

Find Your Voice 2023

Elementary Activities: Ages 7-11

Complete as many activities as you like; finishing 5 activities from a badge will earn you a special bead.

Music Moves You

Get some rhythm in your day!

- Write new words to a familiar tune to tell a story!
- Listen to a song in another language. YouTube is a great source, but you can also explore radio stations around the world!*
- Discover what your voice can do through mimicking sounds you hear in your environment (rustling trees, wind howling, rain falling, dogs barking, vehicle sounds).
- Practice clapping games. Can you master the Cup Game?*
- Make up a silly song about part of your daily routine or use the sounds around you (dishwasher, typing, birds chirping, traffic) to start a rhythm and build a song.
- Are song lyrics like poetry? Try to sing a poem and recite a song.
- Read an interview or a biography of a musician or band.
- Perform your favorite song from memory for a family member.
- Listen to a song or piece of instrumental music. Then write down or tell your grown up how it makes you feel.
- Find your own percussion sounds with anything in your environment! Stomp on the ground or tap on the kitchen counter! Scrape a pencil across the spine of a spiral notebook! Get creative!
- Use body percussion with a friend. Stomp, clap, pat your knees, click your tongue, or snap your fingers to make your own beat!
- Watch a musical movie and sing along to your favorite songs.
- Sing through your favorite rhyming book. Was it easier or harder than you expected?
- Have a family dance party in the living room and show everyone your unique dance moves.
- Learn a new song from YouTube and teach it to a friend.

Stories

Just keep reading, listening, and imagining!

- Write a letter to someone! Want to make it extra special? Create your own cards, postcards or stationery.*
- Ask an older person about their memories of being a kid. What kind of things did they like to read?
- Write your own cartoon or comic strip.
- Memorize a poem and recite it for your family.
- Read someplace unusual. You can define what "unusual" means!
- Read aloud to someone older than you, someone younger than you, or a pet.
- Try out the library's Dial-A-Story! Call 708.816.2800 to start listening. Anyone can dial in, at any time and from anywhere!
- Reorganize your bookshelf. How do you like it? By genre/type of book? Alphabetical by author, like at the library? By color? By size?
- Make a book trailer. It doesn't have to be fancy - your smiling face describing why we should read a book is great!
- Listen to someone read you a short story or a chapter of a book without pictures. Close your eyes and imagine the story!
- Audiobooks are a great way to enjoy books! It's easy to check one out from Hoopla.*
- Dress up like your favorite book character!
- Reading Without Walls Challenge 1: Read a book about a character who doesn't look like you or live like you.
- Reading Without Walls Challenge 2: Read a book about a topic you don't know much about.
- Reading Without Walls Challenge 3: Read a book in a format that you don't normally read for fun. This might be a chapter book, a graphic novel, a book in verse, a picture book, or a hybrid book.

Artist in Residence

Let your creativity flow!

- Make an origami butterfly.*
- Use old magazines to make a collage. Combine cut out pictures with your own drawings or painting.
- Make art on a Post-It Note. How does limiting your space affect your art?
- Learn about fashion around the world with Google Arts & Culture's We Wear Culture.*
- Draw your favorite book character.
- Use chalk to spread some colorful joy in your neighborhood.
- Make some throw-back digital art using a MS Paint emulator.*
- Send some of your art to a loved one, electronically or through the mail.
- Check out a piece of public art. What does it make you think about?*
- Try a video tutorial on Creativebug, free with your library card!*
- Paintbrushes are great, but what else could you use to apply paint? Paper towels, sponges, crisp fruits or veggies, or dried out markers?
- No time for paint? Use an online tool to make a Jackson Pollock-style masterpiece.*
- Make a good mood board! Include things that make you laugh, images that make you smile and anything that just makes you feel good.
- Make a collaborative art piece as a family. You could add elements to a collage, take turns drawing a picture or color a design that someone drew.
- Play "Telephone Pictionary" as a family or with friends. All you need is some paper and a pencil!*
- Make your own postcard using recycled cardboard and send someone a message of gratitude.
- Take a tiny candy tin and make a secret scene inside the box! You can use found objects, clay, paint, paper and more to make your scene.*
- Make a poster of your favorite image.*

Links with videos or more instructions can be found in Beanstack.



continued on back

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Explore Our World

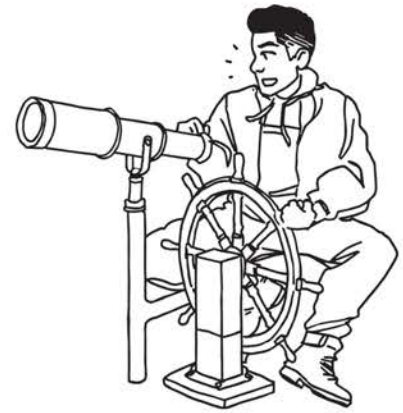
There's lots to discover right outside your window, around your block and around the Earth!

