

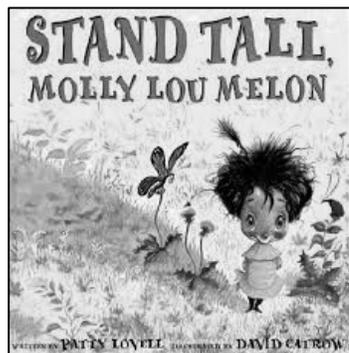
CORNERSTONE CORNER

Project Cornerstone, a YMCA of Silicon Valley Initiative

WHAT IS PROJECT CORNERSTONE? Project Cornerstone seeks to empower youth, parents, and school staff to improve school climate, reduce bullying, and create vibrant, caring communities of learners. Every month, a dedicated group of parent volunteers receives training to be ABC (Asset Building Champions) readers in our classrooms. Our readers share stories, lead discussions, and plan activities to help all kids feel valued, respected, & known at school.

THIS MONTH'S BOOK:

STAND TALL, MOLLY LOU MELON
BY PATTY LOVELL



Today in your child's classroom, we read the book *Stand Tall, Molly Lou Melon* by Patty Lovell. The main character is empowered by a caring adult, her grandmother. As her grandmother fills her bucket, Molly Lou gains self-confidence, which empowers her to stand up to bullying behaviors. Molly Lou models positive self-talk to the other students in the class and shows how positive energy can change negative behavior.



UPSTANDER PLEDGE

I am an UPSTANDER.

I have the POWER
to INFLUENCE MY PEERS.

I SAY something OR DO something
when you need help.

I am there FOR you.

I WILL help you get
the help you need.

you are not alone.

I have your back.

After the story, we discussed some ways that children can **USE their lid** to respond to **BUCKET dippers** and make positive changes in daily social interactions:

- **Find a caring adult.** Who are the caring adults in your children's lives? To whom would they turn for help at home, at school and in the neighborhood? If they have trouble identifying a caring adult in each of these environments, tell them who you think they can trust, and let those adults know that your child may turn to them for help.
- **DEVELOP and use "PERSONAL POWER".** Developing personal power helps children understand that they have control over situations. One way to *stand tall* like Molly Lou is to use body language to show confidence. At home, have your child look in the mirror and practice standing tall, making eye contact, walking with shoulders back, and using a firm voice to communicate. Have your child practice their *positive self-talk* to build their positive energy.
- **USE SELF-ESTEEM to become resilient.** One way to help children develop self-esteem is to help them recognize their many skills and talents. You can reinforce this by telling your children why they make you proud, and asking what makes them feel proud of themselves. Provide them with lots of specific examples of their fine qualities and skills. Place positive notes that celebrate their accomplishments in their lunchboxes, on the bathroom mirror, on doors and on their desks.

PS. ON the back of this letter is the
CHEERING SECTION WORKSHEET for you
and your child to do together.

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

