



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Cornerstone Corner

In this month's ABC book: "**Sebastian's Roller Skates**" by Joan de Déu Prats, Sebastian gains confidence while practicing a new physical activity: roller-skating! His newly developed confidence empowers him to speak up and participate more fully in other areas of his life as well. This book shows how physical activity, perseverance, and hard work can bring about great leaps of confidence and skill.

Goals of lesson:

- Help students **explore and discover their sparks** (interests, dreams, passions, etc.)
- Reflect upon and identify the support students receive from their peers, family, and community.
- Learn to **change mud thoughts into clear thoughts**.
- Empower students to **provide support to their peers**, family, and community.

To reinforce this lesson at home, ask your child:

- What dreams do you have for your future?
- Which mentors or role models who have a strong purpose in life do you admire? Why?
- If you could do one thing with your life, what would it be? Why?

Here are some tips that might help your child find a sense of purpose:

- Cut down on television, computer, and telephone time to give your child time to develop her or his interests.
- Model having a sense of purpose. Do the things that matter to you.
- Compare passion lists. Have family members each write down five things they're passionate about and then talk about them.
- Model using *positive self-talk* and turn *mud thoughts into clear thoughts*.
 - "I hate spelling. I never will be able to spell."-*mud thought*
 - "Spelling is hard for me, but I can practice and work hard to do better."-*clear thought*

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

