

Summer Stride Activities

Week 1



Cascade's Summer Stride

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

Dear Families,

RENTON SUMMER STRIDE is a fun six-week summer challenge for elementary students and their families to strengthen social-emotional skills and connections to school and the community. The goals and activities are directly based on the six social emotional learning standards of Washington State. Explore a theme, do activities with your child at home and in your community, and share your experiences. You can choose to do any, or all activities.

WEEKLY THEMES:

Week 1: Emotions

Week 2: Empathy
towards Others

Week 3: Behaviors

Week 4:

Cooperation with
Others

Week 5: Attitudes

Week 6: Respecting
Others

Ask your teacher about specific
Renton Summer Stride activities
and resources at your school!



***EXPLORE RENTON • MAKE
MEMORIES • LEARN AND PLAY •
CONNECT WITH YOUR SCHOOL •
BUILD PRIDE!***

WEEKLY ACTIVITIES: Each week includes one of each of the following types of activities:



Storytime



Writing



Talk Time / Games



Community Trip



STEM Activity

SHARE: As you do activities, please keep your creations, or take photos. We would love to see all you have done! Check with your school on ways to share back.

You can also tag photos of your work with #RentonSummerStride

Week 1: Emotions

Goal: I can explain the different intensities of my emotions and feelings.

Activity: The Most Magnificent Thing

Materials:

- Read Aloud: The Most Magnificent Thing by Ashley Spires.
- Available as a read aloud on YouTube <https://www.youtube.com/watch?v=UM8oN4yzJqw>

Instructions:

- Choose a time for a family read-aloud (e.g. bedtime, weekend morning, after dinner, etc.)
- Listen to the book "The Most Magnificent Thing"
- Look at the text and illustrations from the book starting from "She gets MAD" to "I'm no good at this. I quit."
- For each picture, encourage children to produce one word to describe how the girl is feeling. Are they all synonyms? Help children recognize that the emotions are growing in intensity of feeling. Put your chosen words in order of strength.



Continue the Conversation:

- Can you share/reflect on a time when you have experienced these emotions?
- How would you deal with these feelings?
- What would you do if you felt these emotions at school?
- Focus on what the little girl could have done before she got really MAD. How could she have prevented her emotions from getting to that place?

Tips for Families:

- Try to do something hard as a family. Maybe go on rock climbing, try to put together a 1000 piece puzzle or any other activity you find hard.
- Share with your child strategies that you use to handle frustration.
- Come up with a family word or phrase to use when you just need a minute to calm your emotions or feelings.

Emotions



Goal: I can find personal satisfaction in meeting my goals.

Activity: The Summer Stride Bucket List

Materials:

- Poster Board
- Markers

Instructions:

- A bucket list is a list of things you want to accomplish in a certain amount of time.
- As a family, discuss what you would like to do over the summer. Each person can add something to the list.
- After thinking about your goals, have a family discussion about what goals are achievable in a summer.
- Once you're done brainstorming, hang the poster in your house.
- Your family will have fun checking off your bucket list throughout the summer!

Continue the Conversation:

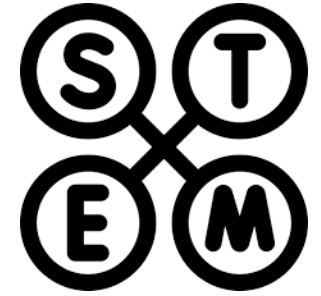
- Why should you make a list of goals for the summer?
- Why should you include both easy and hard goals?
- Do you think you will accomplish everything on your list?
- How can you make a plan to finish everything?

Tips for Families:

- Research shows that children can learn goal setting through experiences.
- At the end of the summer, you can look back over everything your family has accomplished.
- You may not cross off all items, and that is okay. You can always move those items to next year's list!



Emotions



Goal: I can identify and describe physical symptoms and thoughts related to my emotions and feelings (ex. hot, shoulders tight, shaky, trembling lips)

Activity: Recyclable Egg Drop

Materials:

- Anything recyclable! Straws, old containers, plastic bottles, paper towels, tape, tissues etc.
- Raw egg

Instructions:

- Your mission is to protect your egg! Create something that will keep your egg safe when dropped from the top of a stairwell, playground structure or any other high location. As always, be safe when dropping the egg and have an adult supervising.
- Check on your egg after the drop. Did it stay safe or did it break?
- This challenge is meant to be hard. Sometimes you can feel disappointed or frustrated when things don't go as planned. Notice how you **physically** feel as you do this project.

