



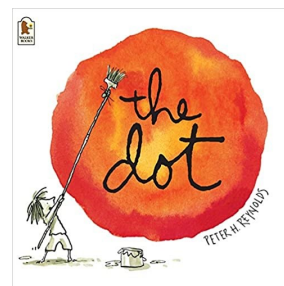
YMCA Project Cornerstone Summer Fun – ABC

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 6 – The Dot by Peter H. Reynolds *Grow with Clear Thoughts*

Book synopsis: This book is about a young girl named Vashti who is convinced she can't draw. Her teacher encourages her by saying, "Just make a mark and see where it takes you." Vashti makes a dot on the paper, she signs it, and her teacher frames it! This positive experience with a caring adult helps her change her *mud thoughts* about drawing into *clear thoughts*. Her *growth mindset* leads to developing an unexpected new *spark*. Vashti's newly developed confidence empowers her to speak up and support a fellow classmate. This story reminds us of the positive impact kind words and support can have on motivation and confidence.



Goal: use a growth mindset to discover and grow as a person, focus personal power to change mud thoughts into clear thoughts

Monday Activity: Growing Chart

Talk to your child about how Vashti was able to change her mindset and improve an ability. A growth mindset is a belief that you can grow skills through intentional efforts and tangible actions.

- Create a chart for the week with a goal to improve in an area your child has interest.
- Each day on the chart, brainstorm together and write down something they can do to work on that skill.
- Make your own chart for the week so they can see you also working to improve in an area you choose for yourself.
- As the week progresses, check in each day on how their goal is coming.
- Encourage them and hear how they encourage you right back.

Tuesday Craft: Chalk Dots

Materials: Chalk or equal parts cornstarch and water with a drop of food coloring, paint brushes.

Discuss how Vashti makes artwork out of dots and challenge each other to create your own chalk artwork.

- Draw dots for one another and allow your child to add to it and create what they want. Have them draw dots for you to create into artwork
- If using paint brushes, test out mixing and spreading together.
- If using chalk, you can make the colors more vibrant by adding a little bit of water to the pavement or dipping the chalk in a small bowl of water.

Bonus invite neighbors to add to your drawings with encouraging notes and chalk left out for them to use.

Wednesday Reading: *What Do You Do With a Problem?* by Kobi Yamada, 2016

- Talk to your kids about problems they sometimes face.
- How can having a growth mindset during difficult situations help with finding solutions to problems?

Thursday Activity: Something New

Brainstorm together something your child hasn't done but would like to try (somersault, ukulele, drawing something specific, spinning a basketball, etc.)

Choose the skill together, bonus if you try something new too! Set a goal to try it for a certain amount of time and practice it together.

Friday Family Movie Night: Finding Nemo (G, 2003)

Watch "Finding Nemo" a film about a young fish who gets lost and a father who overcomes his fears to find him.

- After watching the movie, talk about Nemo is differently abled. Everyone has different strengths and weaknesses. How can we know our own abilities better? How can we make the most of them?
- Here are some discussion questions:
 - Which character(s) did you like the most? What were some of their traits you liked? Funny, courageous, compassionate, etc.?
 - Why is Marlin scared and nervous with Nemo going into the open ocean? Is he right to have those fears?
 - How does Marlin grow through the movie? How does Nemo grow through the movie?
 - Would they have been able to have the same growth without this hard and scary separation?

BONUS FUN: Follow the Dot Path

Materials: construction paper (multiple colors), hula hoops optional, jar, paper

- Cut large circles (dots) out of construction paper in multiple colors. Place them randomly at a park or in your yard.
- Put out some hula hoops as well. Write each color on a small square of paper, fold in half and place in a container.
 - The hula hoop is a "free space" that can be used for any color.
- Variations of this can be done for older kids with them saying things they like that are the color they stepped on. They can also say something they learned that week about themselves or others.