

LIFE 2017

This year, grades 4-7 will have four days of Life facilitated by staff from The Adoption Programs of Children’s Home Society and Lutheran Social Service.

Grade 4	TOPIC: CELEBRATING ME
Monday	<p>We will discuss campers’ inside and outside attributes that make them special.</p> <ul style="list-style-type: none"> • Craft: We will design a sculpture of ourselves using gumdrops and toothpicks. This will start a discussion about who we are on the outside and inside. • Game: We will play a “sticky frog” game where campers will answer questions relating to things they enjoy doing, things they are good at, friendships they have, and preferences. <p>Discussion Questions:</p> <ul style="list-style-type: none"> • What are some great characteristic about you on the inside? • Is there anything you learned about yourself today that was new? • How can you boost your self-esteem?
Tuesday	<p>We will discuss adoption-related teasing, micro-aggressions, and how to utilize “W.I.S.E. Up!” strategies to mitigate them.</p> <ul style="list-style-type: none"> • Craft: We will make our very own “WISE Up!” fishing kits to help us remember the strategies. • Game: We will play a magnetic fishing game to practice using the “WISE Up!” strategies. • Activity: We will discuss some situations adopted children may face and practice how to respond to these situations. <p>Discussion Questions:</p> <ul style="list-style-type: none"> • What does W.I.S.E. stand for? (Walk away, It’s private, Say something, Educate them) • What is a situation where you can use the “Walk Away” strategy, “It’s Private” strategy, “Say something” strategy, or the “Educate them” strategy? • Show me the fishing game you created at camp today. How can you practice “WISE Up!” with your fishing

	game?
Wednesday	<p>Today we will hear from a panel from La Semana who have joined their family through adoption. They will share a bit about their adoption story, answer questions campers have prepared, discuss teasing, as well as give advice to campers about adoption-related issues.</p> <p>Discussion Questions:</p> <ul style="list-style-type: none"> • Tell me about the people on the panel. What did they share about their adoption story? • Did the panelists answer any of your questions? How did you feel about their answers? • What parts of your adoption story are you comfortable sharing? Are there people/situations that you do not feel comfortable sharing? • Discuss healthy boundaries with your child and how their adoption story is theirs to keep and share with people they trust.
Thursday	<p>Today parents will join campers in their Life Session and work on several projects together.</p> <ul style="list-style-type: none"> • Craft: Parents will work with their child on a Lifebook that will document their adoption story. • Craft: Parents will assist their child in drawing a life-sized picture of themselves and write out what's great about them on the inside and outside. <p>Discussion Questions:</p> <ul style="list-style-type: none"> • Self-esteem is how we understand and value ourselves. It's the confidence we have in ourselves in the way we look, our talents, and what makes us different. In what ways can you build your self-esteem? In what ways can you build the self-esteem of others? • What's a negative situation where something happened that affected your self-esteem? How did you handle it? • What's a positive situation where something happened that affected your self-esteem? How did you handle it?

Grade 5	Topic: CELEBRATING HEROES
Monday	<p>We will discuss what a hero looks like on the inside and outside.</p> <ul style="list-style-type: none"> • Activity: We will determine our superhero names and create a superhero logo for ourselves. • Craft: We will make heroes out of gumdrops and toothpicks and discuss our inside and outside attributes. • Game: We will play a game with sticky frogs to discuss our own heroes and role models. <p>Discussion Questions:</p> <ul style="list-style-type: none"> • Who are the people in your life that you look up to? Why? What about those people draws you to them, or is likeable? • What's one quality of a role model? Who is a role model in your life? Are you a role model to someone else? • How are/can you be a leader? • If you could be one super hero who would you be? • How would you help others if you were a super hero?
Tuesday	<p>We are going to learn about what it takes to be a leader.</p> <ul style="list-style-type: none"> • Activity: We are going to complete a leading and following activity that focuses on the importance of communication in leadership. • Discussion: We will be having a discussion about challenging situations or emotions that may come up for adoptees and the importance of having people in our life to talk to. We will also discuss how to respond in uncomfortable situations. We can use the WISE Up strategy. W- Walk away, I- It's private, S- Share something, E- educate). <p>Discussion Questions:</p> <ul style="list-style-type: none"> • Tell me about the leading and following partner activity you participated in. Did you like being the person describing the picture, or the person drawing better? • Who is someone in your life that you can talk to about difficult things? • What is a way that you could respond to an uncomfortable situation?
Wednesday	<p>Today we will hear from a panel from La Semana who have joined their family through adoption. They will share a bit about their adoption story, answer questions campers have prepared, talk about their heroes and mentors within the adoption</p>

	<p>community, as well as give advice to campers about adoption-related issues.</p> <p>Discussion Questions:</p> <ul style="list-style-type: none"> • Tell me about the people on the panel. What did they share about their adoption story? • Did the panelists answer any of your questions? How did you feel about their answers? • What parts of your adoption story are you comfortable sharing? Are there people/situations that you do not feel comfortable sharing? Discuss healthy boundaries with your child and how their adoption story is theirs to keep and share with people they trust. • Would you consider any of these panelists to be a hero or role model within the adoption community?
Thursday	<p>Today we will discover how we can be a hero.</p> <ul style="list-style-type: none"> • Craft: We will make hero bandanas that will include important parts about who we are including: our birth country's flag, our birth name and meaning (if applicable), and our leadership traits. • Activity: We will make a keychains or bracelets with beads that correlate to our personal attributes. <p>Discussion Questions:</p> <ul style="list-style-type: none"> • Show me your bandana and tell me more about how you are a hero. • Which colored beads did you choose for your keychain? Why did you choose those beads?

