



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Dear Parents/Guardians:

Today in your child's classroom, I read the book *Big* by Coleen Paratore. The focus of this book is to learn about becoming a *BIG* person. Big is not defined as large or tall, but a person who thinks *BIG* about the world and their place in it. The author defines *BIG* as being bright and imaginative, healthy, kind and helpful, friendly and valuable members of society.

During our discussion we talked about *being BIG* as a journey made up of small things we say and do every day. The reward for *being BIG* is not tangible, but something felt inside of each of us. It is a feeling of goodness that comes from thinking and acting generously. We discussed looking within ourselves to see how we can *tap into personal power* to become a valuable member for family, school, neighborhood, community, country and world.

We focused on ways to be active citizens to improve the world by committing to daily acts of caring and outreach in our community with acts of service. Volunteering and service are powerful ways to build assets. Asset #9-Service to Others is all about giving back and helping out. Search Institute research shows that Asset #9 builds 21 of the 40 assets. The research shows that service is powerful in helping kids succeed in all areas of life -- health, friendships, school and self-esteem.

We hope you will have a family discussion about ways to *be the biggest you that you can be*. During your *BIG* talk, discuss ways your family contributes individually and together to making a difference in the world. Ask questions like:

- How can I be healthy *BIG*?
- 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.

After your discussion, your family may wish to volunteer, do community outreach, or a service learning project. On our website is a list of ways to volunteer. Go to www.projectcornerstone.org and click on the resource tab to find the list of Service Opportunities.

Sincerely,

ABC Volunteer

Telephone/Email

PS. On the back of this letter is chart for you and your child to do together or as a family. Together you can decide on daily actions to do to *be BIG*. List the steps you will take and keep track of your activities on the chart.