



YMCA Project Cornerstone Summer Fun — ABC

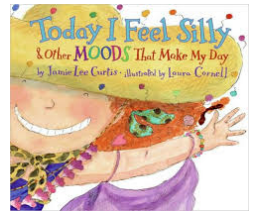
An 8-week adventure in reading, games, and family fun!

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 4 — Today I Feel Silly

By Jamie Lee Curtis

Feelings Tell Your Story



Book Synopsis: This book teaches children to identify, accept, and deal with their own emotions. Being aware of body language, facial expression, and tone of voice, help us understand how other people feel. Using these behavioral clues will help kids to *stop, think, and understand* their feelings and the feelings of others. They will learn that experiencing a wide range of emotions is a part of being human.

Goals: Students will learn to recognize and read body language, facial expression, and tone of voice as clues to ones' emotions. Students will be empowered to practice skills to influence their emotional reactions.

Book Narration Video: [Author Read Aloud](#)

Pre-Recorded Videos:

- Conversation and Activity (Grades K-6)
- Mood Meter (Grades K-2)
- Fortune Teller (Grades 3-6)

[Video](#)

[Video](#)

[Video](#)

Monday Activity:

Emotion Charades

- Materials: pen or pencil, slips of paper
- The whole family can enjoy this game. Write emotions on the slips of paper.
- Write a different feeling on each strip of paper. For younger children keep them simple (sad, mad, happy). For older children try more difficult emotions (frustrated, worried, surprised).
- Fold the strips in half and put them in a bowl.
- Take turns drawing a slip of paper and acting out the emotion. No talking allowed! Use body language and facial expressions to show the emotion.
- Shout out answers to guess the emotion being acted out.
- Cheer for the actor (and guessers) when the emotion is guessed!

Tuesday Craft:

Cheer Up Photos

- Materials: digital camera, worksheet, crayons, markers, white tag cut out as a frame
- Have your child practice making a goofy, funny face that will make someone laugh.
- When they are ready take their picture. This will be a gift for them to give to someone who needs cheering up.
- Cut the tag or construction paper into half. Leave a half inch around for the frame, so it can be decorated, or write some strategies to use to cheer oneself up.
- Paste the student's picture on the frame.
- Send to someone having a bad day.

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



PROJECT
CORNERSTONE
A YOUNG AND BOLD YOUNG INITIATIVE

Wednesday Reading:

Complementary Book

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

Thursday Activity:

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.
- Listen to other songs about feelings such as, *High Hopes* (Frank Sinatra), *Can't Stop the Feeling* (Troll Movie), *Landslide* (Stevie Nicks), or *Feeling Good* (Nina Simone) and talk about how the music makes you feel.

Friday Family Movie Night:

Big Hero 6

- Watch "Big Hero 6," a film that portrays grieving.
- Does Hiro's experience seem realistic? Why do we get sad when we see movie characters experiencing painful things?
- Besides sadness, what other feelings did characters experience?
- Did the movie make you interested in checking out the comics?
- For those who've already read the comics, how is the movie different? Did you like the changes the filmmakers made? Which changes were good?
- Talk about the popularity of superhero ensemble stories. Do you enjoy superhero groups like this one or [Guardians of the Galaxy](#) or [The Avengers](#), or do you prefer solo superhero films?

BONUS FUN

Mindfulness Activity: My Personal Weather Report

Play the mindful chimes. Have everyone sit comfortably and close their eyes. Say, "We are going to take some time to determine how you are feeling right now."

- What is the weather like inside you?
- Do you feel relaxed and sunny inside?
- Or does it feel rainy and overcast?
- Is there a storm raging?

Summon the weather report that best describes your feelings at the moment. Acknowledge how you are feeling, no need to do anything else. After all, you can't change the weather outside, can you? If you are dealing with a storm, realize it will pass. Moods can change. They blow over, just like the weather."

Give participants a piece of paper and ask them to draw a picture that represents their mood. Have them place them on a poster, titled "Our Weather Report Today." Start every day with a weather check in!

How to Make a Fortune Teller

- 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.



- If you like, decorate one side.



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



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



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



- 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.



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



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



- 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.



- 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).



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



- 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.



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.)