

TIME for *KiDS* BONUS ISSUE

Chelsea Phaire, 10, gives kids free art supplies.



SPREAD JOY!

This special issue is full of good news for you to share.

> FROM THE EDITOR

DEAR READERS,

Good news! This issue is filled with it. Every story in these pages should make you smile, including the one about Chelsea Phaire, age 10, who's on our cover. She's spreading joy in the form of free art kits: Her charity has given supplies to nearly 3,000 kids.

Do you know kids who are doing amazing things? We're accepting nominations for our Kid of the Year. Learn more at kidoftheyear2020.com.

Starting next week, we're taking a little break from publishing. You can keep up with us at timeforkids.com and continue to read issues from our archives. We'll get back to business at the end of August. Please keep in touch! Write to us at tfkeditors@time.com.

All the best,



Andrea Delbanco
EDITOR IN CHIEF



CALLING ALL CAMPERS!

This summer, many traditional camps can't open because of health and safety concerns related to the coronavirus pandemic. So throughout the month of July, the TIME for Kids team is sharing daily roundups of free activities that you can enjoy at home. Campers can explore five categories of activities each day: arts and crafts, sports and games, STEM, performance arts, and storytelling.

Everyone's welcome! No specific skills are needed. You can click on the activities you think you'll enjoy and ignore anything that doesn't look interesting. Our goal is to make your days more fun. (Hopefully, you'll learn new skills along the way.)

Are you in? Ask a parent or other trusted adult to sign you up at time.com/camptfk. We can't wait to see you around the campfire!



Camp
TFK
SUMMER 2020



COVER CANDACE PHAIRE



> SNAPSHOT

SOMETHING TO CELEBRATE

Americans call it soccer. But fans worldwide know the sport as football. Players are finally back on the field after most games were suspended in March because of the coronavirus pandemic. Here, Yuri Tielemans (center), of England's Leicester City club, can't contain his excitement. Teammate Jamie Vardy (right) has just scored his 100th goal with the sport's Premier League, on July 4, in Leicester, England. That day, the team beat the Crystal Palace club 3-0.

PLUM IMAGES/LEICESTER CITY FC/GETTY IMAGES

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ARTFUL GIVING

Chelsea Phaire is 10. She wants to use art to make a difference. She spoke with TFK Kid Reporter Alexis Bumah about her charity.

Chelsea Phaire is trying to cheer up the world, one art kit at a time. The 10-year-old is the founder of Chelsea's Charity. Its mission is to deliver art supplies to kids in all 50 states. Chelsea also wants to deliver art kits to kids in other countries. As of July 7, Chelsea's Charity had given away nearly 3,000 kits.

Chelsea lives in Danbury, Connecticut. She was 8 when she thought of the charity. "My mother and I had a conversation [about the fact] that not everyone had access to art," Chelsea told TIME for Kids. "And that made me so sad." But it took her parents some time to get on board with the idea. They wanted her to wait until she was a little older.

Chelsea was able to launch her charity last year. For her 10th birthday, she asked friends to donate art supplies instead of giving her presents. Chelsea has also saved money from birthdays and from helping at her dad's barbershop to buy art supplies for her charity. The art kits she puts together go to kids in homeless shelters and hospitals, and to



ARMS WIDE OPEN Chelsea has big dreams to help all kids have access to art.

kids who've been affected by school shootings.

The charity has suffered financially because of the pandemic. Chelsea says, "Instead of personally giving [art kits] out, we had to mail them," which was expensive. But increased attention on her efforts has helped donations boom.

THE POWER OF ART

Chelsea says art has helped her through difficult times: "I use art to express myself and make me feel better when tough things happen." This is why she feels it's so important that everyone should have access to art.

Art is also a great way to release emotions, Chelsea says. "If everyone knows how to channel their negative emotions and thoughts into art,

then we can prevent the next big disaster and we could solve world peace," she adds. "You never know unless you try."

HARD AT WORK Chelsea and her family fill up the art kits and deliver them by hand or by mail.



