

*Summer Stride Activities*

**Week 3**



# Cascade's Summer Stride

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

# Week 3: My Behaviors

**Goal:** I can identify positive and negative consequences of actions.

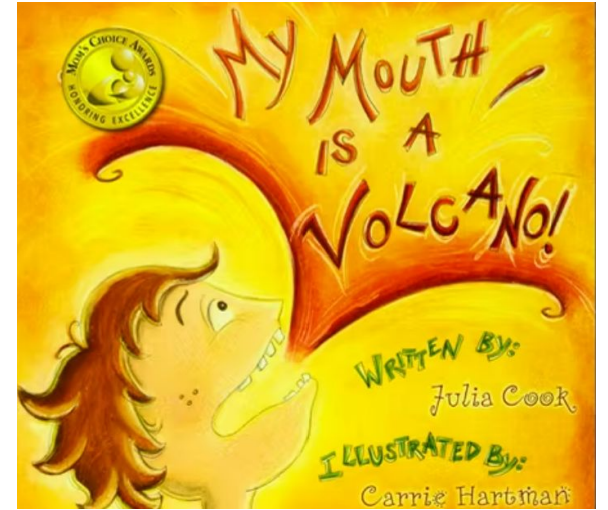
## Activity: My Mouth is a Volcano

### Materials:

- Read Aloud: My Mouth is a Volcano by Julia Cook
- Also available as a read aloud on <https://vimeo.com/597318766>

### Instructions:

- Choose a time for a family read-aloud (e.g. bedtime, weekend morning, after dinner, etc.)
- Listen to the book "My Mouth is a Volcano".
- How did Louis feel when Courtney and Richard interrupted him?
- How do you feel when people interrupt you?
- What did Louis learn to do to keep himself from interrupting? Did it work?
- When is it okay to interrupt? (emergency)
- The boy in this book used a breathing strategy to help him stop interrupting. What are other strategies you can think of?



### **Continue the Conversation:**

- Most of the time interrupting is not a good idea. Can you think of a time it might be ok to interrupt?
- Did the talking tool help with interrupting? If not, what could work better?

### **Tips for Families:**

- Explain the importance of thinking before acting. Children often don't think before they do things. Interrupting is just one example of a behavior that can have negative consequences because it is done without thinking. Explain how thinking can turn a negative act into a positive one! If Louis had held his thoughts in until his classmates and teacher were done speaking , people would have welcomed his comments. The simple act of waiting can make a difference!
- Practice having a conversation at dinner using a talking tool. A talking tool can be a stuffed animal, a stick or even something as simple as a pen! Whoever is holding the “talking tool” at dinner gets to talk. When the person is done talking, they put they talking tool in the center of the table. The next person who would like to talk takes the talking tool. The “talking tool” signals others that it is their turn to listen.

# My Behaviors



**Goal:** I can select and practice specific self-management skills to maintain self-control.

**Activity:** Freeze Dance

## Materials:

- Some form of music player – phone, radio, a music or video streaming website
- Great activity for multiple players

## Instructions:

- Designate an open area free of obstacles.
- Articulate at the beginning a clear set of instructions, rules and guidelines as to how the game will be played. This will depend on the environment you're in.
- Everyone dance as the music plays.
- When the music stops, each player must freeze immediately and hold that position until the music begins again.

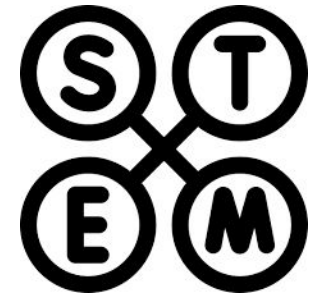
### **Continue the Conversation:**

- What did you enjoy about the activity?
- When your child manages to stop, you have a wonderful opportunity to say something like, “See! You can control yourself and what you do.”
- Can you think of a time it’s hard to show self control? (birthday party, when someone says something mean, sports games etc.)
- Can you think of any strategies that help with self-control? (breathe, walk away, count to 10).

### **Tips for Families:**

- It can be hard to calm down after doing a lively activity, so it’s a good idea to play softer, slower music at the end to help your child wind down gradually.

