



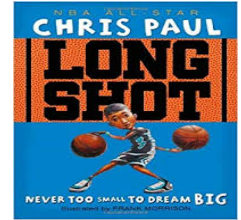
# YMCA Project Cornerstone Summer Fun — ABC

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 5 — Long Shot Never Too Small to Dream Big

By Chris Paul



### Find Your Spark!

**Book synopsis:** NBA Basketball All-Star, Chris Paul, tells the story of his journey to become a professional basketball player. One of his biggest obstacles is his height. He relies on persistence, hard work, and the support of his family to accomplish his dream.

**Goal:** Students will use a growth mindset to explore, discover, and pursue their *sparks* (interests, dreams, passions). They identify their *spark champions* (peers, family, and others who give them support).

**Book Narration:** Author narration [Youtube](#)

### Pre-Recorded Videos:

- Conversation and Activity (all grades) [Video](#)
- Be the Star of Your Goal Craft (Grades K-2) [Video](#)
- Vision Board Craft (Grades 3-6) [Video](#)

### Monday Activity:

#### Basket Shooting Goals

Family Activity (inside or outside)

Materials: basketball and hoop or scrap paper and container

- Before starting, have a family meeting to talk about fun summer goals. What does your family want to do this summer? Brainstorm ideas and write all ideas down.
- 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.
- Go outside and shoot some baskets!

### Tuesday Craft:

#### 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 (flowers, animals, insects, geographic markers, rocks, etc.)

Learn more about Project Cornerstone's programs and services:

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



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A YOUNG & BEYOND INITIATIVE

- 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. Combine your photos or drawings into a slide show or book to capture all the sights you saw.

### Wednesday Reading:

#### Complementary book

- Read or listen to the narration of the complementary book, *Dream Big, Little Pig* by Kristi Yamaguchi. <https://www.youtube.com/watch?v=q0GQgQrLSfI>

### Thursday Activity:

#### My Dream List

- Materials: My Dream list handout, Pdf , 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 8+)
- After watching the movie, here are some discussion questions (ages 8+; provided by Common Sense Media):
  - Families can talk about the importance of pursuing your interests, sparks, and dreams. Ask your family members to share theirs.
  - How does Akeelah's success in Akeelah and the Bee inspire others to feel part of a group, as her spelling becomes a community project?
  - How can you be true to lost loved ones by moving forward into the future?
  - How do the characters in Akeelah and the Bee demonstrate courage, self-control, and perseverance? Why are these important character strengths?

### BONUS FUN

#### Mindfulness Activity: *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.

## LIFE DREAM LIST FOR YOU OR YOUR FAMILY

This month in our ABC lesson, we discussed dreams and goals. The assignment today is to write a list of **ALL** the things you and/or your family would like to do in your life: places to explore, talents and skills to learn, cultures to study, ports of travel, experiences to encounter, etc. Create a life list of dreams. Anything can be written down, no matter how fanciful it may seem. As you achieve your dream, put a colorful check by each one!

EXPLORE	CLIMB
VISIT	STUDY
EXPERIENCES	SKILLS TO LEARN
GENERAL	BOOKS TO READ
PEOPLE	TRAVEL