



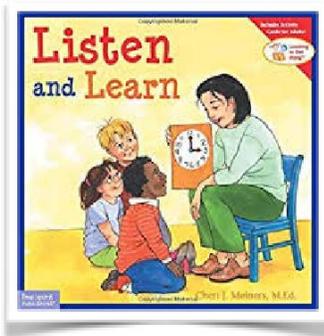
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Project Cornerstone

Kindergarten • Foundation

Project Cornerstone's ABC Kindergarten program utilizes a series of books by Cheri Meiners for kindergarten students. The activities developed in partnership with these books help students develop relationship skills. Classroom discussions and activities will enable students to learn and internalize the following tools and skills.



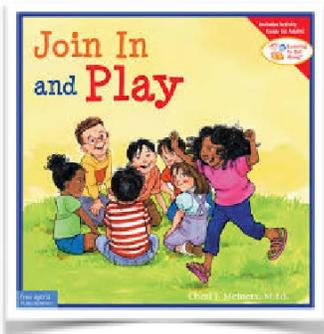
September

Listen and Learn

Listen and Learn by Cheri Meiners teaches children how to listen and why it's important to listen. This book discusses ways to listen and what to do when someone doesn't listen to you.

Tools

- Watch with your eyes.
- Hear with your ears.
- Keep your body still.
- Keep your mouth and hands quiet.
- Look at the speaker.
- Think about what you hear.



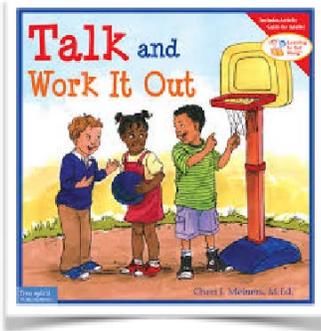
October

Join In and Play

Join In and Play by Cheri Meiners teaches children about being a friend, making a friend, and playing together. It teaches them rules for getting along, how to ask someone to play, and to cooperate with others.

Tools

- Smile and say hello.
- Invite someone, "Do you want to play?"
- Ask to join in, "Can I play?"
- Be kind to someone.
- Listen and talk out problems.
- Play fair and follow the rules.
- Share and wait your turn.



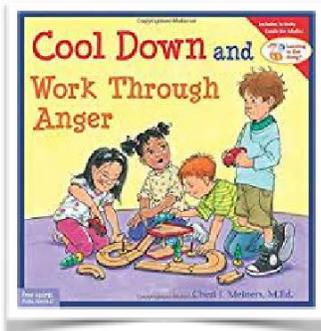
November

Talk and Work It Out

Talk and Work It Out by Cheri Meiners focuses on peaceful conflict resolution. Children learn specific tools to resolve conflict and get along. Students will learn to work things out with these steps: talk about the problem; listen to understand; think of ways to solve it; choose the best plan. Students are also taught to accept and respect one another's position, keep an open mind by being a good listener, and identify their feelings and the feelings of others.

Tools

- Talk about the problem.
- Listen to understand.
- Think of ways to solve it.
- Choose the best plan.



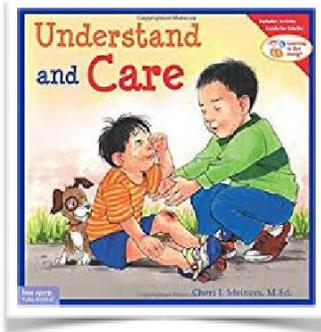
January

Cool Down and Work Through Anger

Cool Down and Work Through Anger by Cheri Meiners helps children recognize feelings of anger, express them, and build skills for coping with those feelings in helpful ways. Students will learn specific tools to work through their feelings of frustration and anger, helping them to cool down, and work through these emotions.

Tools

- Identify, acknowledge and express feelings in safe and positive ways.
- Recognize the signs of anger.
- Stop and think before you act.
- Cool down with deep breaths, counting to 10, draw, sing, exercise etc.
- Talk about your feelings with a friend or caring adult.
- Work with the other person calmly to listen to understand.
- Make a real apology.
- Give that person a second chance.
- Accept that I control my feelings and reactions.



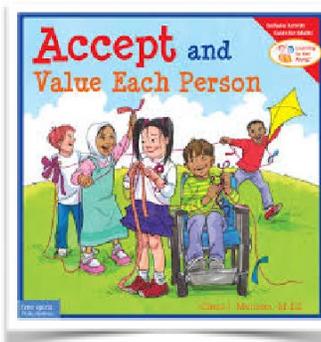
February

Understand and Care

Understand and Care by Cheri Meiners focuses on explaining empathy to children. Empathy denotes a deep emotional understanding of another's feelings or problems. This lesson will teach students to identify emotions and to understand how another person feels. Learning to walk in someone else's shoes promotes respect and caring for others.

Tools

- Watch and listen to the person.
- Remember when you have felt the same way.
- Imagine how you might feel.
- Ask what the person is feeling.
- Show you care.



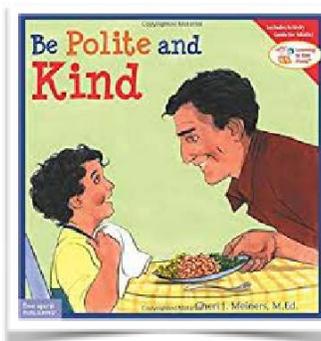
March

Accept and Value Each Person

Accept and Value Each Person by Cheri Meiners teaches children about living in a diverse world. It talks about accepting and valuing people different from oneself and one's family.

Tools

- Treat everyone kindly.
- Find ways that you're alike.
- Include someone who is new.
- Learn to give and receive help.
- Appreciate others the way they are.
- Overlook small differences.
- Try to understand how others feel.
- Value each person as part of the group.



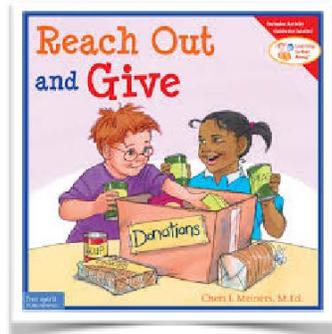
April

Be Polite and Kind

Be Polite and Kind by Cheri Meiners focuses on manners such as courtesy, respect, and kindness. The book helps children learn that good manners help everyone get along and the importance of being kind.

Tools

- Words show others that they are important to you.
- Use magic manners words when you talk with people: Please, Thank you, You're welcome, Excuse me, I'm sorry, May I?, Hello, Good job!
- Words show appreciation for the kind things others do.
- Polite words show respect to others.



May

Reach Out and Give

Reach Out and Give by Cheri Meiners talks about the importance of contributing to your community. It empowers children to understand that their special skills can make important contributions to their family, school and neighborhood.

Tools

- Being generous brings out the best.
- Help someone without being asked.
- Make something or spend time with someone.
- Join in and volunteer.
- Say and do kind things.
- Good deeds are important.
- You can make a difference.

ABC Volunteers

The Project Cornerstone program succeeds only with the participation of volunteers. Every September the Kindergarten classes starts with predominately new parents. 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.