# SUM E R activity pack





## **OVERVIEW** Summer fun activity pack

Let's enjoy the excitement of summer! This special edition activity pack is full of activities and resources to help your students harness the Champion Mindset all summer long!

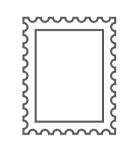
Here's what's included:

- Summer Bucket List
- Post Card Template
- BINGO Board
- Player Card Template
- Journal Prompts
- Word Search
- Mindset Check-In
- Reading Tracker



## **STAY CONNECTED!**

How do you stay connected with your community? One great way is with postcards! Cut out the template below along the dotted line and write a note or draw a picture for a friend, family member, or classmate. Fold, glue & send!





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## SUMMER FUN BINGO board

read a book	go on a nature walk	create art using recycled materials something		check in on a friend	
help prepare dinner	stargaze at night	help a neighbor	move your body for 15 minutes	go on a bug hunt	
try a new sport or activity	listen to music you love	FREE SPACE	donate to a local food bank	write a letter to a friend	
pick up trash you see outside	you see lunch outside		visit your local library	dance to your favorite song	
write down 3 good things that happened today watch your favorite movie		practice a few yoga poses	conduct a science experiment	go for a walk outside	

## ATHLETE PLAYER CARD



Learn more about our Athlete Mentors at classroomchampions.org/athletes or by scanning this QR code. Pick one athlete to research & learn more about their Champion journey!

Vareer Highlights		
Picture Sport		
Picture Sport		Name
Picture Sport		
Picture Sport		
Picture Sport		Country
Career Highlights	Picture	Sport
Career Highlights		
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## JOURNAL PROMPTS

1. Write about three goals you want to achieve this summer.

#### Why are they important to you and how will you work towards them?

2. If you could start a project to improve your community this summer,

#### what would it be? Who would you ask to help you?

3. Write about a time this summer when you felt really happy.

#### What were you doing and who were you with?

4. Describe a time you felt sad this summer.

#### What did you do to feel better?

5. Write about a fun activity you did with a group of friends or family this summer.

#### How did you work together to make it enjoyable?

6. Think about a time you had to work as a team this summer.

#### What was your role and how did teamwork help you achieve your goal?

7. Write about a challenge you faced this summer.

#### How did you overcome it and what did you learn from the experience?

8. Describe a time this summer when you wanted to give up but kept going.

#### What motivated you to persevere?

9. Write about your favorite way to stay active during the summer.

#### How does it make you feel and why do you enjoy it?

10. Describe a healthy meal or snack you enjoyed this summer.

#### How did it make you feel and why is it important to eat healthily?

11. Write about a time you took the lead on a project or activity this summer.

#### How did you guide others and what was the outcome?

12. Describe a person you admire as a leader.

#### How have they inspired you to be a better leader?

13. Think of a piece of advice someone gave you this summer.

#### How did it help you and how did you use it to improve?

14. As summer comes to an end, write about your favorite memory

from this summer. Why was it so memorable?



Name: \_\_\_\_\_

### SUMMER SPORT WORD SEARCH

S	1	Ν	R	L	Κ	D	С	X	G	Ν	I.	X	0	В
G	т	Е	Ν	Т	R	0	W	Т	Ν	G	Ρ	J	Т	D
Ν	Α	F	Μ	U	D	V	S	W	L	Μ	Μ	Т	Ν	G
I	R	Т	V	G	0	L	F	R	D	L	S	Ο	X	G
т	С	Α	Т	Е	R	н	U	Е	R	В	V	Т	Α	U
A	н	Е	н	κ	D	Ρ	Ο	S	A	т	Ο	A	L	L
т	Е	Ν	Ν	Т	S	т	Ζ	т	0	U	L	Т	L	L
S	R	Α	В	Ο	X	Е	Μ	L	В	W	L	Ν	S	A
С	Υ	С	L	Т	Ν	G	Ν	Т	Е	A	Е	Ο	т	В
A	С	Ρ	Е	В	D	Κ	S	Ν	т	Ν	Υ	L	Т	т
Ν	Т	S	U	R	F	Т	Ν	G	A	L	В	н	С	Е
0	D	Ν	Ο	W	Κ	Е	Α	т	Κ	S	Α	т	S	Κ
Е	Υ	Μ	Ν	Ο	Е	т	Т	С	S	L	L	A	X	S
G	Υ	Μ	Ν	Α	S	т	Т	С	κ	Κ	L	Т	Ν	A
D	R	С	L	Т	Μ	В	Т	Ν	G	Ν	Т	X	0	В
archery basketball			ball		су	cling	5		golf	:				

basketball	cycling	golf
volleyball	wrestling	rowing
boxing	canoe	surfing
climbing	skateboarding	taekwondo
	volleyball boxing	volleyball wrestling boxing canoe

# MINDSET MOMENTS

When you catch yourself using the Champion Mindset, write it down!

Goal Setting	Emotions
Community	Perseverance
<b>Version Teamwork</b>	Feedback
Healthy Living	Leadership

## **SUMMER BOOK SHELF**

Keep track of the books you've read this summer! Need ideas? Check out <u>links.classroomchampions.org/summerbooks</u> for our recs.

