

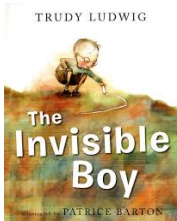


FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

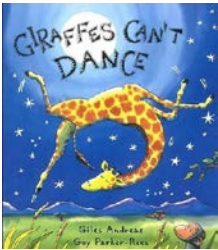
ABC CHAMPION YEAR TOOL KIT

❖ ***The Invisible Boy***



- Students will *invite, include, and make everyone feel welcome.*
- Behave in an empathetic manner.
- Use *friendship boosters* with everyone.
- Learn to maintain cordial relationships with each other.
- *Fill people's buckets* with kind thoughts and deeds.
- Practice inclusive behaviors to create a caring school climate where *every voice is heard.*
- Identify strategies for being an *UPstander* in the digital world.

❖ ***Giraffes Can't Dance***



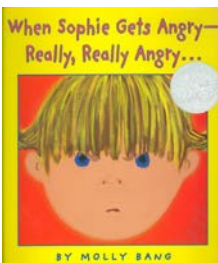
- *Dance to your own song!*
- *Don't focus on the dot. Focus on the page.* Be an optimist.
- Expect good things to happen.
- Use *positive self-talk.* Look on the bright side.
- Find a supportive peer or adult to listen and coach you.
- Learn a new skill and practice, practice, practice!
- *Tap into your positive power!*

❖ ***BIG***

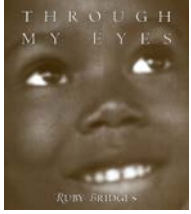


- *Be the biggest BIG that you can be.*
- Small Steps Lead to *BIG* outcomes.
- Perform *intentional acts of caring.*
- Being *BIG* feels good in your heart.
- Use personal power to create change in the world.
- Understand that everyone can be *BIG* in their own way.

❖ ***When Sophie Gets Angry-Really, Really Angry***

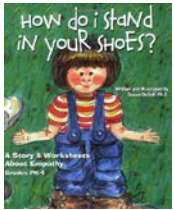


- Be the *director of your orchestra of emotions.*
- Be in charge of your feelings.
- *Stop and Think* before you act.
- Use the 8 steps to calming down.
- Recognize the signs of your anger.
- Stop and take a deep breath. Count to ten slowly.
- Think and choose the best way to act.
- Remove yourself from the situation.
- Do something physical.
- Talk about your feelings with a friend or caring adult.



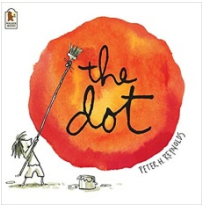
❖ **Through My Eyes**

- Know how to *walk in someone else's shoes*.
- Identify the members in your *web of support*.
- *Stand Up* for your beliefs.
- Perform *intentional acts of caring* daily.
- Use body language to *stand tall, walk proud, smile big and sing loud*.



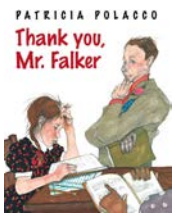
❖ **How do I Stand in Your Shoes?**

- Students will *notice, name, and understand* the feelings of others.
- We need to accept and celebrate each other's uniqueness.
- Students will learn how to express and receive empathy.



❖ **The Dot**

- Use a *growth mindset to stand tall and bloom*.
- Change *mud thoughts* into *clear thoughts*.
- Empower students to provide support to their peers, family, and community.
- Help students discover and explore their *sparks*.



❖ **Thank You Mr. Falker**

- *Tap into your personal power and bloom*.
- *Say and do something!*
- *Tell and make a report*.
- Everyone belongs at our school!