

### My Personal Mission

by Ally Davis

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[coolkidscampaign.org](http://coolkidscampaign.org)



*Hello my name is Ally Davis, I am 16 years old and I'm a two-time stage 3 Hodgkin's Lymphoma Survivor. I hope my journey and tips will help you, like it has others.*

It all started about four years ago in 2016, I was 11 years old and I just got the news on April 26th I was diagnosed with stage 3 Hodgkin's lymphoma. My dad had been diagnosed with Stage 2 Hodgkin's Lymphoma 18 months prior and had finished his final treatment one year and two days before my diagnosis. I didn't know what to think of it but, my dad did give me a HUGE piece of advice. He said I was the same Ally as I was the day before and even six months prior, but I wasn't going to be the same Ally tomorrow, and DEFINITELY not the same Ally in six months, because of one reason, and one reason only.... **I DIDN'T KNOW HOW TO QUIT!!!!** Having hair, or not and having cancer wasn't what would define me, but how I carried myself, and how I treated other people...THAT is who I was, am, and always will be.

I made it my personal mission, that I was going to beat cancer, and because of my family and friends I was able to push through to become a survivor in the following year, 2017.

While helping and talking with younger cancer patients on the oncology floor and in the clinic at Levine's Children's Hospital, I decided to start creating and brainstorming the idea of my Foundation ([www.teamallyfoundation.com](http://www.teamallyfoundation.com)). As my treatment progressed and my health would allow, I started to become more involved with my community. I became involved with the Leukemia Lymphoma Society (LLS) where I was honored as the 2017 Girl of the Year. In 10 weeks, I helped 16 candidates raise \$1,300,000 for blood cancer research and treatment and then I ran a 7 week campaign for the 2019 LLS Student of the Year, personally raising \$38,416. I was informed my cancer had returned 4 days into the campaign. I also became a part of the Pinky Swear Foundation as one of their All-Star cancer kids.

In 2019, I went for my yearly checkup with my oncologist and as I was getting my chest x-ray and the results were getting back to Dr. Henson, who is my primary oncologist, the news wasn't what I was expecting. When my dad and I got back to the office they took us into a room and I saw that my mom was there because she had left work to come meet us at the clinic. Everything just froze from there because it was history repeating itself.

But it was the complete opposite that day - I found out that my cancer had come back but we caught it early so that was an

"A+". I would be admitted into the hospital that night and we would go from there. To me it just seemed like deja vu from 3 years ago because the same thing happened almost exactly. My treatment plan was started and things were explained to me, which would involve stem cell harvest, gene specific therapy (targeting only cancer cells) and a stem cell transplant)..... YES!!!! I was very terrified like any other kid would be but at the same time I was more grown-up and I understood more of what was going on than I did whenever I was 11 years old This time I was 15 years old and so I had a better understanding of what was going on then most people would.

And just like last time, cancer wasn't going to define who I was or was going to be. It wasn't going to beat me. I'm a fighter and a warrior. I was admitted to Levine's Children's Hospital, and given 10 days of high dose chemotherapy, that killed EVERYTHING, then received my STEM CELL transplant, crossing my fingers my body would accept the new cells. Guess what?? They did!! And it was quicker than the doctor thought possible. I was able to set a record for shortest stay post transplant of only 16 days!!

But I couldn't have done it if I hadn't had my support group which was made up of my family and friends and now even my school had come into my support group because they would hold fundraisers and all different kinds of things. I knew that my school and classmates wouldn't leave me. Even though this experience was a new one for me, I never lost my smile. But the main thing that helped me through both journeys was the love and support I received from my family and friends, community, and fellow oncology patients. It's a club that you don't EVER want someone to join, but if you do.... **You're NEVER alone.** With an army of support, I would simply look at the positive and make the fun out of negativity.





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## A LETTER FROM THE MANAGING DIRECTOR



As I think about our first summer in the Charlotte Cool Kids Clubhouse, I cannot help but think back to my first day in the Clubhouse this past January. I met an amazing team of dedicated individuals whose passion is ensuring children diagnosed with cancer, their siblings, and families receive social, emotional, and academic support that only a place like Cool Kids Campaign can provide.

