



SUPERHERO SUMMER

2022

HOW TO PLAY

You can participate in this year's Summer of Learning by picking up a "Superhero Summer!" activity booklet at your local library or you can download it at www.spl.org/SummerOfLearning

Activity booklets are also available in Amharic, Simplified Chinese, Oromo, Somali, Spanish, Tigrinya, and Vietnamese. Keep track of your superhero good deeds, and your summer reading, on the game board.

Once you've completed 30 good deeds and days of the reading challenge you have set for yourself, return the game board to your library to collect your "Superhero Summer!" certificate.

Fill out our "Superhero Summer!" youth survey and return it to your Library branch for the chance to win a small prize. Coloring sheets and other activities are also available.

Looking for something good to read this summer? Check out our "Superhero Summer" reading lists. www.spl.org/SummerOfLearning

The 2022 Summer of Learning is generously sponsored by The Seattle Public Library Foundation, and was planned in partnership with The Burke Museum of Natural History and Culture and South End Stories with support from AfricaTown, the African-American Writers' Alliance, and The Bureau of Fearless Ideas.



MEET CIV

Civ is a committed to helping people.

They love their community, know their neighbors by name and share their positive outlook with everyone. You can find them organizing a neighborhood clean-up party or setting up a lemonade stand on their street.

YOU CAN DO IT!

Explore:

Think about something you can do today to make your community a better place. It can be a small thing or a big thing. Write about it, draw a picture or tell your friends and family about your idea!

Family Discussion:

Why do you think it's important for friends, family, neighbors and community members help each other?

Feelings:

Practice posing like a superhero, such as Super Man or Wonder Woman, for 5 minutes. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips. How did that make you feel?



Pay It Forward!:

Gather your family and friends together and paint some rocks, then leave them around your neighborhood for your neighbors to discover. How does it make you feel to do something nice for people, without them knowing?

Did You Know?

When you sing, you can actually change the chemistry in your brain, which makes you feel happier! What's your favorite song to sing?



THIS IS EM

Em practices self-care and models compassion by being an active listener.

They know the importance of kindness and gratitude. You might see them listening to a friend, helping a neighbor or playing games with younger kids – this is how they show they care.



YOU CAN DO IT!

Explore:

Choose one element of nature (a tree, flower, cloud, etc.) and write a poem from its perspective.

Family Discussion:

Do you know the difference between empathy and sympathy? Empathy is when you feel someone's emotions along with them. Sympathy is when you care that someone is in a difficult situation and offer them comfort, but you don't necessarily feel anything about it yourself. When was the last time you felt empathy? When did you last feel sympathy for someone?

Feelings:

When you are feeling upset, try this! Lie down with a teddy or stuffed animal on your belly, and watch as it moves up and down while you slowly breathe, as if you are rocking it to sleep. Did this help you to feel better? **Activity:** Keep a kindness journal: Write down when someone does something kind for you, and when you do something kind for someone else -- or for yourself!

Pay It Forward!:

Who is your everyday super hero? Write down who in your life is your hero and why – then tell them!

Did You Know?

People who practice thankfulness have higher levels of happiness than those who don't. What are you most thankful for?

I CARE AND AM

READY TO LISTEN!



GREETINGS

LEA



Lea loves to learn and share new things.

They understand that learning and knowledge comes from looking at things from all angles and they enjoy seeking out different viewpoints. You might find them at the Library with a stack of books or asking their friends interesting questions or sharing what they have discovered.



YOU CAN DO IT!

Explore:

Stand up and do jumping jacks while counting to 60. Now stop and place your hand over your heart. Pay attention to how your heartbeat and breathing feels. How long until your breathing and heartrate feel like they did before you exercised?

Family Discussion:

Our ancestors gifted us their wisdom by passing on advice to our elders. Ask two different people who are older than you for one sentence of advice on living a good life. Now, write down one piece of advice to the elders in your life, and share it with them. Share what you learned with your family.

Activity

Take a 5 Senses Walk! Spend at least 15 minutes outside observing the world around you. Write/talk about what you notice. What do you see? Smell? Hear? Taste? Feel?

Pay It Forward!:

Take something you know how to do and share it with someone who's interested! It could be showing someone how to tie a shoe, sharing a funny joke, coaching how to dribble a basketball, teaching the drawing of superheroes, anything

Did You Know?

The African-American scientist and inventor George Washington Carver is one of the founders of modern organic farming in the United States! Carver was also a talented pianist and painter. What would you like to invent?

KEEP ON LEARNING!

STAY CURIOUS AND



HELLO

SOL

Sol loves art of all kinds – painting, music, dance, writing, acting – to express emotions and solve problems.

Being able to turn a challenge into an opportunity makes them feel alive. Their creative mindset allows them to see situations from different perspectives. They are a great team player with their artistic talent and ability to work with others.

YOU CAN DO IT!

Explore:

Author Jason Reynolds believes that “the truest superpowers are the ones we all possess: willpower, integrity, and more importantly, courage.” What are your real-world superpowers? Design the image that would be on your super hero cape. Whenever you need some extra strength, imagine putting it on!



WE CAN FIGURE

THIS OUT TOGETHER



Family Discussion:

Ask your family members about their favorite ways of solving a problem. Do they write down a plan for problem solving? Do they ask for advice? Do they think about the last time they faced a similar problem?

Activity

Use your problem-solving skills to help out others! Organize a fundraiser, a neighborhood clean-up, or a collection of coats for people in need. Gather your friends and come up with a plan – and your will not only help others, but gain skills in leadership, problem-solving, and communication!

Pay It Forward!:

Clean out your bedroom and donate your gently-used clothes, books and toys to charity.

Did You Know?

Laughter is contagious! Have you heard the phrase, “Laughter is the best medicine?” It’s true, laughter boosts your health and makes you feel better. When’s the last time you had a really good laugh?

YOUTH SURVEY

Return your completed survey at your local branch for a chance to win a small prize.

Name: _____

Age: _____

School: _____

Grade (in the fall): _____

What superhero are you most like?

CIV EM

LEA SOL

What was your favorite activity to do from this booklet?

What’s your favorite thing to read about?

What’s your favorite thing to learn about?

What’s your favorite thing to do over the summer?