

Let Them Be Bored!

As the summer looms, parents try their best to lock in plans for camp, potential vacations, playdates, and activities to keep their kids busy during the long break. From Kirk's very own K-Camp to science, surfing, and even equestrian camp, the opportunities are endless for kids to be fully entertained and immersed in fun and learning this summer. But for everyone, whether it's a few days here and there, or a week or more in between events, or perhaps the whole summer, there will come a time when there is....dreaded drumroll please: **NOTHING PLANNED! Ahhh!!!!** **What will become of us? How will we cope? And then the words usually follow: "Momm/Daddd....I'm BORED!"** So how can we, as parents, respond to the dreaded *b-word*? Child Developmental Psychologist, Dr. Siggie Cohen advises "Don't fear boredom. The age of screen time has created over-accommodation. Turn off screens. Let your kids be bored. Don't suggest, offer, buy more, plan for them...When they whine 'I'm bored' say, 'I know.'" As we have seen all school year long, Kirk students are resourceful, creative, and inventive. Let's continue what the Kirk teachers have been doing to foster that spirit over the summer. One idea is to have our kids write a list of things they themselves want to do over the summer in their "free time," like start a diary, build a robot or invention out of random things in the house, start a club with friends, finish a series of books, etc. When your kids announce that they are bored, refer them to their list of activities (screen time not included). If they still can't figure out how to overcome their boredom, tell them that you understand that it's hard, but that you know that they are smart and can figure it out, and that you're excited to see what they come up with!



How to Fold a Spiral or Swirl Tie Dye T-Shirt



For more recommendations on tie dye brands and how to fold more patterns, check out:

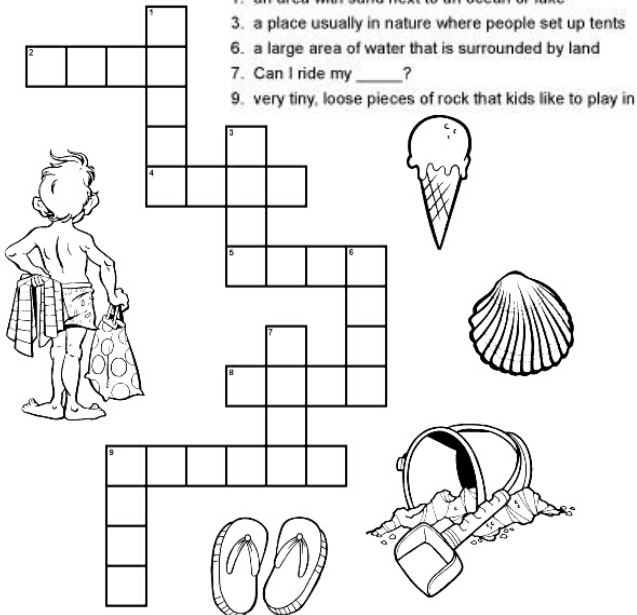
<https://sarahmaker.com/tie-dye-patterns/>

ACROSS

- Let's build a _____ to help keep us warm.
- hot weather or temperatures
- a swimming _____
- a usually long walk especially for pleasure or exercise
- the warmest season of the year

DOWN

- an area with sand next to an ocean or lake
- a place usually in nature where people set up tents
- a large area of water that is surrounded by land
- Can I ride my _____?
- very tiny, loose pieces of rock that kids like to play in



How to TIE-DYE for Beginners:

SET UP your work area - PREPARE your supplies - MIX your dyes - FOLD & TIE your garment - APPLY the dye - Let the dye DEVELOP - Rinse, wash, and dry, WEAR!

- Start by pinching a small section in the center of the shirt. Hold on to that small section while you twist the shirt clockwise.
- Keep twisting, keeping your fingers close to the surface of the table so the spiral stays flat.
- As you twist, the shirt will fold in on itself like a flat cinnamon roll.
- Secure the shirt with 3 or 4 rubber bands, crisscrossing them over the center of the disc. The tighter you bind the shirt, the more white areas there will be.
- Apply a different color of dye in each "wedge" created by the crisscrossing rubber bands. Apply the dye in rainbow order to get a rainbow spiral design.