Since then, we have seen many changes in the world around us, but one thing has not changed, our team's steadfast dedication to support Cool Kid families. Over these past few months, volunteers have donated countless hours sewing masks and making encouraging cards for our Cool Kids. Supporters have reached out asking how they can help, and businesses shifted their service delivery model to continue their support of families in this new normal. I am thankful our kids can enjoy activities at our Clubhouse which stands as a safe haven for our Cool Kids families.

Hoping the rest of your summer is happy, healthy and filled with joyful memories.

Best Wishes –

Melissa Scott

*Managing Director – Cool Kids Clubhouse in Honor of Dan Jansen*



Intern Dan at Cool Kids Camp





# The Benefits of Building a Yoga Practice

By Jessica Hensley

When we hear the word ‘yoga,’ many envision someone seated in meditation, flowing through poses or perhaps even standing on their head. While yoga has a long tradition, it has evolved to mean many things today. ***At its essence, yoga is a movement practice that provides a way to reconnect with our bodies and help balance the mind.*** For children managing a cancer diagnosis, treatment, and side effects, yoga offers many benefits that complement their medical care in a safe, supportive environment. Importantly, it’s also a practice that’s available to everyone and can be done just about anywhere.

When I went through my own cancer treatment, I knew that practicing yoga had helped me feel better in my body as well as minimizing the effects of stress and anxiety on my mind. What I didn’t fully understand at the time was why and how. Doctors, neurologists, kinesiologists, physical therapists, and yoga teachers noticed these effects as well and began researching these connections over the last decade.

Tari Prinster, founder of the y4c (yoga4cancer) methodology, outlines several of the benefits of yoga for cancer patients in her book aptly titled Yoga For Cancer. It’s important to note that Tari’s method of teaching has a foundation in movement, guiding students to move continually through the poses in each class. Tari developed this approach because she knew that movement was essential.

## ***Here are a few of the reasons why:***

Immune system support – Central to our immune system function is circulation of blood and lymphatic fluid through the body to clear out toxins and prevent and reduce inflammation. While our cardiovascular system circulates blood thanks to the work of our heart, our lymphatic system doesn’t have a central pump. It relies on the support of our heart, movement of the bones and muscles, gravity, and lymphatic massage to help this fluid along. Through a yoga practice, we increase our heart rate, move the body in a variety of different directions, and create opportunities for gentle compression on the muscles, bones, and tissues that stimulate the flow of vital nutrients and assist the detoxification process.

The relaxation response – Another vital system to our health, our nervous system is made up of two distinct parts: the sympathetic and the parasympathetic. Commonly referred to as ‘fight or flight,’ our sympathetic system can be over-activated when it senses uncertainty or danger. To balance this, we can use techniques such as breathing exercises, meditation, visualization, and movement to help activate our parasympathetic response (relaxation) and help to reduce symptoms of stress and anxiety. These positive effects carry over into improving our quality of sleep as well.

Mitigating short- and long-term side effects of treatment – Chemotherapy, radiation and medications used to treat cancer can create a host of side effects in the body including neuropathy, slow digestion, loss of muscle, and loss of bone density, among others. Movement through the practice aids in reducing and managing many of these consequences of treatment. Increased blood to our arms and legs

may help reduce symptoms of some types of neuropathy; gentle twists and compression stimulate the digestive system; and body weight-bearing poses support bone health and develop strength.

Beyond the science, yoga provides a welcoming space for children to play, laugh, and learn that is adaptable to their needs and emotions each day. Children that have limitations in mobility due to surgeries or central lines can practice yoga from a bed or chair, still enjoying many of the benefits. On days when a child might feel tired or down, gentle, more restorative poses may feel best. While higher energy days could call for a practice that includes balancing, jumping, and hopping.

