



FOX CHAPEL AREA SOCIAL, EMOTIONAL & ACADEMIC  
SUMMER LEARNING ACADEMY

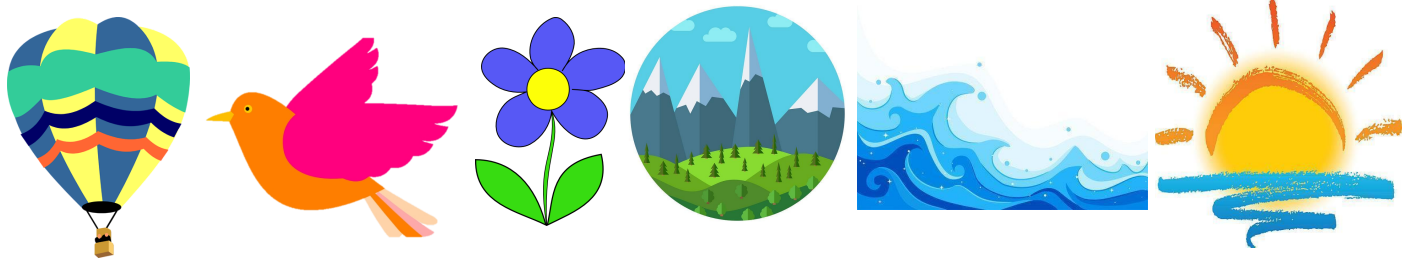
# Find the Unique Me

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## What to expect during your "I AM ENOUGH" SEA 2021 Adventure

Theme Week #1: Who Am I? Like the Sun I'm here to <b>LOVE</b> and <b>RESPECT</b>	
Lesson 1	Introduction to Respect: Who Am I? How do I Celebrate Me?
Lesson 2	Showing Others Respect: What are our differences? How do I respect them?
Lesson 3	Respecting our Earth: How do I celebrate the unique beauty around me?
Lesson 4	Respecting our Community: Create a Ripple of Kindness
Theme Week #2: Like the Trees I'm Here to Be <b>MINDFUL</b>	
Lesson 5	Introduction: Managing Me and Creating Peace
Lesson 6	Mindfulness and Peace
Lesson 7	How Can I Create a Peaceful Me?
Lesson 8	Hunting for Peace Around the World
Lesson 9	Peace Goes Back to Me: Celebrating the Beauty of Us
Theme Week #3: Like the Stars I'm Here to Shine <b>EMPATHY</b>	
Lesson 10	What is Empathy through Art?
Lesson 11	How Do I Walk in Someone's Shoes?
Lesson 12	Expressing Empathy to Each Other
Lesson 13	How does Empathy start with Me? Celebrating the Beauty of Us
Lesson 14	Empathy within our Community: Bookmarks and Book Messages
Theme Week #4: And in the end, we are right here to live a life of love, not fear. <b>COOPERATION</b> and <b>BUILDING COMMUNITY</b>	
Lesson 15	How do I Solve Problems using Empathy and Respect?
Lesson 16	Team Building: Building a Tower of Kindness
Lesson 17	Team Building: A Puzzle of Diversity
Lesson 18	What have I learned about Empathy, Love, Community, Problem Solving: Tie Together
Lesson 19	Out to SEA with Me

Lesson 1



**TRAVELING THROUGH THE SEA  
TO FIND THE UNIQUE ME  
A 2021 Summer Anthem**

**We are Fox Chapel Scholars  
Traveling through the SEA  
Trying to celebrate  
The special ME**

**Like balloons we soar-we reach dreams above  
Like birds we catch sunshine- we fly towards love  
Like flowers we grow into who we want to be  
Like mountains we reach new heights and new possibilities  
Like a gift we give time to others-what no one else could  
Like the ocean, we ride the waves-sometimes bad, sometimes good  
Like the sunset we create a world beautiful and brighter  
We never give up. We are learners. We are fighters.  
We love. We learn. We create. We dream.  
WE. ARE. ENOUGH.**

