



This list of activities and book suggestions was made by your librarians to celebrate reading this summer.

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BOOK ADVENTURE: ME & MY FAMILY

Family portrait. Use whatever materials you have (markers, paint, recycled materials for collage) to make a representation of your family. Who is included in your portrait? Notice in what ways you are alike and in what ways are you different. Add in things that are important to your family - maybe your home, your pet, or a picture of something you like doing together.

Family activity. Plan a special activity for your family to do together. You can think of a route for a nice walk around the neighborhood. Or you can plan a meal and make it with help from a grown-up. Think of something that would be special for your whole family to do together.

I love me. Make up an affirmation. An affirmation is a simple and positive phrase that you repeat to yourself, either out loud or in your mind. It can be something positive about yourself (I am brave, I am strong, I am kind) or something you hope to do or are trying to work on (I will be brave, I can climb to the top of the playground structure, I will be kind to my sister). Repeat your affirmation to yourself when you are feeling low or throughout the day when you need it. An affirmation is a good way to start the day!

Tell me a story. Ask a family member to tell you a story about your family that you have never heard before. This could be about you or something that happened a long time before you were born. It could even be about a person you have never heard about.

I am who I am. Write a poem and/or draw a picture about who you are. What makes you unique? Is it what you look like? How you talk? What clothes you wear? What food you eat? Is it what you like to do? Or who your family is? What are some of the things that make you who you are?

The story of a name. Do you know where your name comes from or what it means? Ask the adults in your family about this history. If you weren't named after a specific person, find out what your name means or if other people (athletes, scientists, musicians, etc.) happen to have your name. Practice writing your name. Say it loud and proud!

Attitude of gratitude. Did you know that practicing gratitude is good for keeping your brain healthy? Before a meal with your family or during another special time, have each person go around and say why they are grateful to someone else. Try to think of specific reasons, like something particularly kind or thoughtful they have done for you recently.

Alma and How She Got Her Name by Juana Martinez-Neal | Print | Spanish | Libby Book | Read-Along | Hoopla Book English, Spanish

Drawn Together by Minh Lê, illustrated by Dan Santat | Print | Libby Book

A Family is a Family is a Family by Sara O'Leary, illustrated by Qin Leng | Print | Hoopla Book

I Talk Like A River by Jordan Scott, illustrated by Sydney Smith | Print | DVD | Libby Audio | Hoopla Book

Magnificent Homespun Brown by Samera Cole Doyon, illustrated by Kaylani Juanita | Print | DVD | Libby Book | Hoopla Audio, Video

The Proudest Blue: The Story of a Hijab and Family by Ibtihaj Muhammad with S. K. Ali, illustrated by Hatem Aly | Print | Readlaong | Libby Book, Audio

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