



YMCA Project Cornerstone Summer Fun 2022

*An 8-week adventure in reading, games,
and family fun!*

Week 8 –Growing UPstanders Review

Be kind. Fill buckets

Swim free. Don't take the bait.

Say something. Do something.

Stand up for all.

Be a healthy talker. T.H.I.N.K.

Everyone Counts. It Just Takes One.

C.H.I.R.P. Courage, Honesty, Integrity, Responsibility, and Perseverance



Review: Looking back over the last seven weeks, there has been a lot of information to absorb about being an *UPstander*. Keep in mind that all the tools we've discussed encourage us to be of good character and most importantly to be **KIND!!** So let's have fun while finding ways to be KIND!

Book Narration: You've now watched and listened to seven narrations. What book was your favorite? Have everyone in the family participate in a discussion about the books and what each liked best about their favorite story. Go back and watch the narration of your favorite story again.

Monday Activity:

Be Kind to the Planet

Materials: Garbage bags, gloves

As a family, take a walk at the beach or the local park. Pick up trash. Be kind to the planet by keeping trash out of waterways and away from animals. You can make a difference. Bring a picnic lunch to enjoy together after all your hard work. You are an **UPstander!**

Tuesday Craft:

Thinking of You Notes

This craft is for everyone!

Materials: paper or note cards, colored pencils, crayons, markers

Be kind to family, friends, and strangers alike by filling their buckets with thoughtful, considerate messages.

- Think about someone who has made a difference in your life. Write a note telling that person what they mean to you.
- Write a note to a family member and tell them what you like best about them.
- Drop a note of kind words on the porch of a neighbor (or draw a picture).
- Give a note to a service provider such as a mail carrier, waiter, or grocery store clerk and let them know you appreciate them. Watch their reaction as you *fill their bucket!* Remember when you *fill someone's bucket*, it *fills your bucket* too.

Wednesday Reading:

Complementary Books

Field trip! Go to your local library (or if you go regularly to the library, go to a different one this time). Today you find your own books. Think of your favorite narration from above. Look for another book by the same author. Can you find books about kindness? If you're having trouble, ask the librarian for help.

Thursday Activity:

Bake Sale/Lemonade Stand

Materials: Ingredients to bake cookies or make lemonade, table, napkins poster sized paper, markers

- As a family decide on a charity you would like to support.
- Make a poster announcing your sale with proceeds going to your charity.
- Set up your table with sale items and get ready to sell.
- Encourage donations to the charity even if someone doesn't eat sweets.
- As a family, deliver the proceeds to the charity.

Friday Activity:

Plant a Pollinator Garden

Materials: Seeds, pots and soil or an section of ground to plant in a sunny area, water, garden tools, garden gloves

- Be kind to those who pollinate our planet-bees, butterflies, hummingbirds, and more by planting a garden to attract these pollinators.
 - Add soil to pots or turn soil in selected sunny area.
 - Choose flower seeds that will attract pollinators.
 - Follow instructions on seed packets for depth of planting and spacing.
 - Water the seeds.
 - Time for you to exercise those *CHIRP* character traits just like Ping.
 - Your garden needs *responsibility* and *perseverance*.
 - Check seeds regularly and water as needed.
 - Watching your flowers grow will *fill your bucket* because you are being kind by helping these special creatures and because you are being an **UPstander!**

Thank you for participating in **Summer Fun**. We hope your family enjoyed sharing the stories and activities. We encourage you to continue using all the tools and tips you've discovered together. Remember, to be **KIND** and to be an **UPstander!**