Lesson 1

“I AM” Anthem  
Create your own

Like a \_\_\_\_\_ I'm here to \_\_\_\_\_

Like a \_\_\_\_\_ I'm here to \_\_\_\_\_

Like \_\_\_\_\_

Like \_\_\_\_\_

Like \_\_\_\_\_

Like \_\_\_\_\_

Like \_\_\_\_\_

Lesson 2

# **I Am ENOUGH A COLLAGE OF WORDS**

**Think of character trait words and words that describe YOU.**

**What makes you UNIQUE? Your collage art!**

**Challenge yourself to fill up the whole page!**

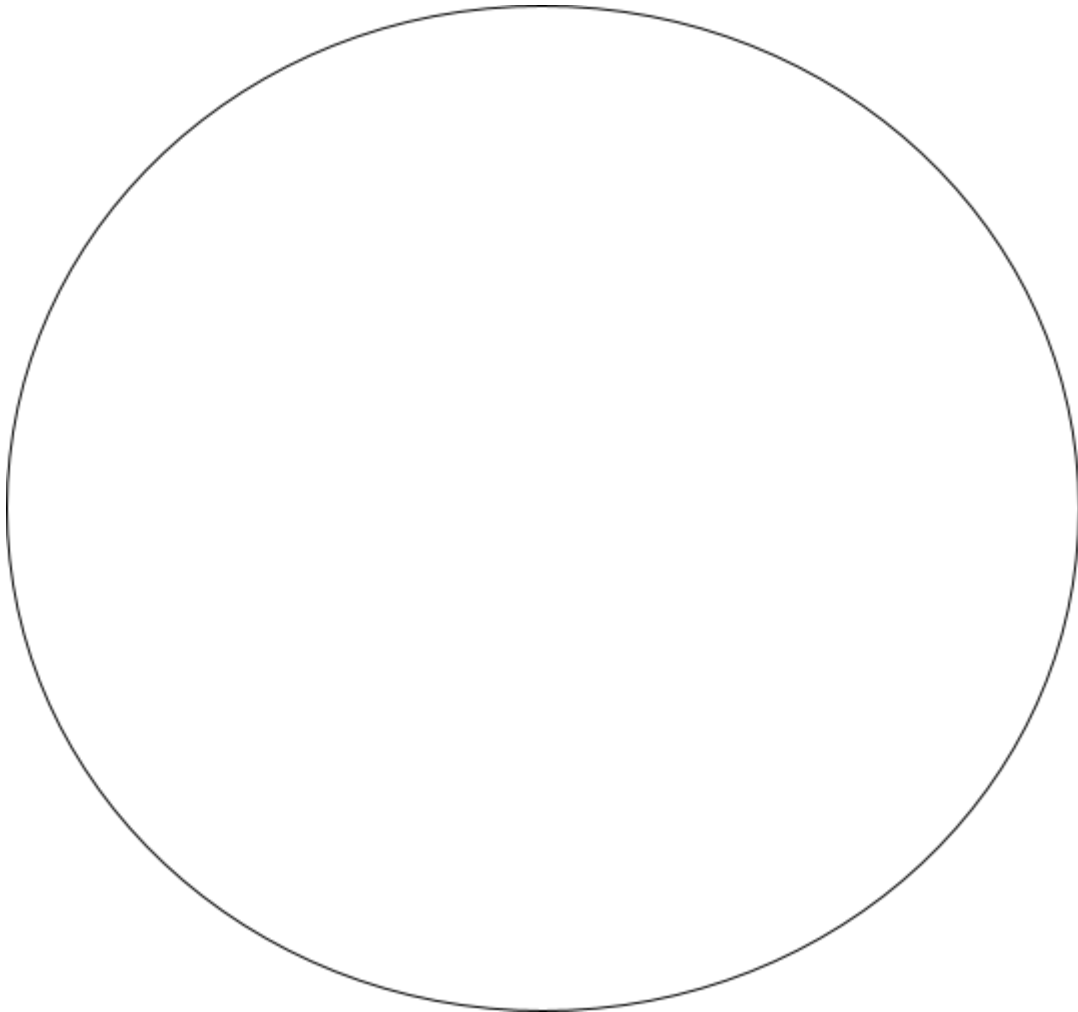
**Nature Scavenger Hunt**

- Pine needles
- Pine cones
- Flowers
- Weeds
- Spider web
- Footprint
- Animal print
- Flying bug
- Blue bird
- Water
- Fallen branch
- Dandelion
- Piece of litter
- Bird's nest
- Clover
- Lady bug
- Something red
- Recyclable material
- Ant
- Squirrel
- Small tree
- Butterfly
- Feather
- Acorns

Lesson 5

**Kindness Rocks**

**The purpose of the Peace Gardens at both DMS and Hartwood are to celebrate diversity, peace and the acceptance of all students. We are all beautiful. We are all different. We are all enough. Sketch what you would like your kindness rock to look like below. Then, create!**



Lesson 7

## Parts of My Star



- Physical health: What activities do you enjoy?

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- Brain: What do you do to make your brain stronger?

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- Activities: What do you enjoy doing?

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- People: Who are important people to you?

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- Emotions: What are some emotions you have experienced?

