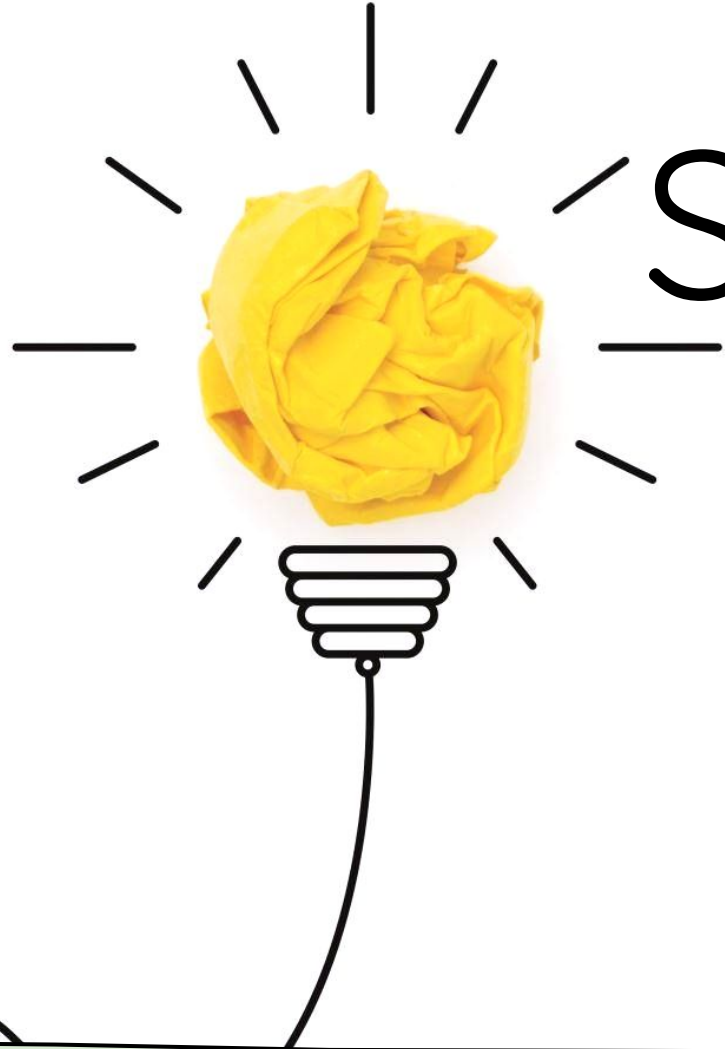


Summer Stride Activities

Week 4



Cascade's Summer Stride

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

Week 4: Cooperation with Others

Goal: I can identify ways to solve a conflict and practice conflict resolution (listening, discussing solutions, making amends).

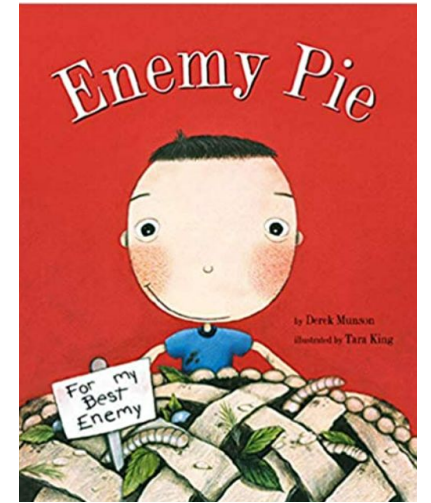
Activity: Enemy Pie

Materials:

- Read Aloud: Enemy Pie by Derek Munson.
- Available as a read aloud on <https://storylineonline.net/books/enemy-pie/>

Instructions:

- Choose a time that your family can focus on and listen to a read-aloud (e.g. bedtime, weekend morning, after dinner, etc.)
- Ask your child what is a conflict? (a disagreement)
- Ask your child what is a resolution? (a way to solve a conflict or problem)
- Ask your child if they've ever had a conflict with someone? How did they resolve it?
- Listen to the book "Enemy Pie."



Continue the Conversation:

- What is an enemy?
- Do you think he has good reasons for not liking Jeremy Ross?
- Does Enemy Pie really work?
- What are some ways you can resolve conflicts? (listen, talk it out, compromise, ask for help)

Tips for Families:

- Making enemy lists is not a good idea. Why?
- Emphasize that you don't need to be best friends with everyone, but it is important to get along.
- Make sure kids understand the point of Enemy Pie was to have the little boy spend the day with someone he thought he didn't like, so he could discover some good things about him.

