



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 *Eyes That Kiss in the Corners* by Joanna Ho. The author writes this book from a personal experience that promotes students understanding and appreciating their heritage at a young age. When people know more about their own culture, they are better able to understand and appreciate the culture of others. This story is about recognizing and embracing self-awareness, self-acceptance, and a commitment to live in alignment with your true values and beliefs, to be your authentic self.

Encourage students to be their authentic selves and remind them of the *tools* they have in their *ABC Toolbox*:

- Reflect on their values and beliefs. Use *CHIRP* (*courage, honesty, integrity, responsibility, perseverance.*)
- Identify *sparks*. What gives you joy and wonder?
- Embrace strengths and weaknesses. *Turn mud thoughts into clear thoughts.*
- Let go of external expectations. Use a *growth mindset*.
- Practice self-compassion. *Embrace your identity to celebrate your uniqueness.*
- Express yourself honestly. Use *healthy talk*.
- Set boundaries. *Use your lid to stop, think, and visualize* what is happening.
- Intentionally let others know you appreciate them. Be a *bucket filler* and a *friendship role model*. Use *friendship boosters* to connect and build relationships.

This book helps explore the diversity and cultures of your students during your discussions and teaching. As you build relationships with students, encourage them to believe in themselves and their ability to shape their own lives as they take the empowering journey to finding their authentic selves.