Building a practice at home or in your child’s room can be done with the help of books or videos that offer ideas for yoga flows. Create a space for yoga that feels inviting and warm for your child to practice in, includes natural light if possible, soothing colors, a non-slip surface and room to move around. Begin each practice with a few moments of breathing exercises as a reminder of how powerful taking time to focus on our breath can be. Conclude the practice with time for them to rest comfortably for a few minutes while listening to a meditation or guided visualization. The practice can be something they do alone, side by side with a sibling or parent, or together with partner poses.

## ***I’ve listed a few of my favorite recommended resources to practice at home here:***

<https://jessicahensleyyoga.com/building-an-at-home-practice-for-kids-families/>

Whatever a practice might look like for your family, be creative, have fun, and enjoy the time together.





# MY Story

*By Erika Carson, Ed.S.*

Life is always about the journey – the moments along the road that influence who we are, but when someone says you have cancer, life quickly becomes a sprint to a finish line. When someone says “cancer” life goes on around you, but you can only see what’s taking place through this single lens. Everything outside of that view quickly becomes irrelevant and unimportant, while everything inside that lens is constantly speeds up, slows down, and moves in and out of focus. If you are an adult you quickly look around at your loved ones to assess the potential damage you think your illness will inflict on your family, and you may or may not do a bit of soul searching – thinking about your legacy. But when you’re a child or a teenager it’s a whole different ball of wax.

As a teen, my life was very quickly turned upside-down one Friday, afternoon, with a diagnosis of ALL Leukemia. My life flashed before my eyes and I couldn’t understand why God let this happen. I was a good kid and a good student. I did everything I was supposed to, so I did not understand why I was being punished. I was completely blindsided. Suddenly, I was being ripped away from the life that I had known, and for all the good and all the bad that was to come with battling cancer, I would never be the same again. But, even in the darkest corners, there is light.

The stresses about dying changed into stresses about my family, especially my mom. Nothing could be more painful than watching my family grapple with the side effects of me being the sick kid in the family. I cannot say that I stressed about school, but I did miss my friends, my teachers, and I craved that sense of normalcy. Eventually, those voids, like missing school friends, were filled with hospital friends, nurses, doctors, and Big Apple Circus clowns, all of whom became my extended family. I.V. poles became my hospital skateboards, and being bald was just par for the course. My family and I, just like all the others around us, adapted to this new normal in our weird way.

The fear of dying was always there, especially when the kids around you just weren’t there anymore, but young and old, all of us kiddos knew that we had to soldier on, keep the germs at bay, and stay strong for every treatment. With 2.5 years of chemotherapy and radiation ahead of us, changing the focus from the destination back to the journey, learning to appreciate life, and finding laughter in

it all, are what would make the situation more manageable. When I reached the last chemo treatment, we could all breathe a bit more... it was over right? Well yes and no. I did make assumptions that things would go back to normal, and they did in some ways but some of my biggest hurdles were still to come. I became even more determined to excel in whatever way possible, not for me but for the people who dedicated their lives to helping mine and for the other kids who I lost along the way. I dedicated my life to figuring out how to pay things forward.

College came and later graduate school went by with some hiccups, and so did my first job, but when I first began work to earn my doctorate is when being a cancer survivor would flip me upside down once more. I had very supportive teachers in middle school and high school, a wonderfully understanding freshman advisor at Tufts University, several truly insightful and supportive teachers in my master’s program at the City College of New York. Then when I entered the education school at a new university, I’m not sure they could understand why if I looked okay on the outside, anything could be wrong on the inside. I was labeled as unintelligent, lazy, and shunned as well. My experience there tore me down to the core, as I battled severe anemia and chemo brain, which didn’t even have a label at the time. But even after feeling shattered to pieces, there was still this flame flickering inside my heart. I had committed a lot of people to do great things that would make the world a better place to live in.

So, I dusted myself off. Parted ways with the program, in the form of a Curriculum Specialist degree (Ed.S.) instead, and moved on to a doctoral program with Northcentral University – a university that would recognize my learning challenges, and support me during this journey. Sometimes life teaches you lessons in ways that aren’t so obvious. This was definitely one of those lessons, and one of those moments when getting up and learning from the past is more important than all the times you’ve been knocked down.