CANDACE PHAIRE (2)

LOST AND FOUND

The Mindo harlequin toad has been rediscovered. Scientists thought it was extinct.

Recently, a team of biologists was studying rainfrogs in the forests of northern Ecuador. It made a surprising discovery: a Mindo harlequin toad. The creature hadn't been seen alive in 30 years. The scientists couldn't believe their eyes.

"The three of us spotted it simultaneously," Melissa Costales told TIME for Kids. She's a conservation biologist. Her partners were scientist César Barrio-Amorós and reptile-and-amphibian guide Eric Osterman. "It took our brains a while longer than normal to recognize that we were watching an *Atelopus mindoensis*!" Their findings were published in the journal *Herpetology Notes*. Herpetology

is the study of reptiles and amphibians.

The Mindo harlequin is the latest harlequin toad species "to come back from the dead," Costales says. Eight other toads have been found since 2003.

TOADS, REDISCOVERED

Until recently, 13 of the 25 species of harlequin toads in Ecuador had gone unseen since the 1980s or early 1990s. Scientists thought most of them had been wiped out by a fungal disease called chytrid. This illness is especially harmful to the harlequin toad.

Since discovering the first toad, Costales's team has found five more. Costales says the

Mindo harlequin may have developed a resistance to the disease. That would explain the toad's reappearance. And it could spell good news for the species.

That doesn't mean the survival of the species is guaranteed, Costales says. The harlequin toad is still endangered.

Costales is working on a conservation plan with a zoology museum in Ecuador. She wants to make sure the Mindo harlequin toad doesn't fall back into extinction.

"Each rediscovery gives us a second chance to develop better conservation strategies," she says.

—By Karena Phan



IT'S ALIVE! The Mindo harlequin toad was rediscovered after many believed it to be extinct.

8 QUESTIONS

FOR DOROTHY JEAN TILLMAN

Dorothy Jean Tillman earned a college degree online at 12 and a master's degree in environmental science at 14. Now she's running a science and arts camp in Chicago, Illinois, for kids who've been cooped up during the pandemic. She spoke with TFK's Brian S. McGrath about sharing her education with others.

1. How did you get such a high level of education?

I started homeschooling at a very young age. I was able to make my own hours and still get all my work done. I finished high school courses by the time I was 9.

2. Do you miss being in school with other kids?

I miss the social dynamic. But I make up for it. I keep myself immersed in the arts. That keeps my social life active. I go to a dance program.

3. You have degrees in psychology, humanities, and science. Why all of these?

I think these subjects are connected. Psychology and humanities teach you to have empathy, to understand people. That can help a scientist understand why people treat the environment the way they do.

4. Why did you start a STEAM (science, technology,

JIMALITA TILLMAN

THE GRADUATE

Dorothy Jean Tillman earned a master's degree from Unity College, in Maine. She encourages other kids in their academic pursuits.

engineering, arts, and math) camp for kids in Chicago?

Young Black kids don't get a fair chance. They don't get introduced to subjects like technology. Some boys might get a chance to work their way into the field of engineering. But girls barely get their toe into the water. They need to see people like me, to see that I'm young and doing these things.

5. You're also starting STEM labs in South Africa.

Yes, I went there with my mom, Jimalita Tillman. She's the global director of the Harold Washington Cultural Center, in Chicago. I met girls who loved academics, like I did. But they didn't have the same resources. I thought something had to be done. I said [to my mom], "This is something I really want to do." We started a GoFundMe page and approached other donors. These labs will have a similar setup as the STEAM camp, but they will go year-round. The projects will be bigger.

6. Did your grandmother teach you a lot?

My grandmother is Dorothy Jean Tillman. She is a former politician in Chicago. She fought alongside Martin Luther King Jr. She was 16 at the time. King told her, "If you're going to do all these things with me, you're going to have to finish school and go to college." She brought me up with those ideals.

7. Tell us about the book you're working on.

It's called *Unlock the Jeanius Within*. It will contain [quotes] from people I have found inspirational, or who have helped me along the way. I think real wisdom is understanding where you want to be and being able to communicate that.

