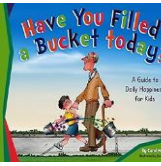
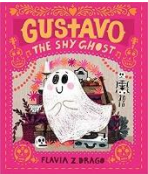
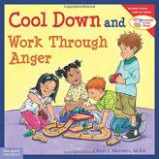
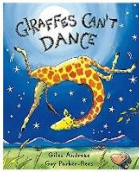
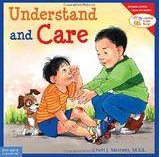






## YMCA Project Cornerstone ABC Social and Emotional TK/Kindergarten Toolkit for Year One

	<p><u>September: <i>Have You Filled a Bucket Today?</i></u></p> <ul style="list-style-type: none"> <li>• The power of affirming words is captured by the simple concept of <i>bucket filling</i>.</li> <li>• Children learn kindness helps build friendship skills.</li> <li>• The use of strong visual imagery of <i>bucket filling</i> builds a climate of respect and kindness school wide.</li> </ul>
	<p><u>October: <i>Gustavo the Shy Ghost</i></u></p> <ul style="list-style-type: none"> <li>• Helps children recognize and understand their own emotions and develop strategies to manage them.</li> <li>• Explores how to learn to communicate feelings and needs effectively.</li> <li>• Navigate social situations and build positive relationships.</li> </ul>
	<p><u>November: <i>Cool Down and Work Through Anger</i></u></p> <ul style="list-style-type: none"> <li>• Teaches children to recognize feelings of anger.</li> <li>• Focuses on skills for an anger management toolkit: self-calming, thinking, getting help from a trusted person, talking, and listening, apologizing, being patient, and viewing others positively, which allows students to choose their reaction and achieve self-control.</li> </ul>
	<p><u>January: <i>Giraffes Can't Dance</i></u></p> <ul style="list-style-type: none"> <li>• Helps children recognize that they have <i>personal power</i> and can choose to take control of their response to challenges.</li> <li>• When children <i>tap into the power of positive thinking</i>, they learn to treat each other with respect, tolerance, and kindness.</li> </ul>
	<p><u>February: <i>Understand and Care</i></u></p> <ul style="list-style-type: none"> <li>• Focuses on explaining empathy to children.</li> <li>• Understanding how another person feels is an important social skill that will allow children to show respect and caring for others.</li> <li>• Helping children learn to express their feelings assists them in acquiring perspective-taking skills.</li> </ul>
	<p><u>March: <i>Cuckoo</i></u></p> <ul style="list-style-type: none"> <li>• Teaches children the positive values of caring, integrity, and responsibility.</li> <li>• Empowers students to build a strong character with these values.</li> <li>• Models how to help others without being asked.</li> </ul>
	<p><u>April: <i>Accept and Value Each Person</i></u></p> <ul style="list-style-type: none"> <li>• Instructs children about living in a diverse world.</li> <li>• Talks about accepting and valuing people different from oneself and their family.</li> <li>• When children are interconnected, accept others, and have the capacity to be reflective, it increases empathy and understanding.</li> </ul>