



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Cornerstone Corner

This month's ABC book: "**Giraffes Can't Dance**" by Giles Andreae tells the story of Gerald the giraffe who is able to **dance to his own tune** when he gets some encouraging words from an unlikely friend.

Goals of lesson:

- Students learn about personal power and **practice using their positive personal power to benefit both themselves and others.**
- Students learn that making other people feel good is a great way to **fill their own buckets**, too!

To reinforce this lesson at home:

- Create opportunities to encourage your child to **try new things.**
- Offer praise for their willingness to try and practice.
- Whenever they're in a negative situation, help your child "switch the channel" to reframe their inner dialogue to create an **"I can do it!" attitude.**
- Remind your child: **Don't focus on the black dot.** Focus on the white page.
- Involve children of all ages in **family decision making.**

***Quick Tip:** Teach your child practical skills such as how to change a tire, cook a couple of meals, or sew on a button. Well-prepared young people are more likely to feel a sense of personal power.

***When you "catch" kids modeling positive behaviors...
Notice, Name it, and Celebrate it!***

