can result in varied responses to situations.

Activity: Art So Nice They Made It Twice

Materials:

- Paper and Pencils
- A divider (large book propped up, pillow, etc.)

Instructions:

- Get materials. Sit with your child and a divider so you can't see each other's paper.
- Draw a picture with specific items (**house, tree, dog, mailbox, etc.**). Keep it secret!
- Try and have the second person copy your drawing exactly, without showing it, using only words. For example, say "the cat is in the lower right corner, and is smaller than the tree but bigger than the mailbox. It's facing the house, it's body is a circle," etc...
- See how close you can get to each other's drawings! Compare images after you are both done.



Continue the Conversation:

- Was this easy or hard? What made it that way?
- Was it frustrating to not be able to show your partner your drawing?
- Why do you think you ended up with two slightly different drawings if you were both drawing the same scene? What about your experiences was different?
- Do you think this happens to people sometimes? Can you think of an example of when two people may interpret or feel about an event differently, based on their experiences?



Tips for Families:

- This can be a lofty topic for children to grasp – 'don't sweat it if they don't get it'!
- This activity can be challenging, and that's ok - it's meant to be hard! Remind kids to take deep breaths or take a break if they get frustrated.



○ Empathy Towards Others



Goal: I can identify contributions of various social and cultural groups

Activity: Renton History Museum (live or virtual)

Materials:

- Car, bus or transportation to live museum - OR -
- Virtual exhibit: [Online Exhibits - City of Renton \(rentonwa.gov\)](https://www.rentonwa.gov/online-exhibits)

Instructions:

- Visit the Renton History Museum and learn about someone from a different background than you. Explore what they did, why they are important and whose lives they changed.
- For children who are unfamiliar with the word, define 'contribution' - what does it mean to contribute to society? Some examples might be the light bulb, the telegraph, or the printing press.
- Spend time exploring the rest of the museum as well – have fun!



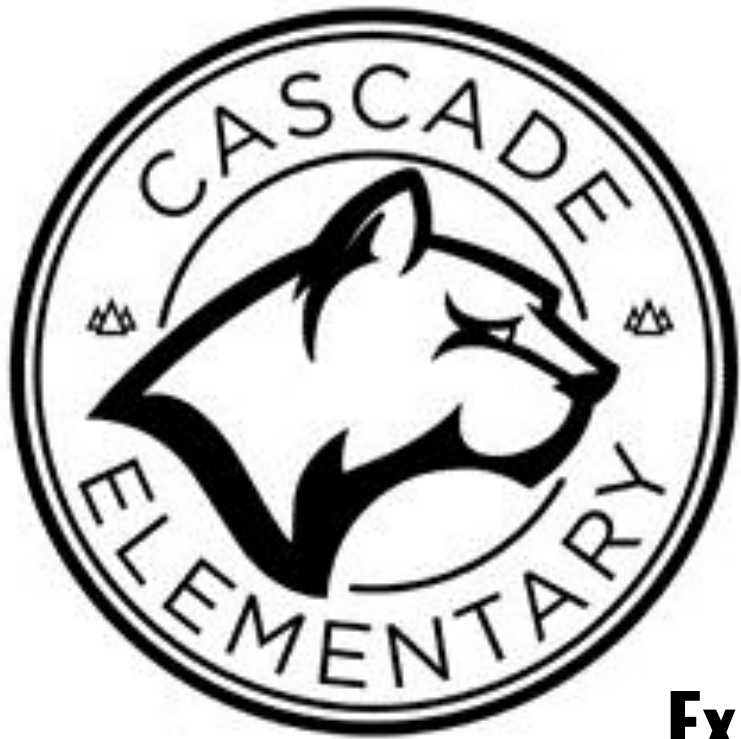
Continue the Conversation:

- What did you like about the museum?
- What sorts of people did you learn about? What was different between them? What did they have in common?
- Was there any particular 'contribution' that you were surprised to learn about?
- Are people still contributing to society today? Who are some people who are contributing?

Tips for Families:

- For kids who have a tough time enjoying museums, up the enthusiasm by: challenging kids to find the oldest item/person/event in the museum; challenging them to find an item/person/event starting with every letter of the alphabet; going with friends, etc.

Cascade Cougar summer places to visit:



Explore Renton, WA