



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

Dear Parent/Guardian:

I'm a volunteer for the Project Cornerstone program called ABC (Asset Building Champions). I will be visiting your child's classroom every month to read stories, lead discussions, and share activities to help all kids feel valued, respected and known at school.

Today in your child's classroom, I read the book *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids*, by Carol McCloud. This book explains the concept of *bucket filling*. We all have an invisible bucket to carry our good thoughts and positive feelings. We want to keep our buckets and the buckets of others full. Described in this book are ways to *fill our own buckets and the buckets of others* with kindness, appreciation, and love.

Ways to *fill a bucket*:

- Ask someone to play.
- Smile and say "Hi".
- Draw a picture for a friend.
- Help clean up.
- Offer to share.

Ask your child to tell you more about:

- How can you *fill your bucket and the bucket of others*?
- What is a *bucket dipper*?

Provide your child with opportunities to *fill their bucket* and the bucket of others every day. Reinforcing this lesson at home will help your child get along with others, build friendships, and show respect.

If you would like more information about the ABC program, please contact me.

Sincerely,

ABC Volunteer

Telephone/Email