Dwelling on the past is very different from reflecting on it – one keeps you in the past while the other informs your future. Everything that has happened to me has taught me something, and as a result, I have become very aware of my strengths and my weaknesses, I have become even more empathetic, more open-minded, and I take more responsibility regarding the people around me. I continue to be an advocate for those people without a voice and to help shine the light on what we hope can be.



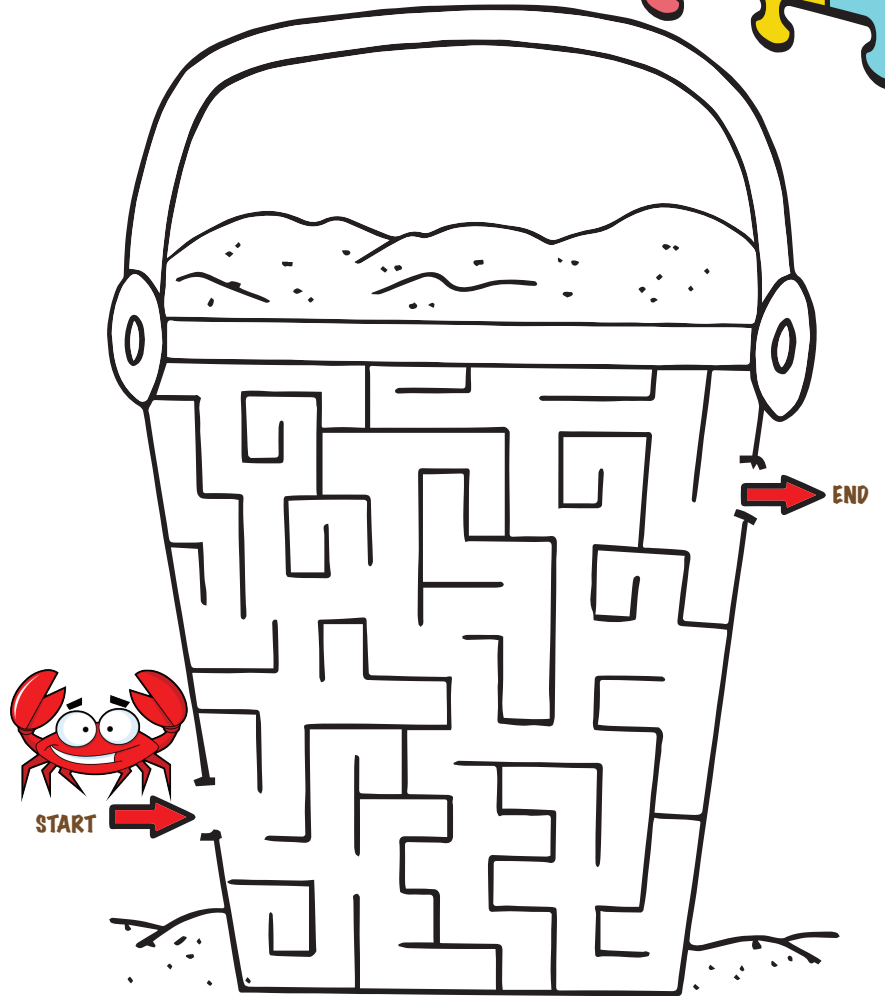


# PUZZLES AND GAMES

## SUMMER WORD SEARCH

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

AUGUST	HOT	PICNIC	SUNGLASSES
BARBEQUE	ICE CREAM	POOL	SUNSCREEN
BEACH	ICE POP	RELAX	SUNSHINE
FAMILY	JULY	SHORTS	SWIMSUIT
FLIP FLOPS	JUNE	SPRINKLER	VACATION
FUN	OCEAN	SUMMER	



Help the **CRAB** crawl through the sand bucket and then color the picture!



