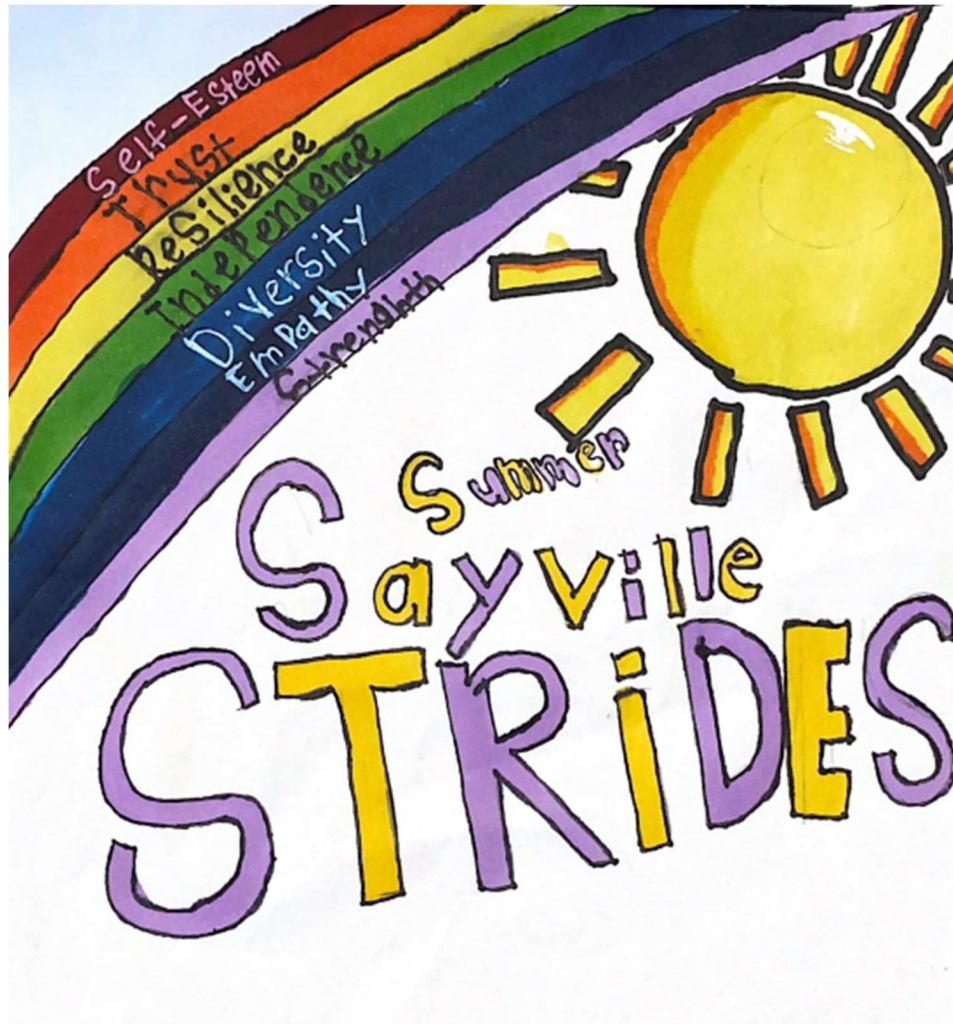


Sunrise Summer STRIDES

All students at Sunrise Drive reviewed their STRIDES characteristics this week. Enclosed you will find some activities we started together as well as some ideas for your summer adventures. Keep building character this summer and we welcome you to share your journey with us by returning the back page to Sunrise Drive in September. We are so super proud of you and our Sunny Ducks! :)



Cover photo design by Sarah Robayo

Self-Esteem

Note to Parents:

Esteemable Acts

What are esteemable acts?

Esteemable acts are actions you can take to increase your confidence. Positive self-talk, exercise, and meditation are all examples of esteemable acts you can do if you need a self-esteem boost.

People with high self-esteem radiate confidence, feel good about themselves, and generally feel attractive.

But is it really true, or is it just a cause of inflated ego?

One thing is for sure: **science proves those with higher self-esteem generally are happier people.** Self-esteem even has a “buffer effect” that protects against stress.

So how do you reap these amazing benefits?

