



YMCA Project Cornerstone Summer Fun — ABC

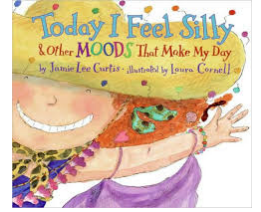
An 8-week adventure in reading, games,
and family fun!

Week 4 — Today I Feel Silly

By Jamie Lee Curtis

Say How You Feel

Book synopsis: This book teaches children to identify, accept, and deal with their own emotions. They will learn that experiencing a wide range of emotions is a part of being human. Children will learn what it means to be empathetic, as they understand and identify how another person feels.



Goal: Children will name feelings and notice the feelings of others as they learn ways to accept and deal with their own emotions.

Book Narration Video: <https://www.youtube.com/watch?v=JofkgL7CY5A>

This Week's Activities

Monday

Family Activity: Emotion Charades

- Materials: pen or pencil, slips of paper
- The whole family can enjoy this game. Write emotions on the slips of paper.
- Act out the emotion without making a sound. For younger children use simple feelings (mad, sad, happy). For older kids use more challenging choices (frustrated, worried, distracted). Cheer for each other when the charade is guessed.

Tuesday

Craft: Fortune Teller

- Materials: Instructions for Fortune Teller, paper, pens
- Have children make their own fortune teller by folding and filling in their feeling words.
- See "How to Make a Fortune Teller" attached to this lesson.

Wednesday

Complimentary Book:

- Read or listen to the narration of the complimentary book, *In My Heart: A Book of Feelings*, by Jo Witek <https://www.youtube.com/watch?v=xIfLgHBwYx4>

Thursday

Sing a Song: "If You're Angry and You Know It"

- Sit around the patio and sing the song included below to the tune of "If You're Happy and You Know It."
- Act out the different cool down strategies for each stanza. Add some dance moves. Tape your family singing and post it on the comment section for this book on the Project Cornerstone Facebook page.

Friday

Family Activity: Family Movie Night

- Watch "Inside Out" a film about feelings, friendship, courage, and compassion.

Bonus Fun:

Mindfulness Activity-Body Poses: To get your kids excited, tell them that doing fun poses can help them feel strong, brave and happy. Have your child go somewhere quiet and familiar, a place they feel safe.

Next tell them to try on of the following poses:

- The Superman: this pose is practiced by standing with the feet just wider than hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
- The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

Ask the kids how they feel after a few rounds of trying either of these poses. You may be surprised! Parents may want to give it a try too!

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



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How to Make a Fortune Teller

1. Fold on the diagonal and cut or tear off any excess to form a square. Start with a square piece of paper. Try to fold two opposite corners together and crease it into a triangle. There should be no overhanging paper.



2. If you like, decorate one side.



3. Fold the square paper in half, (towards the decorated side, if there is one), to make a rectangle. Unfold it.



4. Fold in half vertically with the decorated side inside. Then unfold.



5. Now you have the square with one horizontal and one vertical crease down the center.



6. Lay the paper decorated side down. Turn the paper over so that the colorful side faces down, (that is, with the creases pointed up). Fold the points in toward the center until all 4 meet in the middle.



7. Turn the whole thing over so you're working with the back side now.



8. Take the new points of the square and fold them to each touch the Center as well.

9. Fold it in half into a rectangle. Then fold that rectangle in half once again into a square. Open up these last two folds; you just need the creases.



10. Pull the flaps with the loose points out so you can fit your index fingers and thumbs under those flaps (one finger or thumb per flap).



11. With your fingers under the flaps, push the four outside corners together so that you have something resembling a flower shape.



12. Write four words on the outside flaps, number the inside flaps, then write some kind of fortune, picture, or compliments under the inside flaps. These are the hidden answers.



Project Cornerstone, ABC Year 2, Lesson 4, *Today I Feel Silly*

If You're Angry and You Know It

If you're angry and you know it, tell a friend.
If you're angry and you know it, tell a friend.
If you're angry and you know it, then your face will surely show it,
if you're angry and you know it, tell a friend.

(because just talking to someone about your feelings or problems sometimes helps make you feel better. A friend might also have helpful, healthy suggestions for how to deal with the problem.)

If you're angry and you know it, count to ten.
If you're angry and you know it, count to ten.
If you're angry and you know it, then your face will surely show it,
if you're angry and you know it, count to ten.

(Counting to 10 or 20 or 100 gives your body the opportunity to calm down so you don't hurt someone. It also keeps your mouth busy so you can't use mean words to hurt someone.)

If you're angry and you know it, take a deep breath.
If you're angry and you know it, take a deep breath.
If you're angry and you know it, then your face will surely show it,
if you're angry and you know it, take a deep breath.

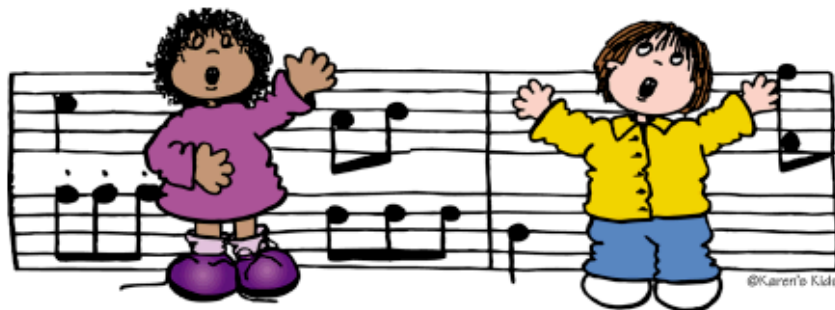
((Let it out slowly. This helps you to relax and calm down. When you are angry you feel like you have lots of energy and need to move around.)

If you're angry and you know it, take a nap.
If you're angry and you know it, take a nap.
If you're angry and you know it, then your face will surely show it,
if you're angry and you know it, take a nap.

(Sometimes when we are tired things seem worse than they really are. A nap or a good night's sleep seems to wash away anger.)

If you're angry and you know it, hug an adult.
If you're angry and you know it, hug an adult.
If you're angry and you know it, then your face will surely show it,
if you're angry and you know it, hug an adult.

(Maybe a hug from one of your favorite adults will help make you feel better.)





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Cool Down Strategies

1. Learn to recognize your anger signs.
 - Check your breathing, tummy, jaws, fists, and pulse.
2. Think, and choose the best way to act.
 - Use your words, not your fists.
 - State "Stop it! I don't like that."
 - Use a confident voice and say "I feel mad when you _____."
3. Stop and take a deep breath.
 - Slowly, take five deep breaths. Blow your anger out!
4. Count to 10 SLOWLY.
 - Count to 10 in your head and then count backwards for another 10.
5. Do yoga stretches.
6. Remove yourself from the situation.
 - Walk away until you feel calm.
7. Stay calm and in control.
 - Relax and cool down. Think calm, peaceful thoughts.
 - Pretend to be a big balloon filled with air. Relax and let all the air out.
8. Do something physical to use up your energy.
 - Listen to music.
 - Sing and dance along to the beat.
 - Blow bubbles.
 - Swing on a swing.
9. Talk about how you feel with a friend or caring adult.
 - Give and get a hug.

Project Cornerstone, Kindergarten, Lesson 4, *Cool Down and Work Through Anger*



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