



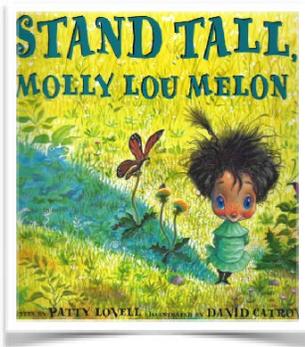
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Project Cornerstone

Building Year • Inclusion: It's For Everyone

Project Cornerstone ABC schools will be reading books for the **Building** year. The focus of these books is "Inclusion: It's for Everyone." Inclusion is the full engagement and participation of all community members in environments where all feel welcomed, respected, and supported. Classroom discussions and activities will enable students to practice and internalize these inclusion tools.



September

Stand Tall, Molly Lou Melon by Patty Lowell

SEL Core Competency: Responsible Decision Making

The main character is empowered by a caring adult, her grandmother. As her grandmother *fills her bucket*, Molly Lou gains self-confidence, which empowers her *to stand up* to bullying behaviors. Molly Lou models *positive self-talk* to the other students in the class and shows how positive energy can change negative behavior.

Tools

- Use your body language to stand tall, walk proud, smile big, and sing loud.
- Remove mud thoughts by using clear thoughts and positive self-talk.
- Stop, think, and understand to prevent bucket dipping.
- Identify and name the caring adults that are your cheerleaders.

October

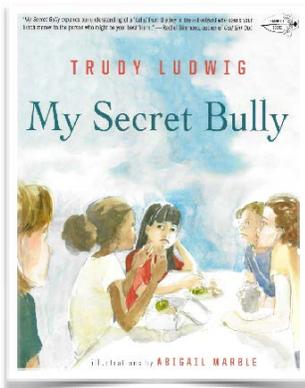
My Secret Bully by Trudy Ludwig

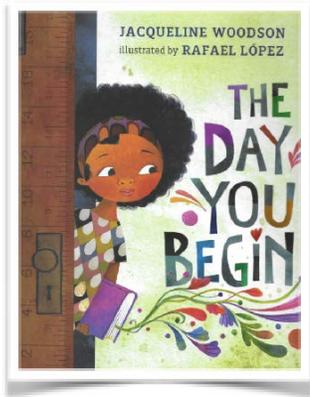
SEL Core Competency: Relationship Skills

This is the story of how Monica's good friend, Katie, bullies her with betrayal and social isolation. With the support and advice of her mother, Monica learns to reclaim her power and her positive sense of self. This process requires Monica to seek out new caring friendships and to allow her relationship with Katie to dissolve.

Tools

- Get an adult when you need help and support.
- Use positive self-talk to remind yourself that the bucket dipping is a hook.
- Understand friendship boosters and busters.





November

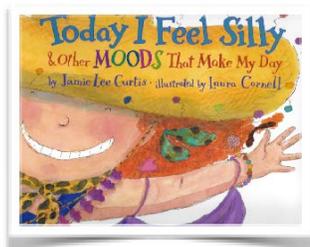
The Day You Begin by Jacqueline Woodson

SEL Core Competency: Social Awareness

This book provides opportunities for conversations around tolerance and acceptance of others. Children have the opportunity to learn about the importance of creating a caring school climate where everyone feels they can share their own story and be accepted.

Tools

- Accept and understand differences.
- UPstanders practice intentional acts of caring.
- Practice inclusive behaviors to create a caring school.
- Speak your voice.



December

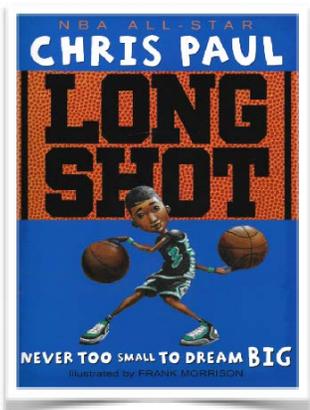
Today I Feel Silly by Jamie Lee Curtis

SEL Core Competency: Self Awareness

This book was selected because it teaches about emotional literacy by naming, understanding, and coping with feelings. Learning about feelings is important because it is one of the first steps to having empathy for others.

