



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 7 – the OK Book

By Amy Krouse Rosenthal

The Power of YET!

Book synopsis: In this book, the word OK is turned sideways to become the main character. This character shows that being OK can really be quite great whether you're an OK skipper, an OK climber, or an OK lightning bug catcher. This book celebrates the skills and talents children possess. It encourages and empowers them to discover the power of yet. It allows them to fail and then try again to build resiliency skills. Being OK gives them permission to try and explore all kinds of activities that just may lead to the discovery of what makes one great!



Goal: Students will develop a growth mindset that embraces trying new things and will understand and develop resiliency skills.

Book Narration: <https://www.youtube.com/watch?v=0LjDgF7iPKE>

Pre-Recorded Videos:

- Conversation and Activity (all grades) [Video](#)
- I'm an OK___ Craft (Grades K-2) [Video](#)
- Paper Airplane Craft (Grades 3-6) [Video](#)

Monday 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** _____.

Learn more about Project Cornerstone's programs and services:

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



Tuesday 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.
- As a family make a list of new activities to try over the summer.

Wednesday Reading:

Complementary book

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

Thursday Activity:

Going on Safari

Mindful Activity:

- 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 Movie Night:

Mad Hot Ballroom

- Watch "Mad Hot Ballroom," a film about teamwork, communication and perseverance.
- After watching the movie, here are some discussion questions (ages 8+; provided by Common Sense Media):
 - Families can talk about the overwhelmingly positive effects of such structured dancing for both students and their teachers in Mad Hot Ballroom. What do they gain from the experience?
 - How do you cope with losing even when you try your best? How does losing teach you to be strong?
 - What are the best ways to help teammates or partners feel confident or learn new skills (whether dance steps, athletic activities, or schoolwork)?
 - What is the value of working together toward a common goal?
 - How are values such as self-assurance and self-respect conveyed in this movie?
 - How do the characters in Mad Hot Ballroom demonstrate communication, perseverance, and teamwork? Why are these important character strengths?

BONUS FUN

Family Challenge: Everyone must try something new to do.

- You can decide what to try on your own or other family members can give suggestions to each other.
- You only have to be OK!
- Have fun!

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