



YMCA Project Cornerstone Summer Fun — ABC

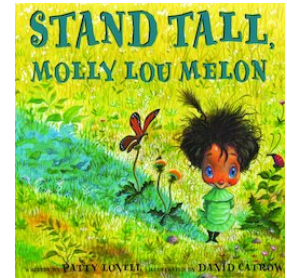
An 8-week adventure in reading, games,
and family fun!

There are 8 weeks of Summer Fun Activity, and every time you complete the week's activities, you can color in the image on the special coloring poster. Print a copy of the [coloring sheet](https://tinyurl.com/yc8fk97e) (<https://tinyurl.com/yc8fk97e>).

Week 2 — 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: [molly lou mellon - YouTube](#)

Pre-Recorded Videos:

- Conversation and Activity (all grades) [Video](#)
- Snowflake Craft (Grades K-2) [Video](#)
- Positive Self-Talk Shield Craft (Grades 3-6) [Video](#)

Monday Activity:

Be a Singer

Student Activity:

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

Tuesday Craft:

Balance the Pennies

Materials: tongue depressor (or wide, wooden craft stick), pennies

- Remember when Molly balanced the pennies on her teeth? It's your turn — have an adult help you!
- 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.

Learn more about Project Cornerstone's programs and services:

<https://www.ymcasv.org/ymca-project-cornerstone>



Wednesday Reading:

Complementary book

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

Thursday Activity:

Proud of Me List

- Molly Lou Melon uses positive self-talk to grow her self-confidence.
- Look at the Proud of Me List handout.
- Have your child complete the handout and discuss what they wrote. Pdf

Friday Family Movie Night:

Finding Nemo

- Watch "Finding Nemo," a film about compassion, courage, gratitude, and perseverance.
- After watching the movie, here are some discussion questions (ages 5+; provided by Common Sense Media):
 - Families can talk about how parents have to balance their wish to protect their children from being hurt (physically or emotionally) with the need to let them grow up and learn how to take care of themselves, like Marlin has to in Finding Nemo. Kids: How do your parents handle this?
 - Talk about Nemo's disability and about how everyone has different abilities. How do you know what your abilities are, and what do you do to make the most of them?
 - What parts of the movie were scary? Why? Did anything that you think was going to be scary turn out not to be so bad?
 - How do the characters in Finding Nemo demonstrate perseverance and courage? What about compassion and gratitude? Which of these traits does Molly Lou share?

BONUS FUN

Mindfulness Activity: *Mindful Listening-Singing*

- Molly loves to sing, so listen to some music with a variety of vocals.
- (Play preselected song with vocals.) Close your eyes or look down. Listen to the singers who are singing. How many voices do you hear? What do the voices sound like? Listen for 1 minute. What do you notice?
- Mindful listening can help improve relationships and promote understanding and compassion.

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 makes me special and unique?

What are my *positive self-talk* words or phrases?

What skills or accomplishments am I proud of?

Project Cornerstone, ABC Year 2, Lesson 2, *Stand Tall*, Molly Lou Melon