See how many words can you make out of:  
**SUMMER VACATION**

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



# BRAIN

# THEASERS

DESIGN YOUR OWN FLIP FLOPS



CONNECT  
THE DOT  
& COLOR

S  
U  
D  
O  
K  
U

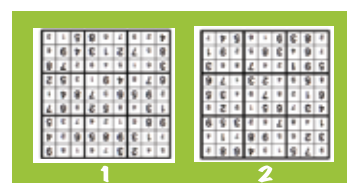
1

5	4			7	6	1	8	
7							2	
		6	1	2	4	7	3	
		4	8			9		
2				3				1
		8			1	3		
	6	1	5	4	9	2		
	5							6
	2	9	7	6			1	3

2

9			1	3				2
		6	5			7		4
	4	8		6	2			
		7			1	9		8
		2	8		9	4		
8		9	4			1		
			2	4		8	6	
7		4			5	2		
2				1	6			7

A  
N  
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R  
S

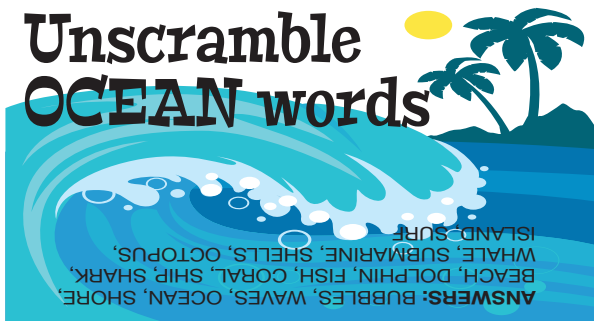




# MIND

# BENDER'S

## Unscramble OCEAN words



ANSWERS: BUBBLES, WAVES, OCEAN, SHORE, BEACH, DOLPHIN, FISH, CORAL, SHIP, SHARK, WHALE, SUBMARINE, SHELLS, OCTOPUS.

BBLSUBE \_\_\_\_\_  
VAEWS \_\_\_\_\_  
NEAOC \_\_\_\_\_  
OESRH \_\_\_\_\_  
CAHEB \_\_\_\_\_  
LDNOPHI \_\_\_\_\_  
HIFS \_\_\_\_\_  
RCOAL \_\_\_\_\_

HIPS \_\_\_\_\_  
ARHSK \_\_\_\_\_  
EWALH \_\_\_\_\_  
MAEBUSRNI \_\_\_\_\_  
SLSLEH \_\_\_\_\_  
COTOSUP \_\_\_\_\_  
SLIADN \_\_\_\_\_  
FRSU \_\_\_\_\_

## Fun Facts About Dolphins



Dolphins don't need to drink like we do. Their main prey (fish and squid) contains large amounts of water and so dolphins gain water from their food.

The Killer Whale (also known as Orca) is actually a type of dolphin.

Bottlenose dolphins are the most common and well known type of dolphin.

Female dolphins are called cows, males are called bulls and young dolphins are called calves.

Dolphins live in schools or pods of up to 12 individuals.

Dolphins communicate with each other by clicking, whistling and other sounds.

