



FREE SUMMER ACTIVITIES

Cities Project Recap:

The Cities Project has been busy working on its advocacy initiative projects this spring. The advocacy project is where the mentees pick an organization or community to contribute to, as a way to get involved with the community and be advocates for topics and issues that are important to them. Along with the advocacy initiative, the mentees and mentors have been discussing and practicing healthy habits for when they are upset or overwhelmed. They have learned about the LET 'M GO acronym which can be helpful when they are feeling upset or are triggered by something. They have continued working on their SEES goals and practicing mindfulness. The Cities Project also had *Day at DePaul*, where the students were invited to spend the day at the DePaul campus where they got to hang out, play sports, and do arts and crafts with their mentors! It's been a great year at the Cities Project and we hope you have a safe, healthy, and FUN summer!

- Fireworks at Navy Pier
- Movies in the Park at Millennium Park
- Spend a beach day by Lake Michigan
- Lincoln Park Zoo
- Explore Adler Planetarium for free on Thursdays from 4-10 pm
- Hold a lemonade stand
- Do chalk art
- Plant a garden
- Have a water balloon fight

Stay Connected!

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L

Losing it: ask questions to help identify triggers from the past or present.

E

Identify Emotion: point out that there are many different feelings you can be experiencing and feeling.

T

Thought: First thoughts may be automatic reactions and thoughts that aren't always true and not helpful or beneficial.

'M

Make Meaning: identify the meaning by looking at the event and what is important.

G

Goal: Brainstorm what someone in this situation might want as a goal or outcome.

O

Options: What options can mentees think of to help a person achieve their goal.

HEALTHY DISTRACTION SKILLS

Activities - Reading, painting, coloring, cleaning, drawing, listening to music, talking to a friend, etc.

Contributing- Contribute your time, or make something, to give to an organization or friend/family in need.

Comparisons- Look to other people who have been in similar situations/experiences.

Opposite Emotions- Read or listen to something that makes you experience a different emotion.

Other Thoughts- Do a puzzle, remember a favorite memory, see how long you can count for etc.

Intense Sensations- Take a long shower, listen to loud music, use a stress ball, etc.