

Playful Journeys Story

Story Theme: "I have discovered a lot about me."



- Ask the children to find the hidden hearts, stars and critters in this story.

I Am Lovable - Art Activity:

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Children are inspired to love themselves just by being themselves. As they unconditionally love themselves and recognize their precious, lovable nature; they will feel so good they will reflect loving feelings towards others.



Library Activity:

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Learning From Mistakes Activity:

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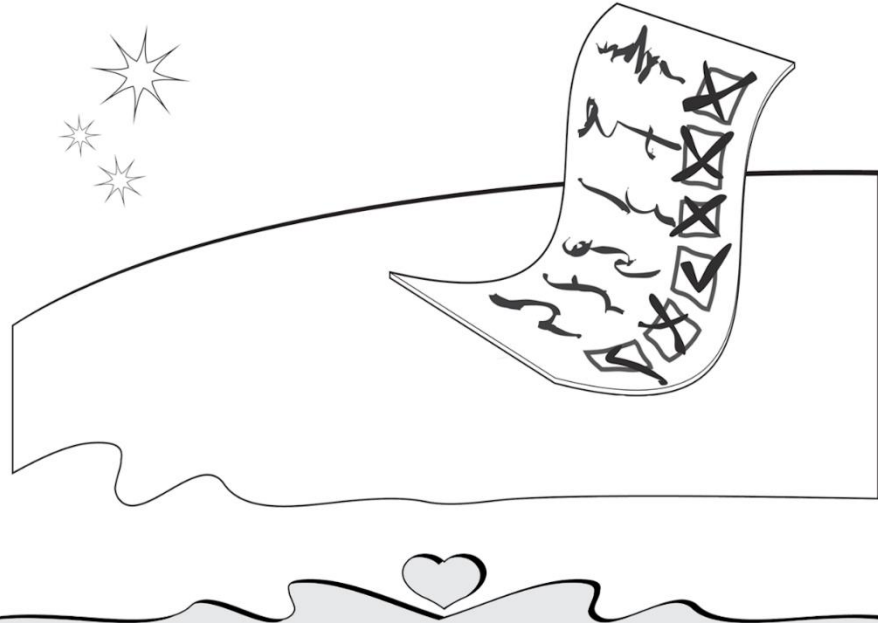
When parents, teachers and caregivers are relaxed about children making mistakes, it allows the children to be easier with themselves. Children experience an attitude that mistakes are OK.

When children make mistakes and seem upset, encourage them to stop, breathe and say, "Mistakes can help me to learn."

As children are easier with themselves, they can take the time to figure out for themselves what to do next.

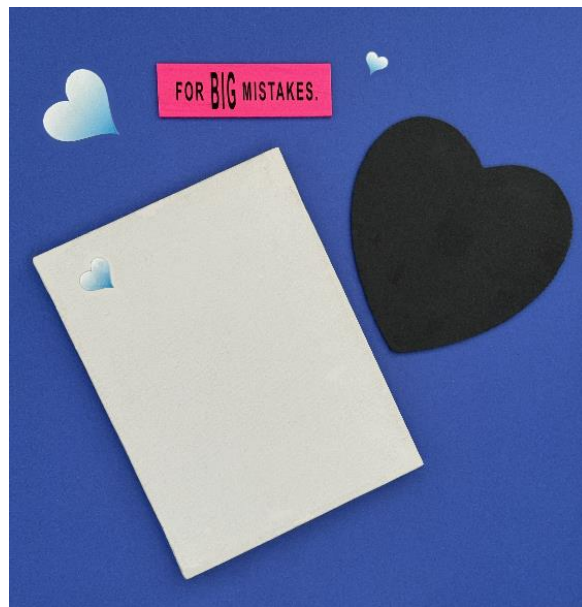
Parents, teachers and caregivers can encourage children through their modelling or by helping the children to decide how to approach a situation in a new way.

Mistakes can help me to learn.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

Children and adults would all benefit by creating the attitude of starting fresh every day with a blank canvas or a clean slate!



Dealing With the Fear of Making Mistakes:

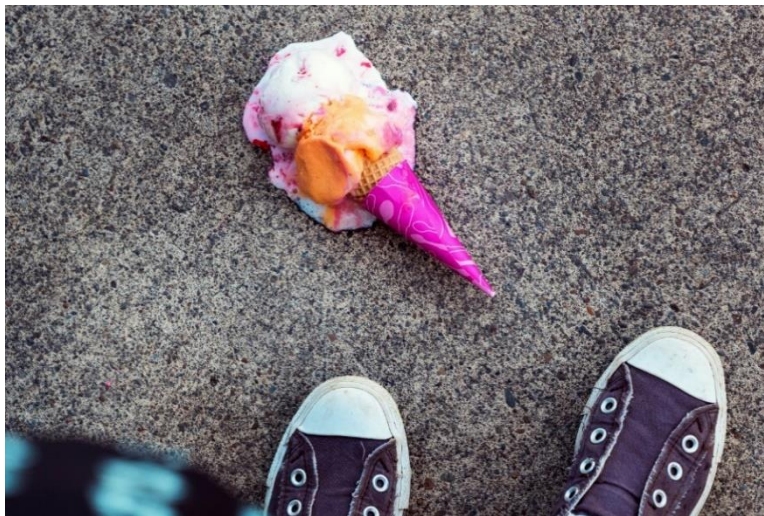
A parent asked me about dealing with the fear of making mistakes. I asked her to stand up with me. Then I spontaneously said, "Let's shake them out." We shook and laughed together. In that moment, all her fears melted away. She said, "I feel so free! I'll have to remember to shake them out next time."

