



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

ABC Planning Using Your **G.P.S** for *I Wish You Knew*
Purpose of ABC Program: **Build relationships with students.**

GOALS - Choose your target goal:

- 1. Students will develop and practice empathy skills, such as active listening, perspective-taking, and compassion.
- 2. Students will examine their own biases, assumptions, and prejudices that may hinder their ability to empathize with others.
- 3. Students will promote empathy as a means of resolving conflicts, reducing stress, and building stronger connections with others.
- 4. Students will identify caring adults and become aware of support systems available to advocate for them.

PATH - List your ideas for:

- Conversation Starter

- Reading the book

STRATEGIES - List your ideas for:

- Discussion

- Activity
 - K-2

 - 3-5

- Closing

ASK YOURSELF: DID WE ACHIEVE OUR GOALS?