Jumping into summer with some smiles!

Q: What do you get when you combine an elephant with a fish?

A: Swimming trunks!

Q: Why did the dolphin cross the beach?

A: To get to the other tide!

Q: Why don't oysters share their pearls?

A: Because they're shellfish!

Q: What kind of candy do you get at the airport?

A: Plane chocolate!

Q: What travels all around the world but stays in one corner?

A: A postage stamp!

Q: Why do fish like to eat worms?

A: Because they get hooked on them!

Q: What is a frog's favorite summertime treat?

A: Hopsicles!

Q: What do you call a fish that doesn't have any eyes (i's)?

A: A fish!



FAMILY LIFE

Spring is well under way, and with it we have beautiful sunshine, blooming flowers, and an abundance of end-of-the-school-year stress. Are you feeling it? We sure are! As June approaches, family time seems to become a blur of projects, holidays, events, and strategizing for summer. Throw in a dash of pandemic uncertainty and it's a perfect storm of utter chaos. Consider this your reminder that it's okay to feel overwhelmed. It's even okay to tell your kids that you're feeling overwhelmed because that gives them the space to learn to identify those feelings in themselves. The best part of giving voice to the problem is being able to work together to find a solution.

At their meeting this week, Girl Scout Troop #3916 gathered to talk about how our physical wellness is linked with our emotions. They tackled two very simple projects that would be fun for any family trying to navigate this season of stress:

1. **Make your own stress balls!** It's as simple as filling a balloon with some Orbeez water beads and water (not too full) and then tying the balloon with a secure knot. Squish and fidget your stress away!
2. **Make a worry doll** to tell your troubles to before bedtime. Various forms of worry or trouble dolls are popular in Native and South American cultures. The idea is that at bedtime, the child tells their worry to the tiny doll and then places it under their pillow. Overnight, the doll will gift the child with the wisdom needed to overcome their problem, making the problem feel manageable in the morning. Traditionally, these dolls are made from wire and scraps of woven textiles, but there are plenty of variations online if you do a simple search. One technique uses wooden clothespins with painted faces and clothing made from wrapped yarn or scrap fabric.

The end is near, and soon we'll be enjoying the slower pace of summer with children exhausted from outdoor activities and hours in the water. Until then, grab that stress ball and try not to poke yourself in the head with that pile of worry dolls beneath your pillow.



KIRK LIFE



The long awaited registration for Kirk camp's 2022 summer program is open! It is for Tot Center - children entering second grade.

This summer's theme is *Imaginations Run Wild* and we are excited to offer another year of amazing activities including weekly themes such as:

- animal safari
- spectacular sports
- art adventures
- and more!



Sign up for a week, or two, or all seven! Three or five days-a-week options, as well as full day child care is available, if needed. Stop by the Kirk office if you need an application.

We look forward to a summer with your child filled with wiggles and giggles!

For nearly a year, the PTF and the Kirk 60th Anniversary Gala Committee dedicated countless hours to celebrate Kirk's milestone celebration. Our committee helped with everything from organizing our Casino Raffle including amazing class baskets created by our Room Parents to working with Mayor Eric Garcetti and other officials to recognize Kirk's 60th Anniversary. The Committee was honored to help present this Gala celebration that is only produced once every ten years.

We'd like to recognize our Gala Committee Chairs: Dan Everakes, Patty Onagan, and Fiona Ray. Members: Gina Beconsall, Stacy Brambila, Lorena Gonzalez, Jenny Grebow, Matt Grebow, Steve Infield, Sara Macaluso, Sam Macdonald, Rebecca Nurick, Jonathan Polk, Melissa Rafferty, Daniel Rodriguez, Morgan Ruiz, Molly Sauer, Andi Sisti, Sonya Wright, and Tricia Xavier.

We are grateful for EVERYONE who supported the 60th Anniversary celebration, and we look forward to *sailing* into the next 60 years!

PTF LIFE