# My Behaviors



**Goal:** I can select and practice self-management skills to maintain self-control.

## Activity: Glitter Jar

### Materials:

- Small jar (make sure it will hold liquid tightly)
- Clear glue and Glitter (any colors you like)
- A few drops of food coloring
- Hot water

### Instructions:

- Pour glue and hot water into the jar and mix really well. The glue gives the liquid a different thickness and makes impressive swirls of glitter. Aim for about 20% glue and 80% water.
- Add some glitter. You can start with 1-2 tablespoons of glitter.
- Add a drop or two of food coloring to give it more excitement.
- When everything is blended, put the lid on and give it a good shake so the glitter is dispersed.



### **Continue the Conversation:**

- What if the glitter in the jar were thoughts?
- Shake the jar to share how sometimes our minds are full of thoughts, swirling around like the glitter in the jar. How might you describe how it looks?

How might you describe the movement when the glitter is settling towards the bottom of the jar?

- When we're feeling angry or upset (shake the bottle), thoughts are swirling around so we aren't able to see clearly. Watch the glitter though, it always settles. And as you watch the glitter settle, does your mind settle too?
- What happens when we patiently wait for our thoughts to settle? Might we gain clarity?

### **Tips for Families:**

- When you pay attention to your senses, you shift your focus away from your emotions and thoughts. Glitter jars can also be a very useful tool for managing behavior and time. After evening baths, you can shake the jars and say "Pajamas on and teeth brushed by the time the glitter settles."



# My Behaviors



**Goal:** I can demonstrate responsible decision making and problem solving.

## **Activity: Dinner on a Dime**

### **Materials:**

- Paper and Pen
- Weekly Grocery Store flyers or internet search
- Calculator

### **Instructions:**

- Every week your parents plan and budget food for you. It is now your turn to plan dinner for a night. Ask your parents for a budget and get to work!
- First survey your family members to see what they might like. If you make the wrong decision, some people may not eat your meal. What are you going to do if no one can agree on a meal?
- Research the cost. If the cost of the dinner is too much, what are you going to do?
- Write down your list and go with your family to the store!

### **Continue the Conversation:**

- Was this activity easier or harder than you thought? What was the hardest decision you had to make?
- What would have happened if you didn't make responsible decisions about how you handled the food budget?
- What important decisions do you make at school?
- What important decisions do your parents make at home and in their jobs?

### **Tips for Families:**

- Spending time cooking and grocery shopping with your kids is the perfect time to talk to them about how you budget for food and meals.
- Regardless of how intimidating it might seem, it's so important to have conversations with your kids about money early, in an approachable way, and continue them into their young adulthood.
- Responsible financial decisions can benefit them over the course of their lives!

# My Behaviors



**Goal:** I can identify possible solutions and select, implement and reflect on the outcome of those solutions.

## **Activity: Geocaching!**

### **Materials:**

- A smartphone
- Good hiking shoes

### **Instructions:**

- Geocaching uses a smartphone app to find hidden "caches" in your neighborhood or out on the trails. Caches are containers of all sizes that may be camouflaged to blend into their surroundings.
- Inside there will be a logbook to sign, with larger caches also containing various trinkets for trade.
- [Geocaching.com](https://www.geocaching.com) tells you how to download the app and lays out [geocaching basics](#). The site also lists millions of active geocaches, so you should be able to find good caches just about anywhere.
- Some caches are easy to find while others may require a long hike, so check the ratings on the web page before you go. A "1 star" difficulty and terrain rating are just about right for a young child.
- Cache sizes are also given online, so if your child is looking forward to finding and exchanging "treasure," select a cache that is regular size or larger.

### **Continue the Conversation:**

- Do you have patience?
- What will you do if you're unable to find the cache or you do find it and its empty?
- Why do you think geocaching is so popular?

### **Tips for Families:**

- Geocaching is a fun family activity that can be done just about anywhere!
- It helps kids to get out of the house and into nature.
- Some communities have started similar geocaching adventures by painting and depositing rocks with positive messages in and around the community.
- You could pick up some rocks in your travels and do this at home with your kids! Finding beautiful painted rocks with affirming messages can be very fun. You could place them on nature trails, near schools or in your neighborhood.

# Cascade Cougar summer places to visit:



Explore Renton, WA