



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 *BIG*. Our goal is to help students learn about their power to *perform intentional acts of caring for others and to understand that everyone can be BIG in their own way.*

Look for *intentional acts of caring* you see on campus. Use a *10-second Appreciation* to **notice, name and celebrate** students. Praise their effort(s) to be *BIG*:

- Stop, use their name and tell youth, “I noticed when **YOU** \_(Describe the *BIG* effort they made to be kind and caring)\_. **Thank for being the biggest YOU that YOU can be!”**
- Celebrate the *BIG* deeds, actions and words students use to show caring for others.
- Celebrate the *BIG* efforts, thoughts and discoveries students make about themselves and others.
- Celebrate the *BIG* risks students take to make a positive impact on their school environment.

### **ABC Skill Building Vocabulary:**

1. ***BIG* is being the biggest YOU that YOU can be!**  
*Being BIG* is a lot like being a *bucket filler*. *BIG* is being an *UPstander* for you and for others.
2. ***10-second Appreciation*** Commit to six 10-second Appreciations a day- just one minute of your time- to build stronger relationships!