



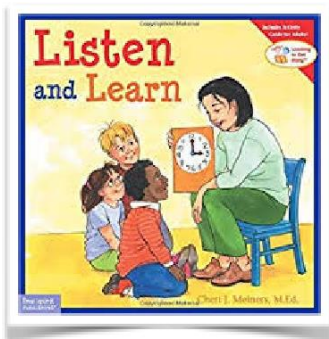
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**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 social and emotional learning skills. Classroom discussions and activities will enable students to learn and internalize the following tools and skills.



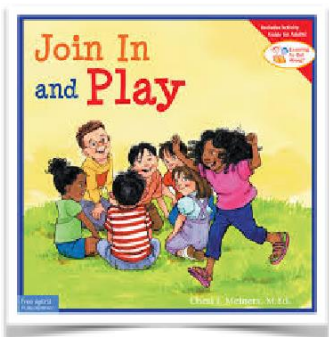
September

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.



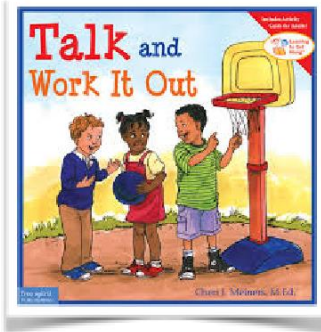
October

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.



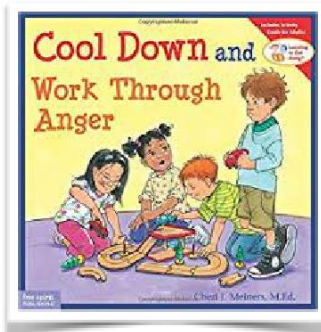
November

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.



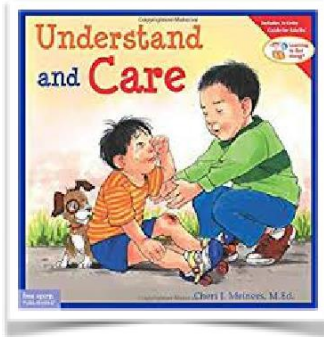
January

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, count 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.



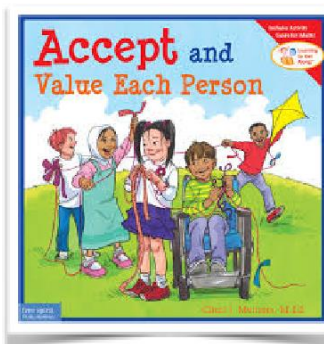
February

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.



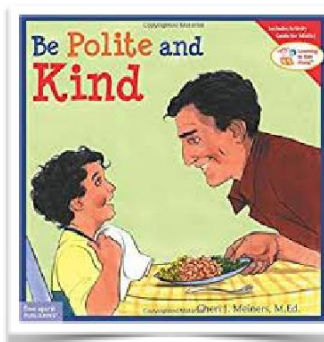
March

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.



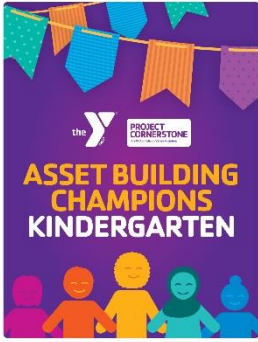
April

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

Review

This is an opportunity to review all you and your students have learned and shared together this year. Show the cover of each book and discuss what was learned.

Tools

- Show me how to listen. Use your ears, eyes, and whole body. (*Listen and Learn*)
- Chant the Join in and Play rap. (*Join in and Play*)
- Sing the We Will Work it Out Song. (*Talk and Work it Out*)
- Smell the flower and blow out the candle. (*Cool Down and Work Through Anger*)
- Act out feelings using your face and body. (*Understand and Care*)
- Discuss how we discovered our similarities and differences. (*Accept and Value Each Person*)
- Review the Magic Manner Words in sign language or sing a manners song. (*Be Polite and Kind*)