- Draw a map of your neighborhood and label 5 things you think every visitor should see.*
- Go on a sensory nature walk and talk or think about what you see, hear, feel and smell.*
- OPPL's Multicultural Collection is full of amazing items from around the world. Explore it!*
- Imitate the animal sounds you hear around you. Do you know which kind of bird is making that song?*
- Want to make lasting art with natural items? Try pressing a flower or leaf! Put the plant part between two pieces of wax paper and close it in a large book for at least a week.
- How close is that storm? Count the number of seconds between lightning and thunder, then divide by 5 to know how many miles away it is. 5 seconds = 1 mile*
- Whose land are you living on? Use a digital Indigenous map to find out.*
- Draw a picture of your favorite tree.*
- Visit the garden at the Maze Branch and cut some herbs to use at home. We put them in freestanding planters for everyone to enjoy.
- Research a plant or animal native to Illinois. Why do coyotes sometimes roam Oak Park? What kinds of plants would be in our yards without grass?
- Check out a Museum Adventure pass from the library.*
- Take a walk and write a haiku about what you see.*
- Have a picnic. It doesn't have to be fancy, just get outside!
- Learning another language can bring us closer to other people, both near and far. Try out a lesson on Muzzy or Mango and treat your ears and mind to something new!*
- Going someplace new? Take a small toy or some googly eyes along to make funny photos!
- Watch a sunrise or a sunset.
- Plant something and check daily on its progress.
- Visit a farmer's market and ask questions about a new-to-you fruit or veggie.
- Go to a free movie or concert in the park.

Body & Mind

Moving your body helps keep your brain sharp. Caring for your mind and heart makes you resilient. Love all your parts, inside and out!

- Dance party time! No matter where you are dancing, your body and mind will thank you for the good energy.
- Practice Rainbow yoga and let your colors shine!*
- Can you jump rope for 5 minutes?
- Stop, look and listen: what are 5 things you can see, hear, feel and taste?
- Read an interview or biography of your favorite athlete.
- Are you feeling stressed or overwhelmed? Try 4x4 or "Box" breathing! 1. Close your eyes. Breathe in through your nose while counting to 4 slowly. Feel the air enter your lungs. 2. Hold your breath inside while counting slowly to four. 3. Slowly exhale for 4 seconds. Repeat all steps at least 3 times to restore your calm.
- Start a gratitude journal. It doesn't have to be fancy, just a place to write down people, places and things that made you feel good today.
- Bounce a ball while singing or listening to a favorite song.
- How many 10 second hugs can you give in one day? No matter who you are hugging, always ask permission!
- Make a schedule for your week. Include "have-to-dos" as well as identifying where we can fit in our "want-to-dos." It's great for all ages to be able to see what's coming, as well as to reflect on what we've done.
- Make a glitter jar! If you're feeling angry or anxious, try shaking the jar and watching as the glitter settles.*
- Supporting well-being includes learning how to express ourselves and to respect everyone around us. If you have questions about gender identity, your own or someone else's, check out some of the great resources Mr. Hal has assembled.*
- Relax for at least 20 minutes. Do what feels enjoyable to you in this time and not what you feel like you "have" to do. Reset your body and your mind!
- Grab paint, paper and other decorations to make a Body Tracing Affirmation. When you're finished, decorate with doodles or positive words to tell your mind and body!*
- Take a deep breath in, close your eyes and imagine a safe space for you, somewhere you are free from harm, you can be yourself and you are happy. Draw this space. What would it sound or smell like? Stay in this moment and relax as you draw.



Science Star

You don't need a lab! Science is for everyone and happens everywhere.

- Try a sound science experiment like the classic paper cup and string phone, water jar xylophone or listening to sounds underwater.*
- Look for patterns in nature and think about why they developed in that way. The ribs on a leaf? The spots on a ladybug? What purpose do they serve?
- Check out a Discovery Kit from the library.
- Read a "true" book about nature, technology or a favorite field of science. Non-fiction is for all ages.
- Learn about bike maintenance and how to complete simple repairs and tune-ups.
- Explore what changes you see when mixing ingredients together in your kitchen. Where does math come into play? How does heat or cold affect your recipe? What if you change an ingredient?
- Watch a nature or science documentary.
- Lie on your back and look for pictures in the clouds. Make up stories about what you see. What kind of weather is on the way based on the sky?
- Build a model of your home with blocks, LEGO or recyclables.
- Do you have any family favorite recipes that are made from memory? Try to write them down so they can be shared! What are the measurements, the steps, the cooking instructions?
- Outer space is open for business! Explore what NASA has been up to and check out their activities for a range of ages.*
- Read a picture book biography about a scientist or inventor.
- The Perseids are a meteor shower associated with the comet Swift-Tuttle that appear every year from July 17-Aug 24. Can you see any meteors in the night sky during this time? *

*Links with videos or more instructions can be found in Beanstack.