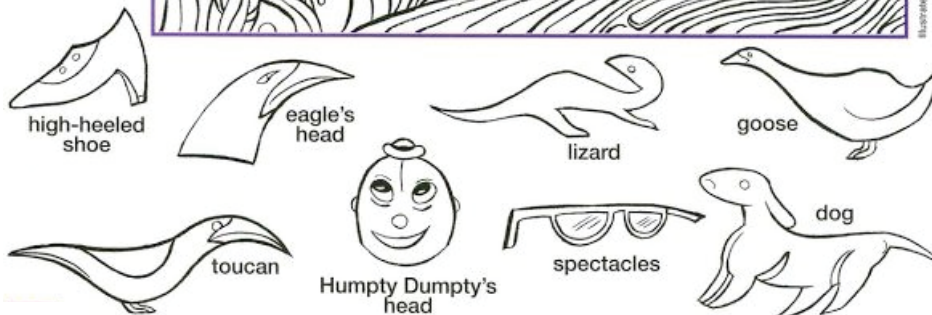
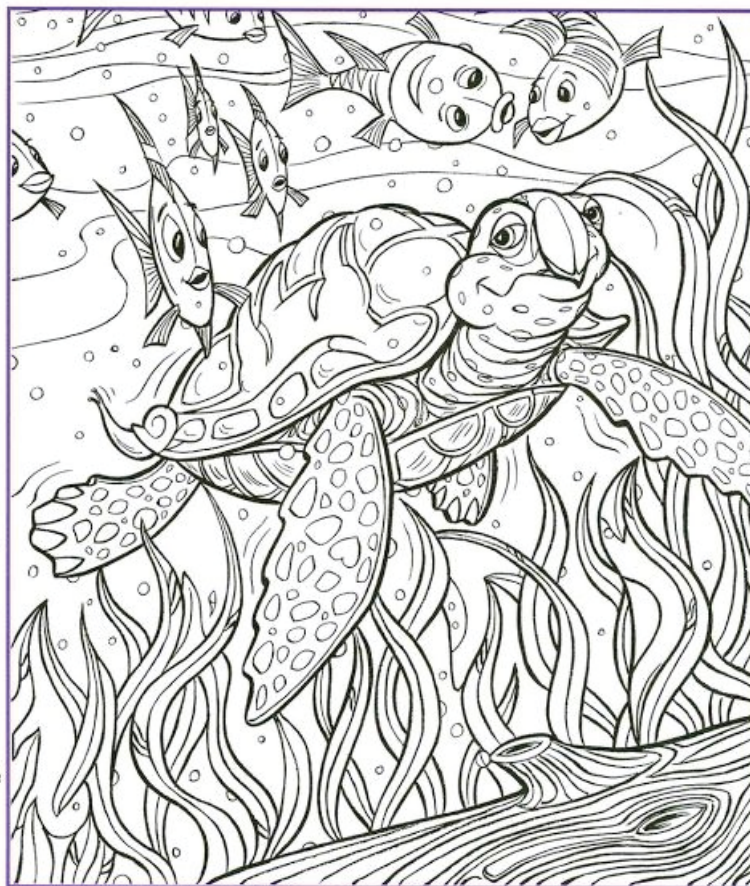
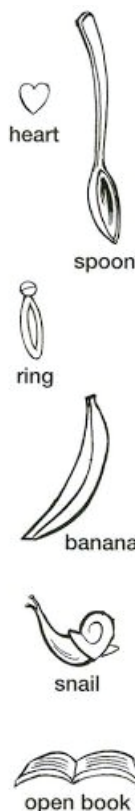
A dolphin has 2-3 times as many cells in the ear than that of a human, suggesting a superb ability to distinguish tones as well as high-frequency sound waves.

Dolphins have to be conscious to decide when to breathe. If they went into a deep sleep they would stop breathing and suffocate or drown. So, their solution is to let only one half of their brain sleep at a time. This way they get the rest they need but stay semi-conscious to continue breathing and look out for any dangers. Dolphins use a blowhole on top of their heads to breathe.

In the wild dolphins can live for a long time. Orcas may live for 70 years or more. Bottlenose dolphins can live for at least forty years. Dolphins that are kept in captivity die much earlier than those living in the wild.



After finding the hidden objects, have fun coloring this picture!





# JOKES RIDDLES



## TWISTIN' THE TONGUE

Read the tongue twisters below and practice saying them.  
How fast can you say it?

The big bug bit the little beetle,  
but the little beetle bit the big  
bug back.



A tricky frisky snake with  
sixty super scaly stripes.



**HaHa!** **LOL!**  
Bahahahahaha

What do lawyers  
wear to court?

Lawuits

What gets wetter  
the more it dries?

A towel

What did the pencil  
say to the other pencil?

You're looking smart!

What did the  
bacon say to the  
tomato?

Lettuce get together!

## KNOCK-KNOCK JOKES



Knock, knock  
Who's there?  
Tank.  
Tank who?  
You're welcome!

Knock, knock  
Who's there?  
Annie.  
Annie who?  
Annie body home?