Continue the Conversation:

- How did you physically feel as you were constructing your egg device?
- How did you physically feel when you dropped your egg?
- What parts of this project made you frustrated?
- When you encounter these feelings who can you tell at home? At school? In your community?

Tips for Families:

- Many important lessons can be learned when kids aren't successful at something the first time. Emphasize not only how that mentally feels, but how it physically feels as well. What can your child do to manage these physical feelings? (Take deep breath, count to 10, walk away for a minute).



Emotions



Goal: I can identify how I use my personal interests and my unique voice to engage with people in my school and community (with adult support).

Activity: Dear Friend

Materials:

- Paper and Pencil
- Colored pencils, crayons, markers, stickers
- Envelope and Stamp

Instructions:

- Think of a friend in your school or community you could write to - someone who shares your interests. It could be a friend from last school year, someone on your sports team or in your afterschool program, etc.
- Draw them a picture, write them a poem, tell them a story or write them a letter.
- Have an adult help you find their address and mail it off!



Continue the Conversation:

- Is it fun to have friends with your same interests?
- Can you still be friends with people who don't share your interests?
- Why is it important to make connections with others?
- How can using things you're interested in help make friends?

Tips for Families:

- Have you ever been to a party and found yourself talking to someone with whom you have nothing in common? On the other hand talking with someone who shares a common interest with you is easy and enjoyable. The same is true for children. Practicing communication skills is important!

Emotions



Goal: I can identify and explore opportunities to develop personal strengths and assets.

Activity: Good, Better and Best!

Materials:

- Your car, bus, or mode of transportation

Instructions:

- It is Field Trip Day! Brainstorm with your family and decide on what things that you do best! Are you good at Music? Art? Sports? Riding a bike? Being a good friend? Today you will have the chance to become even better at the thing you do best!
- Once you and your family have decided what is your biggest strength, think of places you can go or things you can do to get even better!
- For Example: If you are really good at riding your bike, maybe you tackle a tough trail today. If you are a good friend, maybe you have a friend over and plan an amazing day for them. Celebrate your strengths!



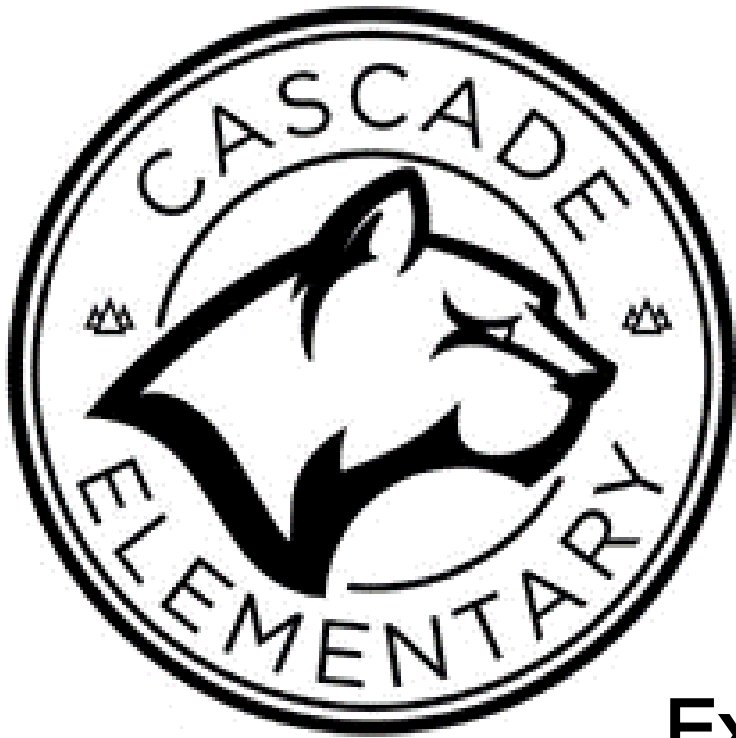
Continue the Conversation:

- Why is it important to celebrate strengths?
- Will you always be great at everything you do?
- Do you have to be good at everything?
- Why would it be really boring if everyone was perfect?

Tips for Families:

- Everyone has strengths! Celebrating these strengths can make kids feel good! Sometimes as parents and teachers, we can focus only on things that kids need to improve. It is also important to remember to support their strengths as well! Have fun today!

Cascade Cougar summer places to visit:



Gene Coulon Park



Explore Renton, WA