



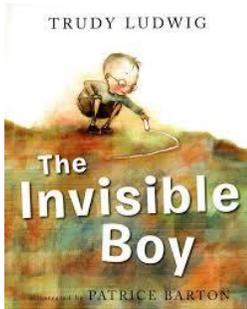
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Project Cornerstone

Champion Year • Empathy:

Project Cornerstone ABC schools will be reading books for the **Champion** year. The focus of these books is *Connect with Empathy*. By modeling appreciation for different types of people, caring adults can foster understanding, challenge stereotypes, promote equality, and encourage diverse and inclusive communities. It's important that we guide children in understanding and caring for people who are different from them and who may be facing challenges very different from their own challenges. Embracing and valuing differences leads to a more compassionate and inclusive society.



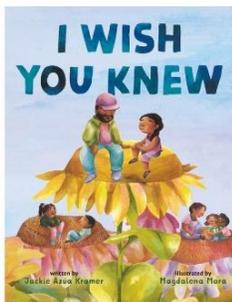
The Invisible Boy by Trudy Ludwig

SEL Core Competency: Relationship Skills

This book discusses the importance of making everyone feel welcome and included. It helps students develop the ability to establish and maintain healthy and rewarding relationships with a variety of people. Moreover, it allows them to see the perspective of others, even if their views, experiences, or culture is different. This story provides an opportunity for children to get to know themselves better in order to empathize with others whose behavior, needs, and self-expression are different than their own.

Tools

- *Invite, include, and make everyone feel welcome.*
- Identify social cues (verbal, physical) to determine how others feel.
- Build relationships by *filling buckets* with kindness.
- Behave and speak in an empathetic manner by demonstrating genuine care, understanding, and consideration for others.
- Create a caring school climate where students show respect for one another.



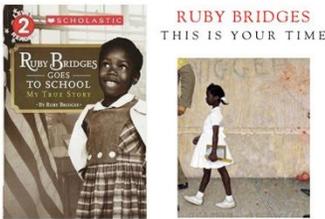
I Wish You Knew by Jackie Azúa Kramer

SEL Core Competency: Social Awareness

This book promotes the empathy building skills of active listening, examining biases, and perspective taking. The power on connection through empathy helps students improve their mental health by learning to understand underlying issues in a person's life. The use of active listening allows students to gain insight into the speaker's experience, encouraging perspective-taking and building empathy.

Tools

- Develop and practice empathy skills such as active listening, perspective-taking, and compassion.
- Promote empathy as a means of resolving conflicts, reducing stress, and building stronger connections with others.
- Examine their own biases, assumptions, and prejudices that may hinder the ability to have empathy for others.
- Identify caring adults and support systems available to advocate for them.



Ruby Bridges Goes to School/Ruby Bridges

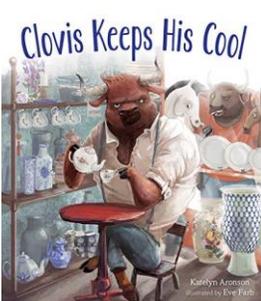
This is Your Time by Ruby Bridges

SEL Core Competency: Relationship Skills

This book honors those who have the courage to *stand tall* for equality and social justice. By supporting discussion of intolerance and injustice, students are guided toward actions that will build a more caring, just, inclusive, tolerant, and safe school community for all.

Tools

- Understand that stereotypes lead to discrimination.
- Be a *world changer* by standing up for the rights of others.
- Respect differences, accept others, and celebrate diversity.
- Build bridges and encourage dialogue about racism and biases between different groups.



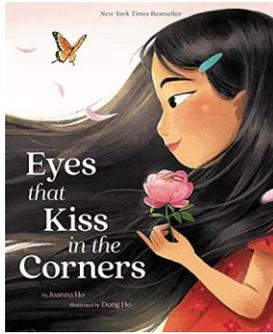
Clovis Keeps His Cool by Katelyn Aronson

SEL Core Competency: Self-Management

This book demonstrates ways to control reactions to strong emotions by using personal power to control response. However, it acknowledges that sometimes one can lose control and lash out. In this story we learn about how to resolve conflict, the importance of second chances, and the power of forgiveness.

Tools

- Recognize emotion by looking inside themselves and others to identify and connect with emotions being expressed.
- Allow feelings to stand and move through them in appropriate ways.
- Take time to understand the different ways people express their emotions and how to respond to these expressions in an empathetic manner.
- Learn ways to reconsider, resolve conflict, and offer second chances.



Eyes that Kiss in the Corners by Joanna Ho

SEL Core Competency: Self-Awareness

The focus of this book is to embrace gratitude and appreciation for the uniqueness of everyone. By developing an understanding and respect for those different than yourself, you can recognize and cherish your own talents and strengths.

Tools

- Understand and express gratitude for the people in our lives.
- Celebrate your authentic self and its contribution to the diversity of our world.
- Develop a greater understanding and respect for people from different backgrounds.

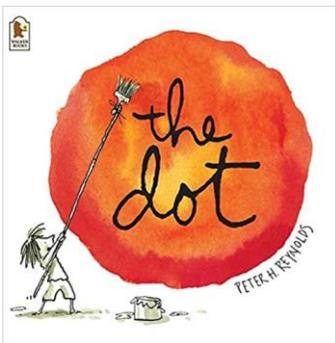
The Dot by Peter H. Reynolds

SEL Core Competency: Self-Awareness

This book shows how having a growth mindset can lead to developing a new *spark*. Learning new skills that you had *mud thoughts* about originally, can encourage great leaps of confidence and lead to *clear thoughts*. Encouraging youth to engage and practice in new experiences contributes to helping them grow into competent, caring, and healthy members of our community.

Tools

- Use a growth mindset to *discover and grow as a person*.
- Use *personal power* to change *mud thoughts* into *clear thoughts*.
- *Tap into the power of positive thinking* by believing in their own abilities and unique talents.
- Understand the positive impact that kind words and support can have on someone's confidence and motivation.



BIG by Coleen Paratore

SEL Core Competency: Responsible Decision-Making

This focus of this book is to learn about becoming a BIG person, a person who thinks BIG about the world and their place in it. Youth will look within themselves to see how they can *tap into their personal power* to become a valuable member of their world as they look for ways to contribute through acts of service.

Tools

- Students can grow and change their behavior by thinking how their words and actions will affect others.
- Be kind to self, to others, and to earth.
- Do intentional acts of caring and kindness as they can make a BIG difference in someone's life as well as their own.
- Use your own passions and talents to improve the lives of those around you.

