



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

# GROWING UPSTANDERS

## Asset Building Champions



### BOOK OF THE MONTH

One by Kathryn Otoshi is a simple yet powerful children's book that explores themes of bullying, friendship, and the power of unity. The story centers around a group of colored shapes, each with its own unique personality. Red, a hot-headed bully, torments Blue, a quiet and gentle shape. The other colors, Yellow, Orange, Green, and Purple, watch helplessly as Blue is bullied.

However, when the number "One" appears, it inspires the other shapes to stand up to Red. Together, they find their voices and learn the importance of standing up for what's right. This empowering message teaches children about the power of unity and the importance of speaking out against injustice.

### AT HOME

To reinforce the lessons from "One," caregivers can engage their students in various activities. Role-playing scenarios can help children understand different perspectives and practice empathy. Home discussions about real-life examples of bullying and kindness can foster critical thinking. Creative activities like art projects and collaborative games can promote teamwork and inclusivity. Additionally, practicing mindfulness techniques can help children manage their emotions and develop a sense of empathy for others. By incorporating these activities into daily life, caregivers can empower their students to be upstanders and make a positive impact on their world.

### SOCIAL AND EMOTIONAL LEARNING (SEL)

This story is a powerful tale that explores themes of empathy, courage, and the power of unity. By following the experience of a bullied shape and the shapes that stand up for him, children can develop empathy for others, build confidence, and recognize their own power to make a difference. The book also fosters a sense of belonging and inclusivity, encouraging children to embrace diversity and celebrate individuality. Additionally, the story promotes a growth mindset by showing that even in difficult situations, there is always hope for positive change.

### RESOURCES

- Grades K-2: **"The Day the Crayons Quit"** by Drew Daywalt: This humorous story explores the importance of teamwork and problem-solving, as well as the unique qualities of each individual.
- Grades 3-4:
- Grades 5-6: **"All the Bright Places"** by Jennifer Niven: A poignant story about mental health, love, and loss.

Podcast: Reading Bug Dragon Adventure: <https://www.thereadingbug.com/adventures/dragon>. Tale of making your own story and becoming an UPstander, even when that can be scary and difficult.