



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Dear Parents/Guardians:

Hello! I'm a volunteer for the Project Cornerstone program called ABC (Asset Building Champions). I will be visiting your child's classroom every month to read stories, lead discussions and share activities to help all kids feel valued, respected and known at school.

Today I read *Friends to the End-For Kids* by Bradley Trevor Grieve. This book uses engaging photographs of animals to help students build friendship skills and create a respectful school climate where all students belong and feel safe.

The students and I also discussed "Ten Ways to Build Relationships":

1. Be an *UPstander*. (This is someone who steps up to help when needed.)
2. Be honest and tell the truth.
3. When you make a promise, keep it!
4. Use a *genuine apology* when you have made a mistake.
5. Learn to forgive mistakes. Give people a second chance
6. Be helpful to others.
7. Respect your classmates' feelings and possessions.
8. Tell friends and classmates how you feel.
9. Talk to your classmate/friend about your feelings.
10. Be a *bucket filler* who fills people's emotional *buckets* with *warm fuzzies*.

Conversation Starters:

Talk to your child about the friendship skills we discussed and share stories about your own friendships.

- How do you identify different types of friends in your life?
- How do you show your friends that you care about them?
- What do you like to do with your friends?
- What do you do when a good friend betrays a confidence?

By talking with your child that you also experience good things and difficult moments with your friends, you'll help them understand how to be a better friend at school and everywhere else.

If you would like more information about the ABC program, please contact me.

Sincerely,

ABC Volunteer

Telephone/Email

PS. On the back of this letter is the Lasting Friendships Worksheet for you and your child to complete.