



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

ABC Tips for Yard Duty

This month, the **ABC** book is *I Wish You Knew*. Our goal is to help students learn and practice empathy skills such as active listening and perspective-taking.

- Help students practice using their ***positive personal power*** in ways that benefit themselves and others.
- Encourage students to express themselves without interrupting or judging others.
- Use your positive actions, words, and behaviors to model active listening by making eye contact, asking clarifying questions, and paraphrasing what you heard. The benefits of active listening include:
 - Better understanding the situation
 - Improved retention of information
 - Enhanced engagement
 - Refined communication skills

Active listening is an important skill for growing empathy and connection.

ABC Skill Building Vocabulary:

1. ***Positive personal power***- Feeling confident and secure that you have control over things that happen to you. You have power to choose how to respond.
2. ***Perspective-taking***-Refers to the process of understanding and considering the thoughts, feelings, beliefs, and experiences of others. It is *standing in someone else's shoes* to adopt their viewpoint and imagine how they perceive and interpret the world.