Here are some ways I engage in esteemable acts:

Sing in the shower while blasting my favorite tunes
Or, dance instead of sing
Look back at my life and see how much I’ve accomplished
Replace toxic news with the funniest YouTube videos
Read a good self-development book
Look in the mirror and say, “You got this!”
Give myself a self-compliment

Read more at: <https://www.scienceofpeople.com/self-worth/>

Self-Esteem

Sunny the Duck can build healthy self-esteem this summer by feeling good about himself. What makes you feel good about yourself? When are you happiest?

Dancing makes many people happy.

- Let's have a dance party!
- Let's check that mirror, show yourself your best dance move and repeat "I've got this!"



Trust

Note to Parents:

Experts suggest we follow several principles to help them self-protect while out of our care. The first one being...

1. Talk about "gut instincts." Referred to as the body's second brain, Casteix says, it's no accident that we refer to flashes of instinct as "gut feelings" or "gut reactions." And it's critical we teach children from a young age to trust it. "It's our original survival instinct," she says. From [kindergarten](#) to [high school](#) age, your kids should know the concept of "trusting your gut." For instance, Casteix says, talk about how stomach "butterflies" feel during times of excitement or stress. Or when peer-pressure situations made a kid do something despite a gut feeling." Encourage your child to make decisions based on thinking and feeling," she says. "I'm not talking about basing decisions on emotion, but telling your child it's OK to embrace that 'inner instinctual pull.' You want your kid to be able to trust their gut and walk away."



Trust

Sunny the Duck can learn to “trust his gut” when he thinks a situation is not healthy or safe! Listen to the scenarios presented and hop to the traffic light color that matches your gut.

Green: All good..let’s go!

Yellow: I’m not sure. I need more information!

Red: Something tells me I shouldn’t do this!



Resiliency

Note to Parents:

BENEFITS OF PRACTICING GRATITUDE In the last 20 years, the body of research on gratitude has grown significantly. This groundbreaking research points to several beneficial effects: gratitude enhances our lives psychologically, spiritually, physically, and cognitively. The evidence that cultivating a spirit of gratitude promotes the overall well-being of people is substantial—gratitude affects all of us: heart, mind and body.

Psychologically, grateful people experience more positive emotions such as love, joy and hope, and fewer negative emotions such as anger, frustration, and bitterness. **People practicing gratitude also become more resilient in dealing with life's ups and downs and find themselves less depressed.**

Gratitude yields social benefits as well, such as stronger relationships with friends, family members, teachers and coworkers. Grateful people find themselves being more collaborative and generous, and other people view them as more supportive and helpful.

The researchers were surprised to discover physical benefits. People who practiced gratitude experienced improved energy, sounder sleep, fewer **health** complaints, healthier hearts, and increased longevity. Researchers found these people exercised more often and their attendance at work or **school** improved.

Cognitively, **grateful people are more alert, focused, creative in problem solving, appreciative of learning, and resilient while learning. Learning should be challenging, and gratitude can help people remain calm—embracing the challenge and being more open to growth.** (Research shows that thanking while thinking helps people think in more engaged ways. Thus, people who examine their hearts prior to learning and make a deliberate choice to be grateful for the opportunity to learn are better positioned to learn to their full potential.

*(An excerpt from a 2018 Westmont Downtown talk by Jane Wilson, **Professor** of Education)*

RESILIENCY

Sunny the Duck can build resiliency this summer by...

- Being grateful



Independence

Note to Parents:

Focus on Family Contributions

Every member of a family plays an important role in a successfully running household.

If our goal is to raise independent kids, there are basic skills they'll need as a functioning adult. Learning how to clean a house, cook wholesome meals, and change a baby sister's diaper *now* saves kids time and training *later*.

From folding their laundry to picking up toys, when we expect kids to contribute in age-appropriate ways they realize they are indispensable to the family team. This builds their confidence and encourages them to do even more to help out!

What also helps is to label these tasks as “Family Contributions”—because “*chores*” is a word more associated with boring, undesirable, and begrudging work. Plus, by switching up our language, we drive home the fact that our children's *contributions* have a greater purpose.

