



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Cornerstone Corner

This month's ABC book: "**The OK Book**" by Amy Krouse Rosenthal and Tom Lichtenheld shows the cleverly illustrated OK Kid trying lots of new things. Even though he's not good at everything he tries, he has fun trying. He knows that's how he'll find out what he's really good at.

### Goals of lesson:

- Developing a **growth mindset** that embraces trying new things.
- Being "OK" with enjoying, while pursuing mastery.
- Finding joy in **discovering new sparks** and interests.
- Learning from mistakes to develop resiliency.
- Turning *I can't (reactive)* attitudes into *I can (proactive)* attitudes.

Please encourage your child to use **positive self-talk** by practicing and **modeling** the following phrases yourself; and **noticing, naming and celebrating** your child's use of positive phrases and attitudes like:

- I'll give it a try, or I'll do it!
- *I can* do better, if I try again...
- Let's look at all of our options...
- I choose to...
- There's got to be a way...



## Try something new!