

FORT DUPONT ICE ARENA'S

DUPONT "DIVE"

An enrichment program geared to encourage our skaters to get up, get active and try something new! These mini-activities are self-guided and a fun way to explore the arts, science and more!

Take a "DIVE" with us - There will be prizes!



PRIZE TIERS

1

Fort Dupont Ice Arena Hoodie (11 activities)



Fort Dupont Ice Arena Backpack with goodies inside (23 activities)

2

Submit all photos/assignments/questions to Brittany, bgreene@fdia.org

DUPONT DIVE

Activity Tracker: On each "dot" -To show complete, Write down the number for the corresponding activity with a Guardian Initial .



START

ACTIVITES BANK

- | | |
|----------------------------------|------------------------------|
| 1. Happy Jar | 12. Community Service |
| 2. Let's Travel | 13. Let's Talk: Goal Setting |
| 3. BookWorm : 1 | 14. Move! #1 |
| 4. Public Art | 15. BookWorm #2 |
| 5. Family History | 16. Periodic Table |
| 6. Video Chat Alum: Conor | 17. Daydream |
| 7. Nutrition | 18. Let's Talk: Saving Money |
| 8. Endangered Animals | 19. Who Are You? |
| 9. Book Worm : 2 | 20. Video Chat Alum: |
| 10. Let's Talk: Calming Strategy | 21. BookWorm #3 |
| 11. Coding | 22. Move! #2 |
| | 23. Community Service #2 |

FINISH

DUPONT “DIVE”

Session 1: October 1 - November 30, 2021

Welcome to **DIVE!** The activities are mapped out so that there’s just three per week. However, you have the choice to complete this at your pace and advance ahead, when you’re ready. The only hard deadlines to be mindful of are **October 7 and October 27** which are the dates we need questions for our KOI alum to be turned in by. Be sure to answer all the questions and if there’s no written prompt, take a picture and share it with us.

Activity 1 - Happy Jar



Sometimes in life, we need reminders that help cheer us up. We’re going to make a “happy jar,” using a mason jar, case, box or anything you can find that’ll allow you to keep your notes in a safe place but also grab a note out when you need it.

Instructions:

1. Each day, on a small piece of paper, write out one highlight of the day
2. Place it in your jar (feel free to decorate it) and save it for later.
3. Send us a picture of your jar
4. At the end of this session or when you’re having a rough day, pick a slip from your jar.

Activity 2 - Let’s Travel



Let's play pretend. Imagine you have a ticket to travel to anywhere in the world, where would you go?

Instructions: Choose any country and on a separate sheet of paper answer the following: Country, Languages Spoken, Tourist Attractions (2), Name a Popular Food/Dish, Official Currency, Do they have a US embassy? Where is it located? Draw their flag.

Activity 3 - BookWorm

Part A. It's time to read! You have a choice to read any book you'd like (**visit our library upstairs!**) as long as it's something you haven't read before. You'll have two weeks. The questions will come later, so make sure you take notes.

Part B. We will be taking questions for KOI alum, **Conor McDermott-Mostow**. Please send in all questions to **Brittany, bgreene@fdia.org** by **October 7th**.



Activity 4 - Public Art



Art is everywhere you look for it. Take a walk around your neighborhood or visit downtown DC.

Instructions: Find a piece of public art (murals, statues, sculptures, memorials) and take a picture with it. Send it to us!

- Find the artist, name and purpose of this piece
- Answer the questions: What's the purpose of public art? What caught your attention about the piece you took a picture with?

Activity 5 - Family History



Family history can help us piece together different parts of ourselves, siblings and parents.

Instructions: Interview a family member. You can either record this or write down their answers.

1. Family Interviewee/Relationship to you:
2. Where is your family originally from:
3. As a kid, what did you think you wanted to do when you grew up:
4. What do you think is the most important life skill or value your parents taught you?
5. Are there any treasured family heirlooms? Recipes? Talents?
6. Who is the oldest family member you remember, and what do you remember about them?
7. Make up your own question. Be sure to write it down.

Activity 6 - Watch Video Chat with **Conor McDermott-Mostow**.

Watch until the end, they'll be a question waiting for you. Write down your answer.

Activity 7 - Nutrition:

There are so many different types of foods out there and it's always great to try something new.

Instructions: Visit the grocery store and pick out a fruit/vegetable that's either new to you or your favorite (talk with your parents first and make sure you aren't allergic!). Answer the following:

- What's the Fruit/Vegetable you chose? Describe its Taste, Smell and texture

- Draw it

Activity 8 - Endangered Animals



Instructions: Do you know what an endangered animal is? It's a species considered to be facing a very high risk of extinction in the wild. Choose an endangered animal and answer:

1. What is the scientific name of this animal
2. What type of environment do they live in?
3. Where in the world can this animal be found?
4. What can we do to help save this animal?

