

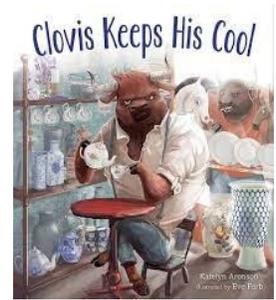


YMCA Project Cornerstone Summer Fun – ABC

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 4 – Clovis Keeps His Cool by Katelyn Aronson *Keep Your Cool*



Book synopsis: Clovis used to struggle with his temper, but ever since he took over his grandmother’s china shop, he’s been learning how to manage it. However, when rivals from his football days tease him at the shop, Clovis faces a big challenge to keep his cool and is unable to use his coping tools. The result is the destruction of the tea shop. After he loses his cool, Clovis honors his grandmother’s memory by *reconsidering and giving second chances* to his rivals. Clovis offers himself a second chance at *keeping his cool* and the result is a discovery of how *offering second chances* can lead to building new relationships.

Goal: understand and express emotions

Monday Activity: Don’t Blow it

Materials: One balloon per kid (or more).

- Each child receives a balloon
- One by one go around and say something that makes you feel angry
 - Blow a breath for each situation (blow for younger children)
- Let the balloons get big. Really big. Your child may want it to explode, or they might not want to blow in it anymore.
 - If they want to let it pop, let them keep thinking of situations that cause anger or frustration. When it pops, talk about how if we don’t release our anger, we will explode! Discuss ways they could have released some internal pressure in situations where they lost their cool. Share your own stories of losing your cool.
 - If they don’t want to keep blowing in it, talk about what we should do. (Release some air). Discuss ways they let out air and keep their cool when they feel frustrated.

Take the opportunity to talk about the ways Clovis cools down, if they want to try any of his methods (breathing, counting, yoga, calming tea), or what works for them now.

Tuesday Craft: Ice Painting

Materials: colored water frozen into ice cubes and paper or plain ice cubes and watercolors

One way to cool down in anger is doing something calm, and with water.

- Dye water and freeze the cubes the night before or just get some ice cubes and watercolors out.
- Encourage your child to use their hands. You can use plastic gloves or paper towels if they don't want to get as messy or cold/wet.
- Turn on some calming music.
- Let them paint whatever they want with the materials, and then have them share what they painted.

Ask how they felt while they were painting, if they enjoyed it, and why!

Wednesday Reading: *I Feel the World* by Zanni Louise, 2023

Thursday Activity: Sun Brewed Tea

Make your own tea as a family to try as a cool down metho treat.

Materials: Large mason jar or pitcher, herbal tea bags, water, honey or sugar, and the sun. Optional fun extras: fruits, lemon

Encourage your child(ren) to help with as many of these steps as they can.

- Collect your ingredients
- Combine water and tea bags into glass container
- Steep for 3.5 hours in direct sunlight (do not exceed 4 hours). You can also brew tea together the more common way if you would prefer!
- Remove tea bags, add honey and mix. Add fruit and and place in fridge
- Let tea cool to your desired temperature, add ice and lemon
- Enjoy your tea together!

Friday Family Movie Night: Elemental (PG, 2023)

Discuss the similarities between the movie and the book for this week. Ask your kid(s) these questions after watching the movie together:

- Why is it hard to control our temper sometimes?
- How did the families try to help the main characters?
- What helps you feel less angry in tough and frustrating situations?
- How can I help you through anger?

BONUS FUN: Yoga Together

Pull out the towels or yoga mats and get your stretch on together! Watch a Cosmic Kids Yoga, or any yoga instructor you desire, or make up your own routine together. Have fun, try balancing and stretching, and see how you all feel after some body mindfulness.