



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

Dear Teachers and Support Staff:

This month the ABC Volunteers will be reading the book *Clovis Keeps His Cool* by Katelyn Aronson. This story is about Clovis, a bull, who has taken over his grandmother's china shop. In the past he has struggled with his temper, but has been learning how to manage it. Clovis faces a big challenge to keeping his cool and is unable to use his coping tools, resulting in the destruction of the shop. After losing his cool, Clovis honors his grandmother's memory by *reconsidering* and *giving second chances*. The end result is a discovery of how *offering second chances* can lead to building new relationships.

**This is a great opportunity to discuss coping tools for use at home or in class, using Clovis' examples such as:**

- Take 5 slow, deep breaths
- Count to 10 (or 20) using a counting box
- Squeeze a pillow
- Smell a calming scent like lavender
- Use *positive self-talk*
- Take a walk
- Do something physical (run or dance)
- Talk it out with a friend or caring adult

**Encourage students to *offer second chances*.** This demonstrates forgiveness, understanding, and empathy. (Empathy is our theme this year). It shows you believe in the potential of a person to change and rebuild trust, leading to open communication and a healthy relationship.