



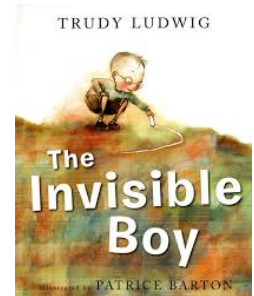
## YMCA Project Cornerstone Summer Fun — ABC

*An 8-week adventure in reading, games, and family fun!*

Print a copy of the 8 week coloring sheet (<https://tinyurl.com/ChampionYearColoringSheet>). Each week, color the image for the book and at the end of the summer you will have a fun reminder of the weeks you spent building empathy.

### **Week 1 — *The Invisible Boy* by Trudy Ludwig** *Invite and include*

**Book synopsis:** This book discusses the importance of making everyone *feel welcome and included*. The main character starts feeling invisible, but when he shows kindness to a new student, he becomes seen. It helps students develop the ability to establish and maintain healthy and rewarding relationships with a variety of people.



**Goal:** *Invite, include and make everyone feel welcome.*

#### **Monday Activity: You Are Not Invisible Here!**

Materials: baking soda and water (mixed), grape juice, paper, cotton ball, Q-tip

- Dip the Q-Tip in the water/baking soda mixture and write something you could do to make someone feel welcome (smile, say “hi”, invite to play)
- Wait for the paper to dry
- Dip cotton ball in grape juice, paint over message, and watch what happens!

#### **Tuesday Craft: Friendship notes**

Materials: paper, writing or drawing tools

Talk about how Brian makes Justin feel welcome in the story. Who can we help feel less alone or at least more appreciated in our lives?

- Think of someone you don’t know as well in your neighborhood or community
- Plan a nice message to write to them
- Add a drawing or stickers, or anything else that excites and engages your child
- Deliver the note in person!
- Make more if you can think of more people you want to show appreciation for

Ask them how it felt to write and deliver those notes!

**Wednesday Reading: *The Friendship Bench*** by Whitney Dineen, 2016

**Thursday Activity: Mindfulness Safari**

This exercise is a wonderful way to help kids learn mindfulness. Go on a "safari" in your neighborhood. The goal is to find as many birds, bugs, and animals as you can. Talk about how nothing is invisible, even the wind(!), when we take the time to notice it.

**Friday Family Movie Night: Paddington 2 (PG)**

Watch the film together and then discuss the following with your children:

- How do the characters in Paddington 2 demonstrate compassion and empathy? Why are those important character strengths?
- Was it appropriate for young viewers? Was it clear everything would turn out alright in the end, or were you worried about certain characters' safety? How much "scary stuff" can young kids handle?
- Why do the Browns love Paddington -- and vice versa? Which characters are role models, and why?
- How does this movie model *invite and include*?

**Bonus Activity: Include Others**

As a family, discuss how you might invite or include someone new to a family activity, neighborhood gathering, meal, or game night. Make a plan and make it happen!