8. What's next?

There isn't any one thing that I have to do. I'm only 14. I have so much time to decide.

THIS INTERVIEW HAS BEEN EDITED FOR LENGTH AND CLARITY.

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PLANTING SEEDS Volunteers in Paris, France, help grow a tiny forest using the Miyawaki method.

BOOMFOREST.NGO

GOING GREEN

All over the world, mini forests are making a big impact.

When you envision a forest, you probably imagine a vast stretch of land covered with trees. But as traditional forests are destroyed, tiny forests have sprung up in cities around the world. They're increasing biodiversity and fighting climate change.

Mini forests are inspired by Akira Miyawaki, a plant scientist from Japan who pioneered a way of growing them. It's known as the Miyawaki method. This involves planting a variety of native trees close together.

The Miyawaki method is said to grow trees 10 times faster

than other methods. And these tiny forests are more biodiverse than traditional forests. That's according to a 2018 study by Wageningen University, in the Netherlands. The study says the diversity of tree species attracts a greater variety of insects and amphibians.

GROWING MOVEMENT

The Miyawaki method has become popular in Europe. Boomforest is an organization in Paris, France. In November, it planted two forests using the Japanese botanist's technique. In the Netherlands, IVN Nature Education helped communities build 100 forests using the Miyawaki method. It plans to

double that number by 2022.

Simon Lewis is excited about tiny forests. He's a professor of global change science at University College London, in England. Lewis explains that trees absorb carbon dioxide, or CO₂. That's a gas that contributes to climate change.

But not all methods of growing trees help the planet. Lewis points to trees grown and cut down to make paper. "When that paper is thrown away, it rots," he told TIME for Kids. "Carbon is released back in the atmosphere." And then the trees aren't there to soak it up.

Lewis hopes more people will plant mini forests. While talking with TFK, he said, "This interview has inspired me to try to get one going where I live!"

—By Rebecca Mordechai

ALL SMILES

A fun way to put yourself in a good mood is by creating a mood board, sometimes called a vision board. What's that? "It's a collage of anything that inspires you, makes you happy, or speaks to you," says Susie Moore, an author and life coach. Moore often guides people through the

process at mood-board-making sessions. At the end of a session, each person has built a collection that puts him or her in a positive frame of mind.

To create your own mood board, you'll need a corkboard and pushpins. Poster board or cardboard, with glue or tape,

work too. You'll also need old magazines, greeting cards, and photographs. Go through them, cutting out images for your board. Use your instincts to choose what works best. "Anything that makes you feel good, use it," Moore says. "When you see it, you'll know."

Here, TFK's Shay Maunz uses Moore's tips to create a mood board and offers tips on how you can make your own.

One place to start is with some of your favorite things. I used photos of my favorite food, watermelon, and my favorite animal, penguins.

You might use your mood board to set goals for things you'd like to accomplish. I want to read at least 30 books this year.

Think about a place that makes you feel safe and happy. Maybe it's your classroom, a playground, or a cozy corner at home. You can put photos of that place on your mood board, or choose photos that remind you of it. I used this image of West Virginia, where I grew up.



This is also a good time to think about what might make you happy in the future. I included a photo of the beach, because I hope to go there soon.

Not everything on your mood board has to serve a purpose or be connected to your life. Choose some images just because you like them. Every time I look at this photo, it makes me smile.

CLOCKWISE FROM TOP LEFT: SUSANNE KRTH—EYEEM/GETTY IMAGES; APICHET CHAKREEYARUT—EYEEM/GETTY IMAGES; POSNOV/GETTY IMAGES; ANTHONY MURPHY—GETTY IMAGES; ANA MARQUES—EYEEM/GETTY IMAGES; FUSE/GETTY IMAGES. BULLETIN BOARD: SPYROS ARSENIS—GETTY IMAGES. PHOTO ILLUSTRATION BY STEPHEN BLUE FOR TIME FOR KIDS

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