Knock, knock  
Who's there?  
Spell.  
Spell who?  
W-H-O



# Happily Hungry: Eating Well Through Cancer Treatment

By Danielle Cook, MS, Holistic Nutrition Professional, author of *Happily Hungry: Smart Recipes for Kids with Cancer*;  
Director, Happily Hungry™ Nutrition Program

A child's cancer diagnosis leaves a parent feeling helpless but being able to present them with food that is nourishing and tasty is empowering. In this out-of-control situation there is something a parent can control; to be able to nourish the little patient during such difficult times is not only loving support but it sets a foundation for a more successful treatment outcome and long-term, for a healthy life. The role of proper nutrition during cancer treatment and beyond cannot be understated. Cancer treatment and its side effects – nausea, appetite loss, digestive trouble, mouth sores, fatigue, mood swings – can wreak havoc on a body. Empirical studies point up the role of nutrition in cancer treatment reduces infections, lessens toxicity to the treatment thereby making it more tolerable, lowers the risk of repeated hospital stays and lowers the risks of delays in treatment.

What kinds of foods can have a positive impact on cancer treatment? Let's take a look. Natural plant substances, or phytonutrients, that are abundant in whole fruits and vegetables, have demonstrated that these compounds provide protection against cancers and can slow, interrupt and even reverse its development. Mushrooms, for example, contain polysaccharide phytonutrients, a powerful antioxidant as well as lentinan, which can protect DNA from damage. Healthful fats, including essential fatty acids, cream, butter, olive oil, sesame oil and coconut oil, are all necessary to enhance the immune system, for good neurological development, for bone health, mental health and the production of cholesterol, which is crucial for the production of stress hormones corticosteroids, and other hormones including estrogen and testosterone. Gingerol, the

compound in ginger, reduces inflammation and can help with nausea, gastrointestinal distress and has anti-bacterial properties. Asparagus contains anti-inflammatory properties and are also a good source of fiber, vitamin K and vitamin A, folic acid and B vitamins. Spinach is an excellent source of iron and flavonoid compounds containing anti-cancerous properties. Hydrating ingredients such as cucumbers, honeydew melon and watermelon, lemons and limes—good sources of vitamin C as well—help replenish a dehydrated body. Beans and rice can curb carbohydrate cravings, a common effect of steroids. Pumpkin, butternut and acorn squashes bring additional benefits of beta-carotene, antioxidant and anti-inflammatory compounds.

One area of much discussion with parents of cancer children concerns the use of refined sugar and flour, common ingredients throughout the Standard American Diet, a diet with an excess in sugar, carbohydrates, refined and processed foods, saturated and trans fats. Healthier substitutions for sugar and flour would include agave nectar as a natural sweetener, honey, maple syrup and on occasion, evaporated cane sugar. Substitutions for unbleached flour are widely available, notably oat flour, brown rice flour, coconut flour and barley flour. Although not all can be substituted on a 1:1 ratio when baking, most flour packages give instructions on how to convert the ratio from unbleached flour. Next time there's an urge for sugar, give our Chocolate Chip Cookies recipe a try, it's kid tested and kid approved, contains no sugar and no unbleached flour.

## Chocolate Chip Cookies

**INGREDIENTS:**

6 tablespoons unsalted butter	½ teaspoon baking soda
½ cup agave nectar	½ teaspoon sea salt
1 large egg	½ teaspoon cinnamon
1 tablespoon vanilla extract	1 cup chocolate chips
¾ cup oat flour	(grain-sweetened preferred)
¾ cup barley flour	1 cup pecans, chopped

### DIRECTIONS:

Preheat the oven to 325F. Prepare 2 baking sheets with spray oil or line with parchment paper.

In a mixing bowl, beat the butter with an electric mixer until creamy. Add the agave nectar and beat until light and fluffy, then add the egg and vanilla. Beat until well mixed, 1 to 2 minutes.

In a separate bowl, mix together all the dried ingredients. Fold into the butter mixture and combine well, then add the chocolate chips and pecans. Drop by tablespoons into desired-size cookie on the prepared cookie sheets. Press down the dough slightly to achieve uniform cookie size. Bake for 12 to 15 minutes (12 minutes for chewy cookies), let cool a few minutes on the cookie sheet then transfer to a rack to cool completely. Makes 2 dozen cookies.

Nutritional information (per cookie): Calories 299; Total Fat: 18g; Protein: 4.4g; Carbohydrates: 33g; Sugar: 14.6g.

