



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

## Cornerstone Corner

This month's ABC book: "**Empty Pot**" by Demi tells the story of Ping, a young Chinese boy with a green thumb who wins the emperor's competition. Ping stands by his values even when it is not easy to do.

### Goals of lesson:

- Model how to act with *courage, honesty, responsibility, integrity, and perseverance*. (**CHIRP**).
- **Empower students** to act as *UPstanders* and create *circles of trust* with peers.
- **Stand by beliefs** and *stand up* for them with courage and determination.
- **Use resistance skills** to resist peer pressure.

### To reinforce this lesson at home:

- Tell your child about a time when you stood up for something even though it was difficult to do. Explain how you felt.
- Share a time when you didn't stand up for something because you were afraid. Discuss why it's easier to act on your convictions in some situations than others.
- Notice, name and celebrate when:
  - You or your child say or do something as an UPstander.
  - Your child tells the truth when it is hard to do so.
  - Your child accomplishes something small or large, especially when trying their best.
  - Family, friends, and neighbors model positive values.
- Talk Together (Questions to discuss with your child):
  - What happens in the book Empty Pot? (This is a great story!)
  - What does integrity mean to our family?
  - When is it easy to act on your beliefs? When is it difficult? Why?
  - What happened the last time you stood up for or spoke out about what you value?

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

