



## Project Cornerstone Book-of-the-Month #1

This month your student will hear a book titled *Stand Tall, Molly Lou Melon* in class as part of the ABC program. The goals of this lesson for our students are to **identify caring adults in their lives, develop their personal power and believe that they have control over their lives, and increase self-esteem.**

Here are some activities that you can do at home to help achieve these goals:

- Watch these videos:
  - "We all could learn a lesson from this little girl" (57sec)  
<https://www.youtube.com/watch?v=Cgw8OFVHzd4>
  - "Sesame Street: Janelle Monae - Power of Yet" (2min 41sec)  
<https://youtu.be/XLeUvZvuvAs>
- Boost Each Other Up: Celebrate each family member's special talents and abilities. Go around the dinner table and have each family member say one thing they like about each of the other members.
- Wall of Fame: Create a special place in your house to display items that family members are proud of. Assign a space for each family member. Post items in this space that they are proud of (special drawings, an assignment they worked hard on, photos, etc.). Make sure there is a space for mom and dad, too!
- Have your student "expert" explain the concept of "*mud thoughts* and *clear thoughts*" to the family. Have the family practice changing "*mud thoughts* into *clear thoughts*."
- Encourage adults at home to have frequent conversations about the caring adults in the lives of youth. Identify who they are at school, in the neighborhood, and in the family. Who are the caring adults for the adults?

**Notice It! Name It! Celebrate It!**