## Honeydew Lime Cooler

**INGREDIENTS:**

- 1½ cups cubed fresh honeydew melon
- ½ cup seedless green grapes
- Juice of 1 lime
- ¼ cup honey or agave nectar, to taste
- 1 cup seltzer water

### DIRECTIONS:

Freeze the honeydew and grapes for at least one hour. Combine the frozen melon and grapes with lime juice and honey in a blender. Puree until smooth, adding seltzer water as needed. Serve immediately. Makes 1 (14-ounce) cooler.

Nutritional info: Calories 265; Total Fat: .5g; Protein: 2g; Carbohydrates: 64g.



-- Continued from Page 10 --



# HEALING FOODS

(Happily Hungry: Eating Well Through Cancer Treatment - Continued from Page 9)

## Nausea

- Ginger
- Lemon, lime
- Peppermint
- Plain yogurt
- Rice

## Mouth Sores

- Broths
- Cucumber
- Avocado
- Oatmeal
- Watermelon

## Diarrhea

- Applesauce
- Rice
- Potatoes
- Bananas
- Fermented beverages

## Constipation

- Fruits and vegetables
- Legumes
- Whole grains
- Dried fruits
- Hydration

## COOL KIDS WE LOVE



Dominic



Bella



Elena



# WORRIED ABOUT LEARNING LOSS? ARTS CAN HELP

*Adapted from an article by the International Arts+ Mind Lab*

*Worried that your child might be falling behind at school due to time lost or the effects of treatment? According to the International Arts + Mind Lab (a multidisciplinary research-to-practice initiative accelerating the field of neuroscience), the arts can help:*

From birth through adulthood, arts educational experiences can have remarkable impacts on students' academic, social, and emotional outcomes. From the time we can grasp a crayon or smear paint on a page, creating art helps us to think critically, communicate and understand the world around us.

The arts' benefits to the brain are real. Creating art, through sculpting, drawing or painting, helps to build fine motor skills. Combining movement and music through dance helps the brain build and strengthen neural connections. Even certain types of video games can help build executive functions like memory and self-control.

Nonverbal expressions of academic content like writing stories, drawing, and sculpting increase comprehension by embedding the learning in multiple areas of the brain. A recent study shows that drawing information can be a powerful memory booster, nearly doubling recall. Researchers found that drawing is more effective than reading or writing because it forces a person to process information in multiple ways, taking what they see or hear and translating it (semantic learning) into images (visual learning) using their hands (kinesthetic learning). For the same reason, drawing is also an effective way to learn complex scientific models.

Beyond drawing, the arts more broadly are effective tools for science learning. In a study conducted by Johns Hopkins researchers in the School of Education, basic-level readers remembered significantly more science content over the long term when demonstrating their learning through artistic methods like signing, rapping, sketching and making art vs. conventional methods like worksheets.

Similarly, dance offers learners new ways to process math concepts like patterning, sequencing and counting. Students can actually embody concepts like rotation, reflection and translation as they move in coordination with others in a group.

And finally, there is a reason those famous Shakespeare lines stick with you. Theater is a great tool for building literacy skills. Reading a text multiple times helps to build fluency, vocabulary and comprehension. And, bringing new stories to life helps students build the background knowledge that is often required to understand plots, settings and characters. Still, reading and performing plays is just one great way to make the most of this summer (and prevent a winter of our discontent).

## HOW TO USE THE ARTS TO BOOST LEARNING

The arts offer nearly endless possibilities for improving academic learning, from the tiniest learners to teenagers.

### VISUAL ARTS

- Teach Math with Drawing | Mary Smale
- Linking Math With Art Through The Elements of Design
- Mathematical art lessons

### DANCE

- Teaching Symmetry With Dance: Active Math Lesson
- Taking the Leap: Teaching Math Through Dance
- 5 GoNoodle Videos Perfect for Math Practice

### THEATER

- Reader's Theater Scripts

### CULINARY ARTS

- Easy Recipes That Will Get Your Family Talking About Math/ Development and Research in Early Math Education
- Talk About Math While Cooking

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