



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 8 — Review of the Books

Inclusion is for Everyone!

Embrace Your Culture!

Walk Proud, Smile Big, Sing Loud

Embrace Differences

Feelings Tell Your Story

Find Your Spark

Grow Friendships

The Power of Yet!



Book synopsis: The seven books we read this year were selected to help children build inclusive relationship skills by practicing and internalizing ABC tools.

This is the definition of *inclusion* we used:

Inclusion is the practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized; embracing and nurturing all people for who they are.

Goal: Students learned to be inclusion ambassadors by:

- Greeting each other in an intentional and authentic way.
- Resolving misunderstandings and disagreements immediately using a *genuine apology*.
- Listen first, and then respond, if a response is needed.
- Speaking clearly, directly, and honestly.
- Inviting others to share their ideas, thoughts, and experiences.
- Being welcoming, accepting, tolerant, patient, and brave.

Book Narration: You've now watched and listened to seven narrations. What book was your favorite? Have everyone in the family participate in a discussion about the books and what each liked best about their favorite story. (See Wednesday for more book ideas.)

Pre-Recorded Videos:

- Conversation and Activity (all grades) [Video](#)
- Superhero Cuffs (Grades K-2) [Video](#)
- Be an Illustrator (Grades 3-6) [Video](#)

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



PROJECT
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A YOUNG & BEYOND YOUNG INITIATIVE

Monday Activity:

Mindfulness Activities:

As a family go outside to your favorite place. Try them in the morning and then in the evening. What do you notice? Do one or two every day and at the end of the week check in with each other to see how you are feeling.

Mindful Stretching

Star: Stand straight with your feet just slightly more than hip-distance apart. Lift your arms up so they form an X or a star shape with your entire body. Hold pose for 5 deep breaths. What do you notice about your body?

Mindful Listening

Sounds of Smiles: Close your eyes or look down. Listen to the sounds around you and notice sounds that make you smile. What do you hear? What is it about that sound that makes you smile? Listen for 1 minute. What do you notice?

Mindful Seeing

Eyes of Wonder: Take a moment to look around and notice something that you've never noticed before. What do you see? What does it feel like to look around with a sense of wonder to find new things? Consider for 1 minute. Share what you see with your family.

Tuesday Craft:

Rock Painting

Materials: Gather flat rocks, clear acrylic paint, brushes, acrylic paints, paint pens, clear sealant

- Go on a hunt for smooth, flat rocks.
- Wash and dry your rocks. Paint a base coat of clear acrylic paint. Let dry for 24 hours.
- Think of inclusive symbols to draw: rainbows, heart, sun, dove, flower etc.
- Think of inclusive words to write: smile, be kind, unique, I include others, dream big, etc.
- Use paint pens or paint to paint the inspirational message or picture.
- Apply clear sealant.
- Share with a friend or neighbor or put in a public place for others to enjoy.

Wednesday Reading:

Complementary book List

- To read similar themed books, look at the *Complementary Book List* found [here](#) on the Summer Fun page.
- Go to your local library (or if you go regularly to the library, go to a different one this time). Today you find your own books. Think of your favorite narration from above. Look for another book by the same author. Can you find books about inclusion? If you're having trouble, ask the librarian for help.

Thursday Activity:

Vision Boards

Materials: Magazines, crayons, stickers, paper, colored pencils, glitter,

Watch the Pre-recorded [Video](#) about making a vision board for your dreams, goals, and passions.

As a family or each person, make a vision board with your dreams, goals, and passions. Use magazines or draw pictures to tell your story. Be sure to title your vision board. Display each board for all to see. Have each family member explain what they made and what their ideas are.

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Friday Family Movie Night:

Finding Dory and Spider-Man: Into the Spider Verse

- Watch "Finding Dory," a film about family and friendship.
- After watching the movie, here are some discussion questions (ages 6+; provided by Common Sense Media):
 - o What does Dory learn about what makes a family? Kids: Who do you consider to be part of your family?
 - o Discuss Dory's disability and how it impacts her. Does it keep her from experiencing love, friendship, or happiness?
 - o What does her experience (and Nemo's) teach us about disabilities?
 - o How do you know what your abilities are, and what do you do to make the most of them?
 - o What does it mean to love someone unconditionally? How do the characters in the movie make it clear that they love each other that way?
- Watch "*Spider-Man: Into the Spider Verse*," a film about diversity and acceptance.
- After watching the movie, here are some discussion questions (ages 9+; provided by Common Sense Media):
 - o Why does representation matter? How is Miles' cultural background explored in the movie? In what other ways does the movie support the idea of diversity?
 - o Discuss the movie's messages about mentorship and the loneliness of superhero life. How does meeting the other Spider-people impact each of the superheroes? What do they learn from one another?
 - o How does this compare to other Spider-Man stories you're familiar with? How is it similar/different? Which Spidey is your favorite?

BONUS FUN

Family Meeting

Have a family meeting to discuss ways to be inclusive. Review what the books have talked about. Brainstorm together how to be inclusion ambassadors. Ask each member of the family to share an idea of something that the family can do. Some suggested ideas:

- Plan a neighborhood potluck.
- Take an inventory of all books and movies in your house. What cultures are represented? Do you have a diverse collection? Do the books describe experiences outside of your own? As a family, discuss including a variety of books or movies to your personal library that represent, not only families like yours, but stories with accurate and respectful representation of identities beyond your own.
- Do an act of service for a friend or neighbor in need.
- Have a car wash or lemonade stand or garage sale to raise money for a cause.
- Plan a project that helps the environment.
- Start a neighborhood library. Share books and movies with friends and neighbors.

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