FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROJECT CORNERSTONE
A YMCA of Silicon Valley Initiative

Cornerstone Corner

This month's ABC book: "**Long Shot—Never Too Small to Dream Big**" by Chris Paul is an autobiography of an NBA All-Star. As a child, he is one of the shortest players on his basketball team, but with hard work, determination, and the support of his family he is able to realize his dreams.

Goals of lesson:

1. Help students **explore and discover their *sparks*** (interests, dreams, passions, etc.)
2. Identify their ***spark champions***. (People who will help.)
3. *Set a GPS* -**short and long term goals**, steps to get there, and shifting of gears to achieve their dreams.
4. Identify their *goal champions*
5. Reflect upon and identify the support students receive from their peers, family, and community.
6. **Empower students to provide support to their peers**, family, and community.

Questions to ask and discuss to reinforce this lesson at home:

- What is your biggest dream?
- What matters to you? What sparks your interest?
- What is your favorite thing to do, and how can I help you do it?
- What help do you need to reach your goals?
- Who will be your spark or goal champion (helps with taking steps to achieve a dream)?

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