



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Cornerstone Corner

This month's ABC book: **"How Do I Stand In Your Shoes?"** by Susan DeBell, Ph.D is a story about a girl named Miranda who has no patience for the other students in her class. She just doesn't understand why they can't be as smart and talented as she is, until she learns to start walking in their shoes.

Goals of lesson:

- Empower students to *notice, name, and understand* feelings or difficulties of others.
- Express and receive empathy from each other.
- Use the tools of *bucket filling and the law of the lid* to *understand and care* about others.
- Empathize with those that have received mean and hurtful messages digitally.

Consider using the following empathy building tools to reinforce this lesson at home:

- Listen without interrupting. Say, "Hmmm. What happened next?"
- Listen to the tone of the words.
- Look and watch people's body language.
- Notice, name, and confirm the feelings.

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