Cooperation with Others



Goal: I can identify ways to solve a conflict and practice conflict resolution (listening, discussing solutions, making amends).

Activity: Talk Task Cards

Materials:

- List of questions (in next box)
- Index Cards and Markers

Instructions:

- Use the list of questions (in next box) and write one question on each index card.
- Find a quiet time during the day to sit together. Place the index cards in the middle of a table.
- Have your child choose one at a time and answer the question on the card.
- These questions should help you discuss ways to manage conflict and conflict resolution.
- Share stories with your child about how you effectively manage conflict.

Continue the Conversation:

- You and your friend can't decide what game to play. What can you do?
- A classmate is calling you mean names and then denies it when you tell the teacher. What can you do?
- You let your friend borrow your favorite toy but they won't give it back. What can you do?
- You are in line and someone cuts in front of you. What can you do?

Tips for Families:

- The goal for this activity is the same as the previous day's because it is such an important skill to practice.

Cooperation with Others

Goal: I can perform different roles in cooperative groups.



Activity: Cooperative Cooking!

Materials:

- Let's try to make a pie like in the book we read for the week.
- Choose any pie recipe you want.
- A team of at least 3 people one of whom must be an adult.

Instructions:

- Today you will be making a pie with a group of people.
- When working with a group of people it is important to divide up the tasks before you begin.
- How will you decide what job each person will have? (Rock-Paper-Scissors; talk it out, take turns, "I'm thinking of a number from 1-10")
- After you have decided on roles, get cooking!
- Remember cleaning the kitchen is also part of the cooking process. How will you divide up that job?

Continue the Conversation:

- Do you think it is harder to work in smaller groups or larger groups?
- What was the hardest thing about cooking with others?
- What was a good thing about having a lot of people to cook with?
- Cooking is different than cleaning. Many people may want to cook but not clean. How do you deal with that situation?

Tips for Families:

- Getting kids involved in activities with friends and siblings will help them build conflict resolution skills.
- Try to let them handle conflict on their own at first, then remind them of these four tools: *listening, talk it out, compromise, and finally ask for help.*
- As much as adults like to jump in and help, kids need to try to build these skills on their own.



Cooperation with Others



Goal: I can demonstrate the ability to choose constructive friendships

Activity: Make a Collage

Materials:

- Paper (any size is fine. It can be a piece of paper or a posterboard)
- Glue
- Old Magazines / Newspapers
- Stickers, glitter, markers, photos, paint etc..

Instructions:

- Think of adjectives (describing words) that you look for in a friend (kind, caring, helpful, etc.)
- Create a collage using these words. You can cut letters out of old magazines and newspapers to spell the words or draw fancy letters of your own!
- You should have at least 5-10 words on your collage.
- Decorate your collage with glitter, stickers, paint or any other design you want.
- Show your collage to your family! Read them the qualities you look for in a friend!

Continue the Conversation:

- What truly makes a good friend?
- What is the difference between a healthy friendship and an unhealthy one?
- Can friends sometimes change? What might cause that?
- Are you always a good friend? Would people use the words you chose to describe you?

Tips for Families:

- The collages can be designed any way the child wants. The focus is more on the words they choose rather than the design itself. Here are some examples below of possible collage formats (these examples are not all about friendships but give you ideas as to design).



Cooperation with Others



Goal: I can identify the value of having relationships with people whose backgrounds and identities are different than my own.

Activity: Renton Restaurant Road Trip!

Materials:

- Internet
- Adult help
- Car or bus transportation

Instructions:

- Do an internet search to find an restaurant in Renton from a different culture.
- Spend some time researching the country the food comes from. What is the capital? The population? Languages? Traditions?
- How many people who live in Renton identify with this culture?
- Present your findings to your family in exchange for a lunch or dinner out at the restaurant you chose!

Continue the Conversation:

- What is the history behind the restaurant you chose?
- Why is food important to culture?
- Why is having friends from different cultures important and valuable?
- What food is important in your culture?

Tips for Families:

- If going to a restaurant is not in your budget, see if you can find a cultural recipe to prepare at home! Have your child be involved in the cooking process. Your child can still do the research and you can still continue the conversation about how having friendships with people whose backgrounds are different make for a wonderful community.

Cascade Cougar summer places to visit:



Explore Renton, WA