



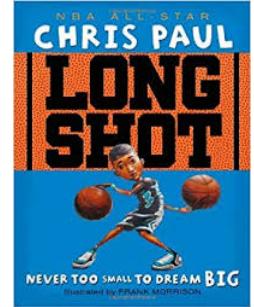
# YMCA Project Cornerstone Summer Fun — ABC

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

## Week 5 — Long Shot Never Too Small to Dream Big

By Chris Paul

Find Your Spark



**Book synopsis:** In this book, professional basketball player Chris Paul tells the story of his own childhood dream of being a basketball player and the challenges he faced. The focus of this book is to inspire children find their sparks, explore their world, and learn about their passions.

**Goal:** Help children explore and discover their sparks (interests, dreams, and passions) and set goals to reach them.

**Book Narration:** <https://www.youtube.com/watch?v=p0SIWokYIXM>

### This Week's Activities

#### Monday

Family Activity: Basket Shooting Goals (inside or outside)

Materials: basketball and hoop or scrap paper and trashcan/bucket

- Before starting, have a family meeting to talk about fun summer goals. What does your family want to do this summer?
- With each basket you make (in the hoop or in the trashcan/bucket), say a step you can make to reach your family goal or the name of someone who can help you get there.
- At the end, write down the steps named and get started on accomplishing your summer goals.

#### Tuesday

Family Activity: How Many Miles Can You Walk?

Materials: Paper, markers

- Each mile you walk as a family is worth one point. When you walk somewhere new as a family, (such as a local county park), each mile is worth two points.
- Choose a point goal for each week, month, or for the whole summer! Write this on the paper. Make this goal challenging, yet attainable.
- Note your points on the paper each time you walk. Total it up as you go along. Make a poster to chart your miles and the places you walk. Post pictures of things you see while walking.
- When walking new places, one family member can be in charge of documenting the event by taking photos.
- You can create incentives as you meet smaller goals such as "when we get 7 points it's movie night, or at 12 points it's ice cream sundae night!"
- Enjoy time together seeing new places

#### Wednesday

Complimentary Book:

- Read or listen to the narration of the complimentary book, *Dream Big, Little Pig* by Kristi Yamaguchi. <https://www.youtube.com/watch?v=q0GGqQrLSfI>

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



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## Week 5 – *Long Shot Never Too Small to Dream Big (page 2)*

### Thursday

Handout: My Dream List

- Materials: My Dream list handout, pencil, pen, crayons
- This can be done by each family member.
- Think of all the things they would like to do in your life: places to explore, talents and skills to learn, cultures to study, ports of travel, experiences to experience.
- Create a life list of dreams. They can write down anything they want to see, do, or learn, no matter how strange or fanciful.
- Post the Dream Lists in a special place for all to see.

### Friday

Family Movie Night:

- Watch “Akeelah and the Bee” a film about courage and perseverance (age 9+)

### BONUS FUN!

Superhero Focus

- Setting goals and working towards them takes focus. Mindfulness can help.
- Be a superhero by turning on your “Spidey senses”
- Super focus your senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him.
- Encourage children to pause and focus their attention on the present, opening their awareness to the information their senses bring in.