



Heart



My goals are:



What do you want to learn?

- Find pictures and stories from family history
- Talk to grandparents about their life, where they lived, what did they like to do when they were young?
- Service activity for family or neighborhood
- Practice saying "I am sorry", "please", "thank you," and "Can I help you?"
- Learn songs and poems and share them with your family and friends
- Ask your mom or dad to tell you some stories about great men and women in history
- Say thank you to community helpers
- Get to know the elderly in your neighborhood: Find a way to serve them.





Mind



My goals are:



What do you want to learn?

- Visit a library and choose some books to read with your parents or family
- Explore nature and science Create a nature journal about:
 - Stars and Planets
 - Flowers and plants
 - Animals and Bugs
 - Rocks
 - Clouds and weather
 - Our bodies
- Learn to write stories and poetry
- Develop math skills
- Learn how to prepare for emergencies
- Develop skills in basic first aid
- Learn to repair and repurpose clothing
- Discover stories from history





My goals are:



What do you want to learn?

- Getting to know and serve the elderly
- Thanking community helpers
- Speaking kind words
- Develop social skills like being a good friend, introducing yourself to others, saying thank you, and how to help others feel welcome
- Learn good table manners
- Developing communication skills
- How to develop and maintain good friendships
- Recognizing and stopping bullying
- Thinking helpful thoughts
- Getting to know parents and grandparents





My goals are:



What do you want to learn?

- How to take good care of our bodies
- How to grow food: gardening
- How to stay safe from germs
- What foods are the healthiest to eat?
- Learning how to cook
- Basic first aid skills
- Learn how to play different sports
- Enjoying the outdoors
- Hiking and running or learning how to ride a bike
- Building fires safely
- Camping and outdoor self-reliance skills