Grade 6	Topic: CELEBRATING SELF-ESTEEM
Monday	<p>We are going to explore our self-esteem.</p> <ul style="list-style-type: none"> • Discussion: Today campers are going to discuss and define what self-esteem means to them. • Activity: We will be creating art work that depicts how each person is unique and different and we should be proud of our individuality. <p>Discussion Questions:</p> <ul style="list-style-type: none"> • What does self-esteem mean? • How can you have high self-esteem? You can have high self-esteem by knowing your strengths and weaknesses and set goals to work on your weaknesses. You can take

	<p>other kids' negative comments less seriously. You can be proud of who you are.</p> <ul style="list-style-type: none"> • Can you show me your art work? Are you proud of how different it is from the other campers?
Tuesday	<p>We are going to talk about who we are on the inside and how culture tries to dictate self-esteem.</p> <ul style="list-style-type: none"> • Activity: We will use clementine oranges to discover how people can look different on the outside but how we are all the same on the inside. • Game: We will participate in a jellybean/bead game that helps us look at diversity. <p>Discussion Questions:</p> <ul style="list-style-type: none"> • What are three things you like about the way you look? • Name three things you like about yourself that have nothing to do with what you look like. • When do you feel the most proud of who you are? • Tell me about the jellybean/bead game. What did the contents of your cup look like? How did that make you feel?
Wednesday	<p>Today we will hear from a panel from La Semana who have joined their family through adoption. They will share a bit about their adoption story, answer questions campers have prepared, talk about racism and identity, as well as give advice to campers about adoption-related issues.</p> <p>Discussion Questions:</p> <ul style="list-style-type: none"> • Tell me about the people on the panel. What did they share about their adoption story? • Did the panelists answer any of your questions? How did you feel about their answers? • What parts of your adoption story are you comfortable sharing? Are there people/situations that you do not feel comfortable sharing? Discuss healthy boundaries with your child and how their adoption story is theirs to keep and share with people they trust.
Thursday	<p>Today we will learn about how we can build-up other's pride and show our best qualities to others.</p> <ul style="list-style-type: none"> • Game: We will play a compliment game that focuses on campers' personality traits and behaviors. • Craft: We will make inside/outside canvas bags that

	<p>show off each camper's unique identity.</p> <p>Discussion Questions:</p> <ul style="list-style-type: none"> • How did the compliment game build your self-esteem and pride? In what ways can you build others' self-esteem? • Show me your inside/outside bag and tell me more about its design.
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Grade 7	Topic: CELEBRATING CONNECTIONS
Monday	<p>Today we are going to talk about having friendship connections within the adoption community and qualities of good friendships.</p> <ul style="list-style-type: none"> • Game: We will play a game of human bingo to get to know each other. • Activity: We will brainstorm qualities that we want in a friend and characteristics that we offer as a friend. • Game: We will play "telephone" and will discuss the importance of communication in friendships. <p>Discussion Questions:</p> <ul style="list-style-type: none"> • Name some qualities of a good friend. (Mutual respect, trust, honesty, support, fairness, separate identities, good communication, and safety). • Do you have any adopted friends? • How does that affect your relationship? • Do you think it is easy to relate to someone who has a similar experience as you? • Do you have friends from your birth country? • Do they respect you even when you say no? • Do they take your opinion into account? • Do they share your core values? • Do you feel comfortable expressing yourself when you're around them? • What are some things you have in common? • Are they honest; do you feel you can trust them? • Do you think this friend will stand up for you even in hard times? Why or why not? • What do cliques look like at your school? • Is there bullying in your school? Who tends to be the

	bully? Who tends to get bullied?
Tuesday	<p>We will be learning about encouraging others and our identity</p> <ul style="list-style-type: none"> • Craft: We will make washer necklaces with words that describe important parts of our identity. • Activity: We will participate in a bucket activity showing the effect negative and positive words have on our self-esteem and identity. <p>Discussion Questions:</p> <ul style="list-style-type: none"> • What word(s) did you choose to describe your identity on your necklace? • What did you think about the bucket activity? Do you ever feel weighed down by things people have said to you? Do you feel encouraged and lifted up by positive things?
Wednesday	<p>Today we will hear from a panel who is involved in La Semana camp and they will tell us a bit about their adoption story, connections they have made in the adoption community, and campers will have the opportunity to ask questions.</p> <p>Discussion Questions:</p> <ul style="list-style-type: none"> • Tell me about the people on the panel. What did they share about their adoption story? • Did the panelists answer any of your questions? How did you feel about their answers? • What parts of your adoption story are you comfortable sharing? Are there people/situations that you do not feel comfortable sharing? Discuss healthy boundaries with your child and how their adoption story is theirs to keep and share with people they trust.
Thursday	<p>We will be learning about identity and stereotypes.</p> <ul style="list-style-type: none"> • Activity: We will be making a collage “I am not” wall of stereotypes and labels they have been given. • Video: We will watch the following “I am” video: https://youtu.be/Oo6ZMo7fTUc • Activity: We will be making a collage “I am” wall of pieces of their identity that they want to share. <p>Discussion Questions:</p> <ul style="list-style-type: none"> • What stereotypes and labels showed up on the “I am not” wall? • Tell me about the “I am” video. What pieces of your identity did you add to that wall?

