



YMCA Project Cornerstone Summer Fun – ABC

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

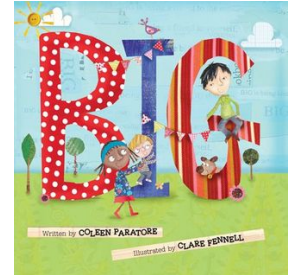
Print a copy of the 8 week coloring sheet (<https://tinyurl.com/ChampionYearColoringSheet>). Each week, color the image for the book and at the end of the summer you will have a fun reminder of the weeks you spent building empathy.

Week 7- *BIG* By Coleen Paratore

Big is Being the Biggest YOU That You Can Be!

Book synopsis: The focus of this book is to learn about becoming a *BIG* person. When children are young they often think about what they can do when they are older or bigger. But in this book, Big is not defined as large or tall, but a person who thinks *BIG* about the world and their place in it. Youth will feel empowered to be kind, healthy, imaginative, and friendly. Small steps contribute to *BIG* ideas and actions.

Goal: be *BIG* at home, in your community, and to the Earth



Monday Activity: Be *BIG* as a Family

Brainstorm ways you can be *BIG* as a family. Here are some ideas:

- Donate gently used clothing or toys.
- Write messages of kindness in sidewalk chalk for people passing by.
- Bake cookies for a neighbor.
- Have a lemonade stand and donate funds raised to a non-profit.
- For family volunteering opportunities, sign up for Doing Good Together Silicon Valley Newsletter <https://www.doinggoodtogether.org/family-volunteering-silicon-valley>

Tuesday Craft: Plant a Seed

Materials: a clean, dry coffee can or plastic container, duct tape, markers, paint, stickers, rocks or pebbles (ideally marble size, but any will do), potting soil, seeds (sunflower, marigold, radish)

- Decorate the outside of the container with duct tape, markers, stickers etc.
- Layer the bottom of the container with the pebbles for drainage, an inch or two deep.
- Fill the rest of the container with soil. Evenly space seeds on top, leaving a couple of inches between them.
- Press them gently into the soil and then water them. Place the container where it gets enough sunlight and watch them grow! (any seeds will work, but quickly sprouting ones can be more fun for young learners)

- Talk about planting good seeds in our gardens and relate it to being BIG by “planting” good words and acts in our families and communities. Both can grow into something beautiful.

Wednesday Reading: *June Peters, You Will Change the World* by Alika Turner, 2015

Thursday Mindfulness Activity: *BIG* Mindful Chant

- Think about being *BIG* in the world. How will you know when you have been *BIG*?
- Use mindfulness to spread good thoughts to yourself as a *BIG* person.
- This can be done out loud or whispered quietly.
- Get comfortable and take a deep breath-inhale, now exhale. Do this 3 times.
- For a week, ask yourself:
 - How can I be healthy today?
 - How can I be *BIG* with my family today?
 - How can I be a friend to myself, my neighbors, and my planet?
- Take a deep breath-inhale, now exhale. Breathe 3 times.
- Think about who could use some extra kindness right now.
 - How can you be *BIG* kind?
 - Think about who you are sending kindness to and say “May they be healthy. May they be safe”.

Friday Family Movie Night: *WALL-E (G, 2008)*

Watch “WALL-E” a film about courage, teamwork, and perseverance. Discuss these questions:

- Why does WALL-E collect treasures? Would you collect the same things he does if you were on Earth like him?
- How was WALL-E BIG?
- How was EVE BIG?
- Were other characters BIG? In what ways?