



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

ABC Tips for Yard Duty

This month, the **ABC** book is *Giraffes Can't Dance*. Our goal is to help students learn about their *personal power* to choose how they react to frustration, disappointment and hurt feelings.

- Help students use **positive self-talk** to switch negative thoughts into positive thoughts.
 - ***I can try it. I can do it!***
- Use your positive actions, words and behaviors to make students feel safe and cared for.
 - Introduce yourself. Learn and use their names.
 - *Notice, name and celebrate* their accomplishments.
- Help students practice using their **positive personal power** in ways that benefit themselves and others.
- Encourage students to make choices and decisions using a positive attitude.

ABC Skill Building Vocabulary:

1. **Positive personal power-** Feeling confident and secure that you have control over things that happen to you. You have power to choose how to respond.
2. **Positive self-talk-** Choose to think of your strengths. Remind yourself of the things you CAN do safely to respond to frustration, disappointment and hurt feelings.