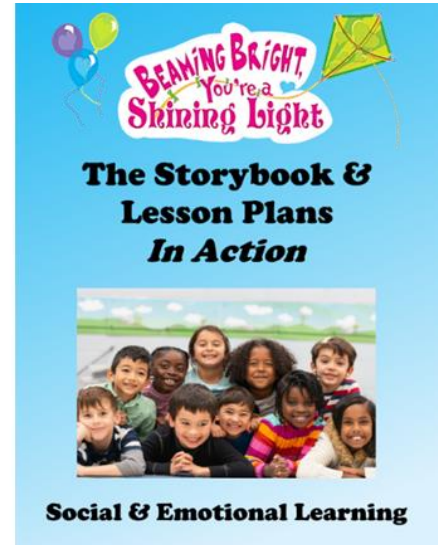


The Storybook & Lesson Plans *In Action*

Introduction:

The Beaming Bright, You're a Shining Light Storybook, Lesson Plans and now the Lesson Plans *In Action* provide examples of how parents, teachers and caregivers have used these learning tools in their classrooms and in their homes. It provides new information not included in the original printing of the Lesson Plans.

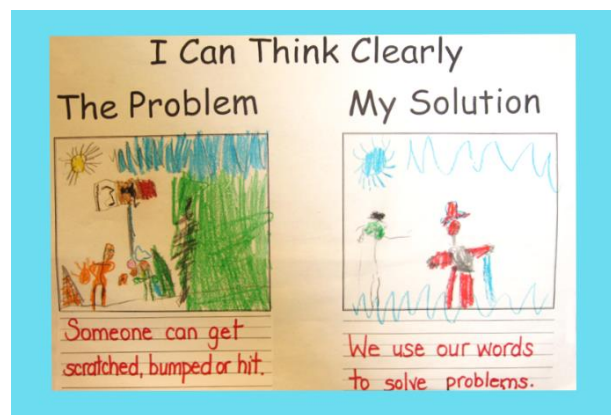


The entire program was created to help make life easier for parents, teachers and caregivers. As children explore all the various ways to bring out their very best selves, this helps to set parents, teachers and caregivers up for success.

When the *Beaming Bright, You're a Shining Light Storybook* is read to children they are engaged and feel part of every story. Children experience playful, interactive moments as they use their imagination to reach for the stars, build sandcastles and touch rainbows.

The 101 *Self-Awareness Activities* in the Lesson Plans help children to create a foundation of inner strength. Since children learn through repetition and personal experience, the activities help to reinforce Social and Emotional Learning concepts through the understanding of *Self-Awareness, Self-Management (Self-Regulation), Motivation, Social Awareness and Responsibility*. The Lesson Plan activities have been used one on one or in a group environment.

The Lesson Plans *In Action* include specific examples of how the Lesson Plans were used in a learning environment. The *I Can Think Clearly* Activity in the Lesson Plans is an example of how children are learning *Self-Regulation* skills. They use these skills to discover what upsets them, how they react and how they feel in various situations. The children then draw pictures about their experience as they determine the problem and their solution.



Teacher Testimonial from Shalini Mehra:

"As an educator with over fifteen years of classroom experience, I was very excited to be the first to teach the Beaming Bright, You're a Shining Light program to my Kindergarten students. This book is a blessing for everyone who work with children for at the heart of every lesson is the learning of love, acceptance and for children to believe in themselves. The more I use these activities in my classroom the more I realize what a powerful book this is in a classroom environment. Children are taught various ways to focus on positive emotions such as happiness, joy and creativity. I have seen the children become more confident and it is music to my ears when I hear a child quietly say to themselves "I am creative." while working. The activities have also promoted a strong sense of friendship and community in my classroom. It warms my heart to see children encouraging and helping one another every day. I love their excitement as they eagerly think up different ways to share their talents and be kind to others within our community."

Shalini Mehra, a teacher in the Coquitlam School District, was one of several teachers who worked with the Beaming Bright, You're a Shining Light program before it went to print.