Once they're on their own, kids who are well-rehearsed in completing contributions will be experts in home economics. After all, cleaning a bathroom isn't something we just know how to do. Nor is cooking a healthy, unpackaged dinner. It's something that needs to be learned and practiced! Plus, while we want our kids to be brilliant and great at their future jobs, let's face it—if their houses are a pig-sty and they can't cook a pancake, they are at a disadvantage. The earlier kids share a portion of daily duties, the better for everyone.

(From “6 Tips for Raising Independent Children”, Positive Parenting Solutions)

Independence

Sunny the Duck can practice independence this summer by planning a meal for his family.

Name a meal you'd like to try to make for your family:

Possible shopping list:

_____	_____
_____	_____
_____	_____
_____	_____

Steps you might do on your own:

Diversity

Note to Parents:

International Cuisines

International cuisines are diverse, colorful, and amazing. Children, especially younger ones, are open-minded to new ideas. Take advantage of this curiosity. You may think that children are naturally picky eaters and this would never work. Keep an open mind and remember that children aren't "born picky." In fact, they become picky through experiences. Trying international cuisine may even have a two-fold effect: opening them up to new cultures and reversing some "picky" tendencies they may have developed. Not sure how to expose your child to new cultures and foods?

Here are one idea for a fun, food-based cultural introduction:

Thai Cuisine! Thai cuisine is heavily influenced by ancient traditions and influenced by Vietnamese and Chinese cuisines. Thai chefs rely on aromatic, savory dishes with a gorgeous presentation. If you can nail the presentation, great! If not, just have fun with it. Set the table with a length of Thai inspired [elephant](#)-print fabric. Pick up Thai take-out or even grab something from the freezer section of your [supermarket](#). If your child is older, let him/her help you make a pad Thai meal. As you dine, let your child [roll](#) lettuce wraps of [rice](#) and the savory Thai meats.

Share these fun facts about Thailand:

- [Siamese](#) Cats are actually native to Thailand, not China.
- The Thai language is an offshoot of Chinese.
- Buddhism is Thailand's largest religion.

Visit the *Globe Trottin' Kids* country profile page for an infographic, map, photographs and more: [Thailand](#).

Diversity

Sunny the Duck can honor diversity this summer by trying new ethnic foods.

While watching the video, circle some foods that you might like to try this summer:

Thai

Italian

Chinese

Japanese

Mediterranean

Other ethnic food options: _____



Empathy

Note to Parents:

Parents: Doing good can make you feel good! That's according to *Stanford University* psychologist Emma Seppala.

Some people call it a "helpers high"... and it is similar to a runner's high, or even the feel-good effects of eating something delicious. Doing *acts of kindness* releases mood-enhancing chemicals in the brain - but the mood boost lasts longer.

That's because humans are hard-wired to help each other. It's how we survived when civilization began. And donating your time or money can help you build bonds with others - and that fills us with a sense of purpose and belonging, which creates lasting happiness by giving meaning to your life.

And over time, regularly doing good deeds, or volunteering, improves our **health**, too. People who volunteer once a month report better mental **health** than those who volunteer less. And people who *volunteer* a couple hours a week tend to **live longer!**

If you're looking for opportunities to give back, here are a couple places to go:

Try [VolunteerMatch.org](https://www.volunteermatch.org)... It connects you with volunteer opportunities in your area.

Or try networks like [TapRootFoundation.org](https://www.taprootfoundation.org) - or [CatchAFire.org](https://www.catchafire.org). They match your skills to nonprofits that need help.

Empathy

Sunny the Duck can show empathy this summer by helping others.

What's something you would like to do to help others?

Let's practice helping others!



Strength

Note to Parents:

Emotional Strength: The next time a problem arises - pretend you're a superhero!

That's according to Dr. Jane McGonigal - a performance-studies expert. She says, when we're faced with real-life problems, we think of them as roadblocks - and it's more difficult to push through them. But thinking like a superhero will make your mindset more determined and optimistic. So here's what Dr. McGonigal recommends: She says, when you need more inner strength, take two minutes to jot down the qualities of your favorite superheroes - like their **sense of justice, kindness to strangers, and courage**. Then, tuck that list in your wallet. It works because, when we're asked to consider the positive traits of a particular group - we naturally compare *ourselves* to the group - and end up listing our OWN positive traits. And research from *NYU* and *MIT* found that people who made superhero lists were *more courageous, outgoing and unselfish* afterward. So, the next time a problem arises - think like a superhero!

