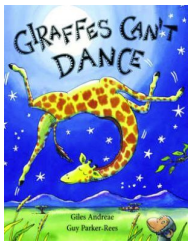
YMCA Project Cornerstone Summer Fun 2021

An 8-week adventure in reading, games, and family fun!

Week 2 —*Giraffes Can't Dance*

By Giles Andreae

Use your positive personal power!



Book synopsis: The focus of this book is to help students recognize that they have *personal power* and can choose to take control of their response to challenges. *Positive personal power* prevents us from hurting other people's feelings and helps us avoid being the victim of hurtful behavior. Celebrate that everyone is unique!

Book Narration: View a narration of this book. Video

This Week's Activities:

Monday

Activity: Dance Party

Materials: Music

- Have a family dance party. Try the different dances that the animals in the story perform, teach an old classic like the Macarena, or make up your own dances.
- Create a play list that makes everyone want to dance. Play the music. When it stops, everyone freezes. Ask, "How does it make you feel?"

Tuesday

Craft**:** I Can Giraffe Headband

- Materials: construction paper, scissors, glue or stapler, markers, printed giraffe ears Pdf
- Directions: To make headband cut strip of construction paper to fit around head, staple or glue to fit. Write on the headband something you can do, "I can …" Print the giraffe ears, cut out and attach to the headband.
- Discuss, "What can you do? What do you want to do?"
- Write on the headband, I can _____.

Wednesday

Complementary books:

- *Call Me Tree* by Maya Christina Arbol
- *A Girl Like Me* by Angela Johnson
- *Blue Ribbon Day* by Katie Couric

Thursday

Mindfulness activity**:** Mindful Posing

Go somewhere quiet and familiar, a safe place, and try the following poses:

- The Superman: This pose is practiced by standing with feet just wider than hips, fists clenched, and arms reached to the sky, stretching the body as tall as possible.
- The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and fists placed on hips.
- Take 3 deep breaths. Feel your personal power! Say, "I can do this!"

Friday

Family Movie Night: *The One and Only Ivan (age 8+)*

- Watch "The One and Only Ivan" a film about empathy, teamwork, and perseverance.