



YMCA Project Cornerstone Summer Fun – ABC

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

Print a copy of the 8 week coloring sheet (<https://tinyurl.com/ChampionYearColoringSheet>). Each week, color the image for the book and at the end of the summer you will have a fun reminder of the weeks you spent building empathy.

Week 8- Champion Year Review *Have Empathy for others*

Summer Synopsis: *If desired, you can review all the books from the Summer at the beginning of the week. You can also ask your child which book they remember the most or which they most liked. Share which one you learned from and why you enjoyed doing this with them.*

Goal: reflect on the week, create goals for the school year

Monday Activity: Kindness Challenge

See how many people you can serve today!

Materials: Make a list of people you can serve (family, neighbors, community members).

- Have a competition to see who can consider the most people today.
- Tell your child you will be thinking of nice things all day to do for each other and others on your list.
- Make a chart to put up on a wall. Have stickers to add to the chart or a marker nearby.
 - Keep a running tally every time you do something nice.
- At the end of the day, share your favorite acts of service you completed for another person and why.
- Talk about how an act of service done for you made you feel.

Tuesday Craft: I am Empathetic

Materials: Whatever you want to create a work of art (paper, paint, crayons, cardboard, anything!)

- Reflect on the summer of learning.
- What new perspectives did you gain as a family and as an individual.
- You can think of one thing per week and draw something for each one, or create something for the whole summer based on how your actions made you and others feel.
- Create a piece of art to commemorate the summer of being kind!
- Put up your artwork and share it with one another.



Wednesday Reading: *Strictly No Elephants* by Lisa Mantchev, 2015

Thursday Activity: Make the Difference

Materials: Clear cup, water, oil, food coloring

Talk about how we can make a difference in other people's lives, just by being kind!

- Fill the cup with water, water = the world. Who is in our world?
- Add a layer of oil, oil = challenges. Talk about anything tough that happened this summer as you add small amounts of oil.
- Mix up the water and oil.
- Colors = kindness. Think of kind things you did or had done for you this summer. For each kind act, add a drop of food coloring.
- Watch the colors swirl through the world past the oil!

We can break through any challenge with kindness and empathy for others! The world is more beautiful with more smiles and empathy.

Friday Family Movie Night: *Wreck-It Ralph* (PG, 2012)

Discuss the stereotypes in the movie.

- How were the characters affected by the stereotypes placed on them by others?
- How did certain characters not fit those stereotypes?
- Choose a character and consider how they may have felt in their situation. How would you have felt if the same things happened to you?
- How did characters learn empathy for one another?
- What did other characters do to become more inclusive? How could they have been more inclusive?
- Who was an UPstander in this movie?