



Summer Scrapbook



School is out and the summer is wide open. Parents and other adults still have their jobs to do. One way to enjoy your time on your own is to make a summer scrapbook! Choose a topic for each week and preserve your thoughts, creations, and memories for Summer 2020!

Materials

Any notebook or binder that holds many pages (about 20)

Pencil, pen, crayons, markers

Glue or tape

Imagination

Topics

Favorite Places

We all have our favorite places we like to visit when the weather is warm. Each day, choose a favorite place and draw a picture of it, write a poem about it, or tape/glue in a picture of it. Even if you can't visit that place, you can think about it and enjoy your happy memories.

Plant Detective

How well do you know the names of the plants near your house? Collect different leaves on the ground and use a book or the internet to identify them and attach the leaves to your scrapbook. If you'd like to record a leaf still on a plant, you can sketch it or do a rubbing (see Day 38 of Kidsbridge@Home). You can also collect blossoms (flowers) that have fallen off plants and press them between two sheets of wax or parchment paper or several sheets of regular paper under a heavy item (book or rock). Then, place in your scrapbook with its name.

Poetry for Fun

Poems capture a moment and help us see life differently. They come in all shapes and sizes, kind of like people. There are poems for every emotion, kind of like songs. Take this week to visit some old poems and find some new ones. Copy them into your scrapbook. Write your own poem!

To get you started:

- Revisit KIDSBRIDGE@Home Day 48 Haiku.
- Here is one by Maya Angelou
- Here is a link with some poems to explore:

<https://www.familyfriendpoems.com/collection/short-poems-for-children/>

I Love the Look of Words

by Maya Angelou

Popcorn leaps, popping from the floor
of a hot black skillet
and into my mouth

Black words leap,
snapping from the white
page. Rushing into my eyes. Sliding
into my brain which gobbles them
the way my tongue and teeth
chomp the buttered popcorn.



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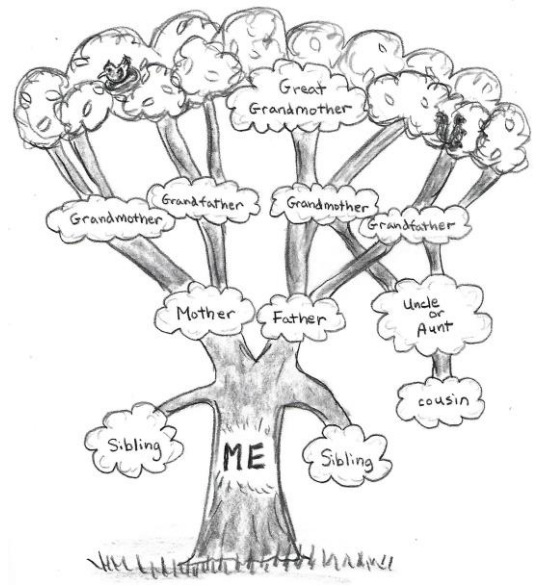
Family Interviews

How well do you know your family members that don't live with you? Write five to ten questions that you would like to ask an aunt, a grandparent, a cousin or anyone else! Then, call, video call or email them to ask your questions. Be ready for some great stories.

A good way to start the family part of your scrapbook is to draw a family tree. Ask your parent(s) the names of their relatives and have them help you place them on the tree. The next few pages in your scrapbook can be your relatives' answers to your questions.

Here are some possible questions:

1. When and where were you born, and where did you grow up?
2. Did you have any pets?
3. What were your parents' and siblings' names?
4. What did your parents do for a living?
5. What chores did you have to do?
6. What were your favorite hobbies when you were a kid?
7. Was there one toy in particular that you loved the most?
8. What is one of your happy childhood memories?
9. What was a favorite subject in school?
10. Who were your friends?
11. Did you have any special talents?
12. What did you want to be when you grew up?
13. Did you know your grandparents and what were they like?
14. Do you have any special pictures you could show me?
15. Do you have a treasured family recipe you can share?
16. What is your favorite family tradition?
17. What has been your proudest moment?
18. What do you want people to remember about you?





Summer Scrapbook



Book Critic

Book Critic: Write a note about a book and why you like it: tape the note into your scrapbook. **Then call, text, or email a friend or family member that you think would like the book -or re-write the note and send it to them!** 📱 (You could do this for songs or movies, too!)

Challenge Yourself! **Pick something that you can do but would like to get better at. Set a goal.**

Each day practice or take steps to reach that goal. 📱 Write one sentence in your scrapbook about what you did that day to reach your goal. Tell someone about your goal and see if they have any advice or suggestions about how to reach your goal. Always be safe. Examples: 1) I can draw a cat. I would like to learn how to draw a lion, tiger and cheetah. 2) I can do two easy card tricks. I would like to learn 4 harder card tricks. 3) I can throw good pitches. I'd like to learn to throw a curveball.

Examples:

1. I can draw a cat. I would like to learn how to draw a lion, tiger and cheetah.
2. I can do two easy card tricks. I would like to learn 4 harder card tricks.
3. I can throw good pitches. I'd like to learn to throw a curveball.

Create a Mindfulness Habit

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Each morning, soon after you wake up, do these 5 things. After you take 5 deep breaths, write down in your scrapbook 4 things you can see, 3 things you are grateful for, 2 positive things about yourself, and 1 thing you are looking forward to each day. Some people keep a gratitude journal to record the 3 things they are grateful for each day -you could, too!

Write a Letter to your Future Self

What do you want **your older self to know and remember about this summer?** 📱 You are living in a very unusual time! Take a day or two to jot down some ideas, record some headlines, write down some favorite songs. Then, write yourself a letter, put it in an envelope and tape it into your scrapbook. Label it "Open in 5 years - 2025!"

Mindful Morning	
5	Slowly take five deep breaths. 
4	List four things you can see or notice around you. 
3	List three things you are grateful for. 
2	Say two positive self-talk statements to yourself. 
1	Name one thing you are looking forward to today. 