

UPDATES FROM THE CITIES PROJECT

IN THE LOOP

Volume 3 Issue 6 | April/May 2022



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 Millenium 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!

Facebook: The Cities Project

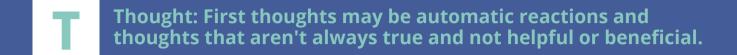
Instagram: @thecitiesproject

Twitter: @thcitiesproject

Website: thecitiesproject.org

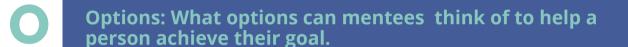












HEALTHY DISTRACTION SKILLS

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.