Activity 9 - BookWorm

Part A. Give us a summary of the book you read (at least 6 sentences). Include the author, title and illustrator (if applicable).

Part B. It's time to read! Pick up Book 2. You have a choice to read any book you'd (feel free to USE our library upstairs) like as long as it's something you haven't read before. The questions will come later, so make sure you take notes.

Activity 10 - Let's Talk:calming strategy



Sometimes we get really upset - that's okay! In those scenarios, it's helpful to have tricks up your sleeve that will help you calm down.

Instructions: We're going to make a calming strategy. What are 10 healthy things you can do to calm yourself down when you're upset? List them out.

Activity 11 - Coding



All of the technology we use today requires coding - video games, computer, phone, ipad...etc

Instructions: Spend at least 30 minutes playing on a coding website you're familiar with or:

- <https://scratch.mit.edu/>
- <https://code.org/>
- <https://www.coderkids.com/>

Take a screenshot of whatever you finish with.

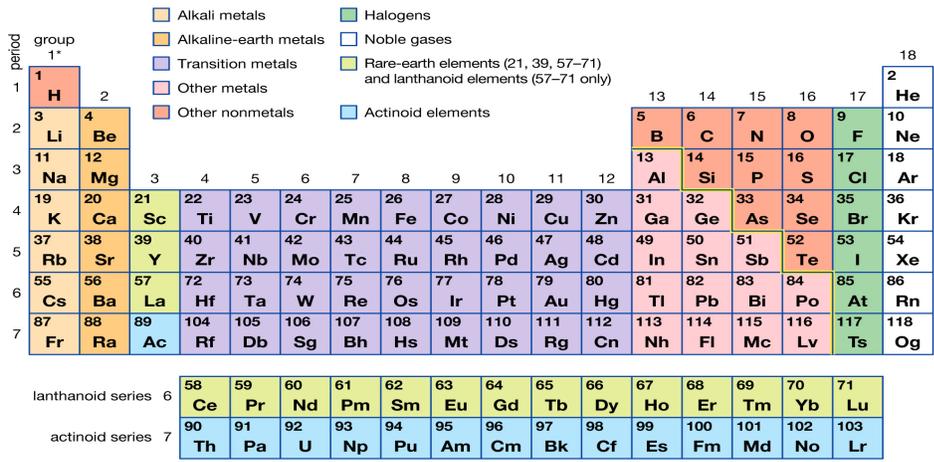
Activity 12 - Community Service



Instructions: Find one way you can give back in your community and spend at least 30 minutes doing it. Try and get your family and friends involved. Take a picture of yourself and what you decide to contribute.

Activity 16 - Periodic Table

Periodic table of the elements



*Numbering system adopted by the International Union of Pure and Applied Chemistry (IUPAC). © Encyclopædia Britannica, Inc.

Instructions: Choose an element, draw how it appears in the periodic table and list two places/materials/items/things/food where we can find it.

Activity 17 - Daydream

Instructions: Fill in the blank, when I grow up I want to be _____ .
 Draw a picture of you in this role or write 6-7 sentences on what you plan to do in your future career.

Activity 18 - Let's Talk: Saving Money

This will work more as an introduction to money and saving. Talk with your family members if you need help. **Instructions:** Tell us in your own words, what each of these words mean:

1. Budget
2. Checkings Account
3. Savings Account
4. Debt
5. Loan

Activity 19 - Who Are You?



Instructions: Create a collage on a 8.5x11in paper or larger, that celebrates all the things you love and what makes you, you. Make sure it has your name in it.

Activity 20 - Watch Video Chat with KOI Alum

Watch until the end, they'll be a question waiting for you.

Activity 21 - Bookworm

Part A. Who was your favorite character in the book you read? Describe them to us and include their name, where they're from and why they're your favorite character. Who was your least favorite character? Describe them to us and include their name, where they're from and what you didn't like about them. Include the author, title and illustrator (if applicable).

Part B. It's time to read! Pick up Book 3. You have a choice to read any book you'd (feel free to USE our library upstairs) like as long as it's something you haven't read before. The questions will come later, so make sure you take notes.

Activity 22 - Move!



Instructions: Get up and move for at least 35 minutes. Try and take family or friends with you. Take a picture and share it with us.

Activity 23 - Community Service

Instructions: Find one way you can give back in your community and spend at least 30 minutes doing it. Try and get your family and friends involved. Take a picture of yourself and what you decide to contribute.