



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Cornerstone Corner

This month's ABC book: **"One"** by Kathryn Otoshi is a colorful story of **acceptance and tolerance** and tells the tale of how just **one voice can make a difference**.

Goals of lesson:

1. Students **know, accept and value who they are**.
2. Students **believe that they have the power to make a difference** in their own (and other students') lives.
3. Students recognize that they have **power within themselves to react/respond in bullying/bucket dipping situations**.

We hope you will invite your child to share tonight about *One*. Help reinforce the positive messages at home:

- Ask your child in what areas of their life do they feel they have the most control? The least control? Why?
- **Talk about ways that each family member counts!**
- Practice with your child ways to **de-escalate emotionally charged conversations** using a calm tone of voice, positive words, and comforting body language.
- Remind your child that you think they are **ONE** great kid!

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