Tools

- When you are having blue days, you can change them to good days. Accept and name your feelings. Say to yourself: "I am sad." "I am scared." "I am angry." "I am embarrassed."
- Do something to help change the way you feel. Do something you enjoy.
- Be aware if your friend is feeling blue. Fill their bucket by being "there" to listen and help.



January

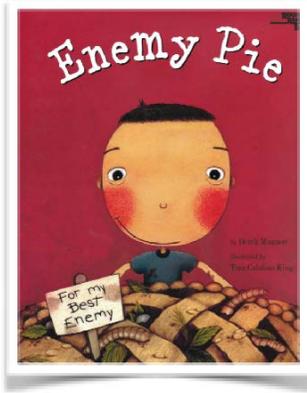
Long Shot by Chris Paul

SEL Core Competency: Self Management

The focus of this book is to inspire students to find their sparks, explore their world, and learn about their passions. Students learn how to set short and long term goals. This lesson also helps youth identify, observe and understand the steps to success that role models use to achieve their goals; whether they are famous, or the everyday heroes in student's lives.

Tools

- Follow your sparks, dreams, interests, and passions.
- Set a GPS for both short-term and long-term goals.
- Identify your goal champions.



February

Enemy Pie by Derek Munson

SEL Core Competency: Relationship Skills

This book emphasizes the importance of taking time to learn about people before passing judgment and focuses on building interpersonal relationships. It reminds us that caring adults can create opportunities for friendships to *bloom*, even when misconceptions, prejudice and fear are obstacles.

Tools

- Try to get to know people before making judgments.
- Look for common interests in new people you meet.
- Be aware that friendships can bloom and wilt.
- Everyone has a special recipe for friendship pie.



March

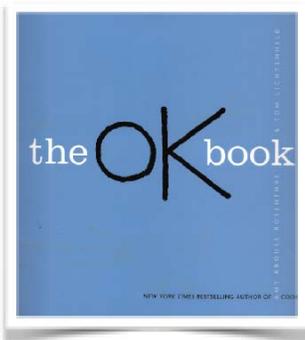
René Has Two Last Names by René Colato Laínez

SEL Core Competency: Relationship Skills

The focus of this book is to help students learn to respect different cultural customs and traditions, understand the importance of maintaining customs, and have an inclusive mindset. Culture is a shared system of meanings, beliefs, values, and behaviors through which we interpret our experiences. It is learned, collective, and changes over time. Each of us has a cultural identity. This makes us unique and contributes to diversity in our communities.

Tools

- Learn about different cultures.
- Understand that diversity makes us stronger.
- Identify your own positive cultural identity.
- Stand up for yourself in positive ways.



April

The OK Book by Amy Krouse Rosenthal and Tom Lichtenheld

SEL Core Competency: Relationship Skills

This book focuses on resilience. Resilience is an ability to bounce back, recover from adversity or return to your original form. We can help youth develop resilience. Resilience is built upon seven building blocks: competence, confidence, support, positive values, contribution to others, coping strategies and personal power.

Tools

- Students will dare to try new things and be ok with enjoying new experiences.
- Students will find joy in discovering their talents by trying new things.
- We all have special talents and abilities that make us unique.
- Turn I can't (reactive) attitudes into I can (positive) attitudes.

ABC Volunteers

The Project Cornerstone program succeeds only with the participation of volunteers. Please consider supporting the efforts of the Project Cornerstone program.

ABC volunteers should:

- Love working with children in a classroom setting.
- Enjoy reading books out loud in the classroom to students.
- Be comfortable leading age-appropriate discussions and activities in the classroom.
- Communicate well with adults and children.

The primary goals of the ABC volunteers are to:

- Build a relationship with young people by reading specially selected children's books and leading classroom activities.
- Lead meaningful discussions that focus on important issues like respect, tolerance, integrity, peaceful conflict resolution, honesty, caring, and friendship.
- Provide students with tools to become an UPstander, deal with negative social behaviors, and enhance social competencies.
- Build a common language and set of expectations for behavior, which leads to creating a more caring, positive school climate.