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Lesson 8

**What is Peace?**

Peace feels like

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Peace looks like

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Peace sounds like

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Peace tastes like

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Peace lives

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# Everybody Has a History

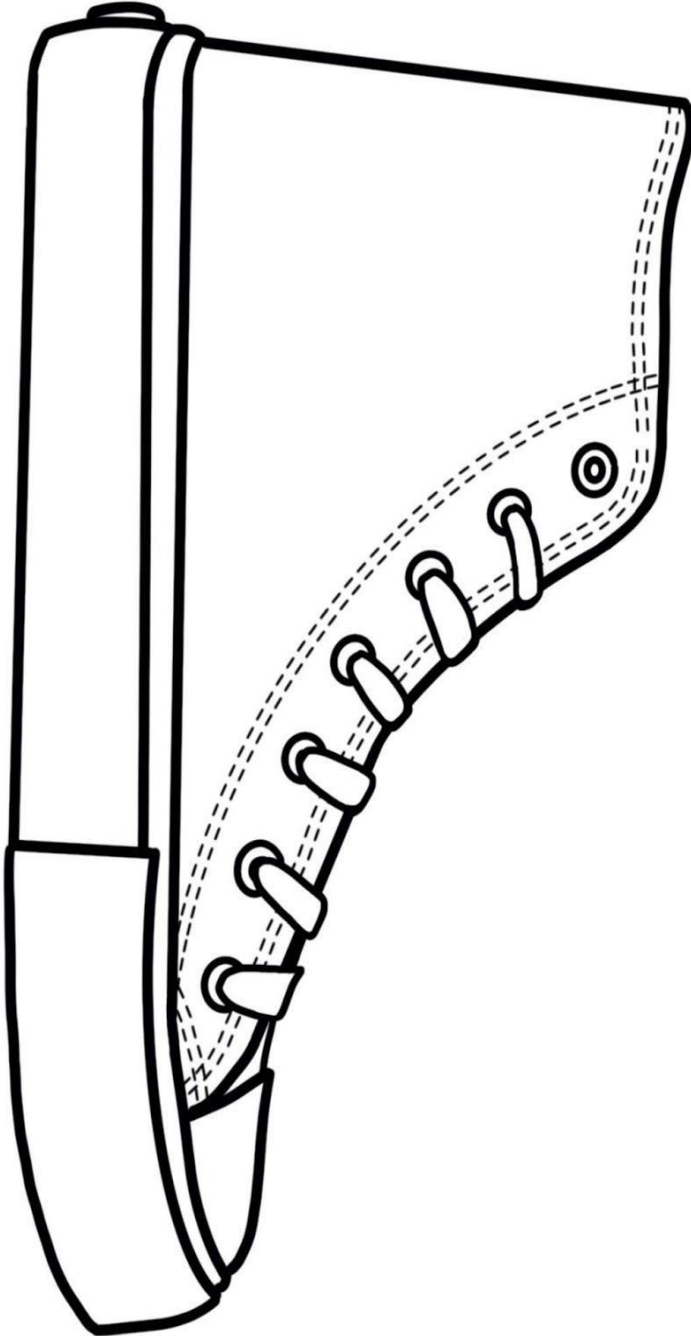
*Written by Fred Rogers © 1972, Fred M. Rogers*

You were born a baby and then you grew,  
And you grew and you grew and you grew and you grew  
And now you can do what a baby couldn't do.  
Your story is your history.

Everybody has a history.  
Everybody has a name.  
Everybody has a story.  
No one's story is exactly the same  
As anyone else's.

You see in the beginning...  
I was born a baby and then I grew  
And I grew and I grew and I grew and I grew  
And now I can do what a baby couldn't do  
My story is my history.

Lesson 11



## Lesson 14

Create a bookmark for the book drive!  
Sketch first below, then create the real one.



Lesson 15

What Makes a Good Teammate?

**T**

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**E**

---

**A**

---

**M**

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Lesson 18

A LITTLE DRIP OF PAINT...  
LETS YOUR IMAGINATION RUN WILD.

What can you make out of this oops?



Lesson 19

## *The Power of Books and Kindness*

A **metaphor** is a figure of speech that is used to make a comparison between two things that aren't alike but do have something in common. Example: My tears were a waterfall.

***See if you can find all the metaphors used in this poem.***

Highlight the nouns.

Circle the verbs.

### A Book Is Like

A book is like an open flower, scented pages, fragrant hours.

A book is like a crafty fox, surprising in its clever plots.

A book is like a fairy's wings, with princesses, enchanted kings.

A book is like a windowsill, where breezy thoughts are never still.

A book is like an hourglass, whose pages flow as hours pass.

A book is like a lock and key that opens doors and sets minds free.

A book is like an ancient clock that speaks the times but never talks.

A book is like an open letter, when read again the friendship's better.

A book is like an apple core with seeds inside for growing more.

A book is like a trusted friend that keeps its secret to the end.

~~Kathy Leeuwenburg

## End of Summer Reflection

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**Create a Postcard so you remember this summer!**



## **A Kindness Checklist**

*A little checklist for the remainder of your summer. Complete at home!*

*Visit [kindness.org](http://kindness.org) for more beautiful ideas.*

**Genuinely smiled at \_\_\_\_\_ people**

**Offered my friend a hand \_\_\_\_\_**

**Thanked \_\_\_\_\_ for \_\_\_\_\_**

**Shared \_\_\_\_\_ with \_\_\_\_\_**

**Helped at home when \_\_\_\_\_**

**Complimented \_\_\_\_\_**

**Gave a thank you note to \_\_\_\_\_**

**Held the door for \_\_\_\_\_**

**Used my heart when \_\_\_\_\_**

**I helped volunteer when \_\_\_\_\_**

**I smiled at \_\_\_\_\_**

**Passed on a book to \_\_\_\_\_**

**I made someone laugh when \_\_\_\_\_**