



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**

A YMCA of Silicon Valley Initiative

Cornerstone Corner

This month's ABC book: "**Big**" by Coleen Paratore encourages students to become BIG people. The author defines BIG as being bright, imaginative, healthy, helpful, and valuable members of society.

Goals of lesson:

- **Encourage students to take small steps** to achieve *BIG* outcomes at home, school and community.
- **Internalize intrinsic rewards** of doing things for the right reasons-Being an *UPstander*.
- Perform ***intentional acts of caring*** for others.
- Understand that **everyone can be *BIG*** in their own way.

To reinforce this lesson at home:

- Discuss ways your family contributes individually and together to making a difference in the world.
- Ask your child
 - How can I be *BIG* in my family?
 - What do we do to be *BIG* toward our planet?
 - How can we be kind to each other in a *BIG* way?
 - How can we be *BIG* in our community?
 - Name people who are ***BIG*** (famous, friends, family, in the news) and explain why.

Parents can consider reading the book: *The World Needs Your Kid: Raising Children Who Care and Contribute* by Craig & Marc Kielburger.

This book focuses on **simple everyday actions** that can have a lasting influence on your child's life and the lives of those around us.

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

BIG