



YMCA Project Cornerstone Summer Fun — ABC

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

Week 1 — *Stand Tall Molly Lou Melon*

By Patty Lovell

Walk Proud, Smile Big, Sing Loud

Book synopsis: Molly Lou is the victim of name-calling and teasing. However, she does not react to the *hooks* that Ronald Durkin throws her way. Students learn in this book that their reaction to behaviors is the key and that they have the power to control their own responses.



Goal: Students will gain a sense of control over things that happen to them by using positive thinking and choosing how to react.

Book Narration Video: <https://www.youtube.com/watch?v=54Q3MwhGzKw>

This Week's Activities

Monday

Student Activity:

- Molly loves to sing! Learn a *new song* today.
- Teach your song to other family members.

Tuesday

Craft: Balance the Pennies

- Remember when Molly balanced the pennies on her teeth? It's your turn — have an adult help you!
- Materials: tongue depressor (or wide, wooden craft stick), pennies
- Parents: Have your child hold the tongue depressor in his/her mouth and line up the pennies on top of it. Try to walk around without letting any pennies drop! Have a family relay.

Wednesday

Complimentary Book:

- Read or listen to a narration of complimentary book, *Marisol McDonald Doesn't Match* by Monica Brown https://www.youtube.com/watch?v=fzl_ynrAglQ

Thursday

Handout: Proud of Me List

- Have your child complete the Proud of Me List worksheet (attached).

Friday

Family Movie Night:

- Watch "Finding Nemo" a film about compassion, courage, gratitude, and perseverance.

Visit <https://www.ymcasv.org/ymca-project-cornerstone>
and click the "Summer Fun" link for more!



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Proud of Me List

Look in the mirror. Draw a picture of yourself in the mirror and print your name. Then answer each question and if you have more to say, you can use the back.



Name: _____

What special skills do I have?

What accomplishment am I proud of?

What do I *say* or *do* that makes me feel good?

Visit <https://www.ymcasv.org/ymca-project-cornerstone> and click the “Summer Fun” link for more!



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