Physical Strength: **Water: How Much Do Kids Need?** (Contributors: Esther Ellis, MS, RDN, LDN)

Water is one of the body's most essential nutrients. People may survive six weeks without any food, but they couldn't live more than a week or so without **water**. That's because **water** is the cornerstone for all body functions. It's the most abundant substance in the body, averaging 60% of body weight. It helps keep body temperature constant at about 98.6 degrees Fahrenheit, and it transports nutrients and oxygen to all cells and carries waste products away. **Water** helps maintain blood volume, and it helps lubricate joints and body tissues such as those in the mouth, eyes and nose.

How Much Water Do Kids Need? The daily amount of water that a child needs depends on factors such as age, weight and sex. Air temperature, humidity, activity level and a person's overall health affect daily **water** requirements, too. The chart below can help you identify about how many cups of **water** your child or teen needs each day. These recommendations are set for generally healthy kids living in temperate climates; therefore, they might not be exact for your child or teen. The amount of **water** that your child or teen needs each day might seem like a lot, but keep in mind that the recommendations in the chart are for *total water*, which includes **water** from all sources: drinking **water**, other beverages and food. Fruits and vegetables have a much higher **water** content than other solid foods. This high **water** content helps keep the calorie level of fruits and vegetables low while their nutrient level remains high — another great reason for kids to eat more from these food groups.

Kids Total Daily Beverage and Drinking **Water** Requirements

Kids ages 4-8 years: 7 total cups of water per day

Kids between 9-13 years: 9-10 total cups of water per day (Data are from Institute of Medicine of the National Academies. *Dietary Reference Intakes (DRIs) Tables. Recommended Daily Allowance and Adequate Intake Values: Total Water and Macronutrients*)

Academic Strength:

THE IMPORTANCE OF VOCABULARY

Excerpt by JODY B. MILLER MA, CCC-SLP INTEGRATED PEDIATRIC THERAPIES

Since comprehension is the ultimate goal of reading, the importance of vocabulary development cannot be overestimated. A robust vocabulary improves all areas of communication — listening, speaking, reading and writing.

Vocabulary is critical to a child's success for these reasons:

*Vocabulary growth is directly related to school achievement

*The size of a child's vocabulary in kindergarten predicts the ability to learn to read

*Vocabulary helps children to think and learn about the world

Check out dictionary.com for a word of the day in your inbox! New vocabulary follows when you discuss the word of the day!

Mental Strength: Coloring!

***REDUCE STRESS AND ANXIETY** Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work. ***IMPROVE MOTOR SKILLS AND VISION** Coloring goes beyond being a fun activity for relaxation. It requires the two hemispheres of the brain to communicate. While logic helps us stay inside the lines, choosing colors generates a creative thought process. ***IMPROVE SLEEP** We know we get a better night's sleep when avoiding engaging with electronics at night, because exposure to the emitted light reduces your levels of the sleep hormone, melatonin. Coloring is a relaxing and electronic-free bedtime ritual that won't disturb your level of melatonin. ***IMPROVE FOCUS** Coloring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem solving, and allows you to put everything else aside and live in the moment, generating focus.

Strength

Sunny the Duck can build academic strength this summer by learning new words.

Sunny the Duck can build mental strength this summer by creating a space with tools to help calm. (Coloring is one great way to calm!) What would you put in your calming space to help you when you are upset?

Sunny the Duck can build **emotional strength** this summer by thinking like a superhero. Imagine a superhero. Describe them on this post-it. When you get home, hang this post-it in your room to remind you of the inner strength you admire most. It's in you too!

Sunny the Duck can build **physical strength** this summer by drinking more water! How much water do you think you drink each day? _____

Can you reach a new goal? _____

Name _____

Summer STRIDES Success

This summer I strengthened my self-esteem by

_____.

This summer I practiced being trustworthy by

_____.

This summer I built resiliency by

_____.

This summer I grew independently by

_____.

This summer I explored and honored diversity by

_____.

This summer I practiced being empathetic by

_____.

This summer I get stronger by

_____.

Fill out what you can and return this page to Sunrise Drive by September for a special acknowledgement of your SUNNY character!



Illustration by Nicole Plantz