



# YMCA Project Cornerstone Summer Fun — ABC

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

## Week 8 — *The OK Book*

By Amy Krouse Rosenthal and Tom Lichtenheld

*Say I Can Do It!*



**Book synopsis:** This book focuses on resilience and *growth mindset*. Resilience is an ability to bounce back and recover from adversity. A *growth mindset* allows a person to view challenging times as temporary. Youth who are resilient and have a *growth mindset* are better prepared to overcome the challenges of new and difficult experiences.

**Goal:** Develop a *growth mindset* that embraces trying new things; being “OK” with enjoying new experiences while pursuing mastery.

**Book Narration Video:** <https://www.youtube.com/watch?v=JoyD2HUZ6mI>

### This Week's Activities

#### Monday

Student Activity: Being an *OK KID!*

Materials: yo-yo, hula hoop, Frisbee, jacks, Kleenex, cups,

- This is a chance to try something new.
- There is no expectation to master the task. Just an expectation to try.
- Choose one or all: a yo-yo, hula hoop, Frisbee, jacks, hopscotch, juggling (start with Kleenex), stacking cups.
- Try something new just for fun.
- What else can you try? Think of something you have always wanted to do and give it a go.
- Fill in the blank: I'm an **OK** \_\_\_\_\_.

#### Tuesday

Family Activity: The *OK* Pantomime Game

Materials: pencil, slips of paper

- This is a game for the whole family.
- Beforehand, write on slips of paper different activities (include some that the *OK* kid tried).
- Each person takes a turn to draw a slip and then act out that activity without making a sound.
- Everyone shouts out their guesses. Cheer big when the correct guess is made and then let someone else take a turn.

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### Wednesday

Complimentary Book:

Read or listen to the narration of complimentary book, *My Brave Year of Firsts* by Jaime Lee Curtis and Laura Cornell: <https://www.youtube.com/watch?v=sbFQtFQLQEE>

### Thursday

Mindful Activity: Going on Safari

- This exercise is a great way to help kids learn mindfulness.
- Tell kids that you are going on a safari. (Take a hike or walk outside.)
- Their goal is to notice as many birds, bugs, and animals as they can.
- They'll need to focus all of their senses to find them.
- At the end, share how each person was an OK explorer.

### Friday

Family Activity: Family Movie Night

- Watch "Mad Hot Ballroom" a film about teamwork, communication, and perseverance,

### BONUS FUN!

Family Challenge-Everyone must try something new to do.