

summer 2016



### Let's Go to the Ocean

Living around here is great. We have mountains, and trees, and rivers, and the ocean. Are you going to the beach this summer? If you do, take a picture or video of you having fun. Then ask your parents to email it to me at [buddybear@shcu.org](mailto:buddybear@shcu.org).

Have a super summer,

# BUDDY BEAR

Buddy Bear  
Cub Club President



### Buddy Bear's Beach Word Search

- BEACH
- OCEAN
- CASTLE
- WATER
- SAND
- FAMILY
- CRAB

O	B	Y	G	X	R	F	C	K	T
R	S	J	O	E	P	A	T	O	E
F	P	C	I	G	S	Y	U	A	R
I	Q	L	R	T	N	P	T	S	C
B	B	X	L	A	Q	H	B	N	E
J	A	E	O	H	B	X	O	A	R
S	A	N	D	P	C	M	I	E	C
Y	L	I	M	A	F	A	T	C	U
U	G	E	K	X	B	A	E	O	C
Q	L	B	R	J	W	T	V	B	R

### Parents' Corner

#### Helping Your Child Save Memories

A child's personality can change by the day – sometimes by the hour. It's just part of growing up. And while it can be frustrating, there are some ways to help your child through these changes, such as helping your little one keep a journal – even if it is just doodles and coloring.

Experts around the world agree that journaling is a great way for kids (and adults) to face inevitable change. Children do it all the time in their drawings. As time goes on, sentences get written, and in the end, whole thoughts are put on paper. It's a wonderful process that can have lasting, positive effects. Here are two ways to keep those journals going.

1. Start with a Summer Journal. If you go on vacation, have them take along a notepad or other journal. Set aside some time each day to take notes. Then at the end of the summer, put those thoughts together with photographs from the vacation. It will really make an impression of how important journals can be.
2. Write 5 Minutes Per Day. If you can encourage your child to journal just a handful of minutes each day for 21 days, you'll create a good habit that could last a lifetime.

### Summer Close Up

Can you guess these items you might find at the beach?





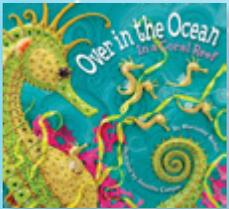
## Buddy's World Records Hottest Place on Earth

It can get hot in the Northwest during the summer, but it doesn't compare with Death Valley, California. It holds the world record for highest temperature. It reached 134 degrees Fahrenheit in 1913.



## Buddy's Books

There are even more books at your library.

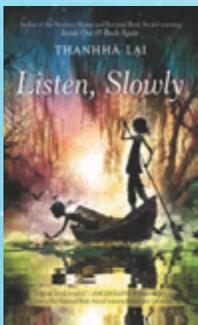


**Ages 4-7**

**Over in the Ocean: In a Coral Reef**

By Marianne Berkes and Jeanette Canyon

When you read this book, you'll experience puffer fish that puff, grunt fish that grunt, and seahorses that flutter. It's an amazing book filled with wonderful pictures.



**Ages 8-12**

**Listen Slowly**

By Thanhha Lai

Mai is looking forward to a summer vacation at the beach. Instead, she is forced to spend it with her grandmother in Vietnam, meeting distant relatives, learning the local customs, and trying desperately to make the best of it.



## Fruit Salad Ice Pops

Work together to make this cool and tasty summer treat.

### Supplies:

- Fresh Fruit (Strawberries, Blueberries, Kiwis, Peaches, or any other fruit you have on hand)
- White Grape Juice
- Popsicle Mold
- Popsicle Sticks



### Instructions:

1. Parents: carefully cut fruit into small pieces
2. Kids: fill the popsicle mold with the fruit (make sure everything fits snug)
3. Pour juice into each mold, covering top of fruit.
4. Insert popsicle stick and place in freezer
5. Freeze until solid (about 6 hours)

## Beach Fun Jokes

Send your fun jokes to [buddybear@shcu.org](mailto:buddybear@shcu.org).

Q: What did the beach say when the tide came in?

A: Long time no sea.

Q: How can you tell if an ocean is friendly?

A: It waves.

Q: Why do fish live in salt water?

A: Pepper makes them sneeze.

## Summer Close Up

Did you guess beach ball, starfish and surfer? If so, you're correct!