Laughing at Your Silly Mistakes Activity:

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As parents, teachers, caregivers, and children share their stories about laughing at their mistakes, children can rethink how they view mistakes.

Helping children to feel safe when they make mistakes allows them to have the courage to be inspired to try again. It also helps children to lighten up and not be so hard on themselves when they do make a mistake.



Forgiving Yourself Activity:

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Children can be encouraged to take a deep breath to relax and self-soothe themselves when they make a mistake. It is a huge learning opportunity for children to love themselves when this happens.



As children talk about loving and forgiving themselves when they make a mistake, they gain a sense of compassion as they are gentle and kind with themselves.

When other children make mistakes, it can be easier for children who have forgiven themselves to forgive others also! This activity helps children to become non-judgmental as they love and accept one another.

Forgiving Yourself Bubble Popping Activity:

In the Bubble Popping Activity, on page (6) of the Bubbles of Joy Story in the Lesson Plans *In Action*, children were encouraged to pop their troubles away. In this activity children are encouraged to put their mistakes into bubbles and forgive themselves as they pop their mistakes away.

Supplies: Bubbles and Bubble Wands.
 Paper and Crayons

Ask the children to:

- **Imagine putting your mistakes into bubbles.**



- **Blow lots of real bubbles into the air.**





- **Have fun forgiving yourself as you pop your mistakes away.**
- **How do you feel now that you have forgiven yourself by popping your mistake bubbles?**



- **Imagine putting love into bubbles.**
- **Blow more real bubbles into the air.**
- **Watch your love bubbles float around.**
- **Draw pictures of you blowing and popping your bubbles.**

Daily Adventure Activity:

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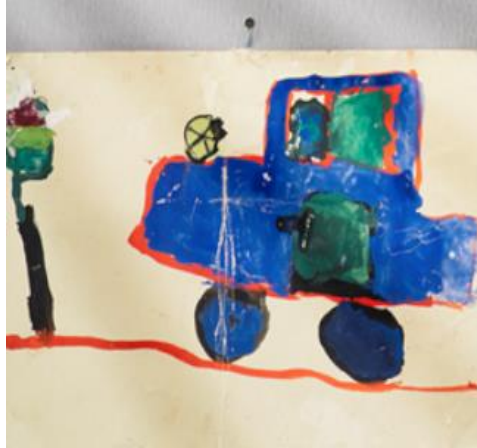
This activity inspires children to think about the adventures they would like to experience. Children can live in hope, joy, and happiness as they look forward to new adventures waiting just around the corner.



Sharing Your Gifts & Talents with Others Activity:

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The "Thinking of You" activity, asks children to create a drawing or craft for someone special in their life or someone they may not even know.



This "Thinking of You" drawing gives children an opportunity to experience the feelings associated with giving. Loving Acts of Kindness help the giver as much as the receiver.

Your gifts and talents are always expanding. Each time you volunteer or help someone, you will discover new gifts and talents.



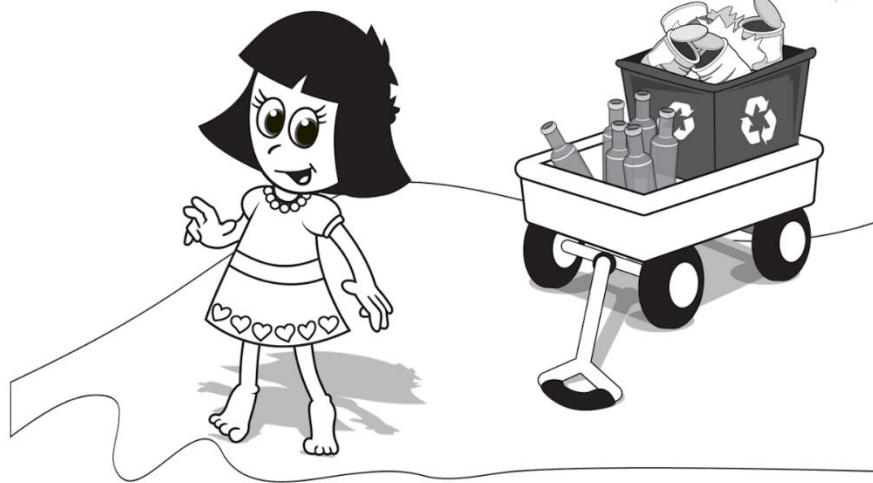
There have been many studies done that show how helping others by sharing gifts and talents can help relieve anxiety, stress and depression in the giver and receiver.

I Have Discovered a Lot About Me Activity:

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I have discovered a lot
about me.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

Honor Yourself Badge Activity:

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We all deserve to be honored. Print the child's name onto their badge.



Happy Song Activity:

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As children sing this happy song, they are reminded to see love in everyone and themselves.

Seeing love, happiness and joy within yourself and others is the greatest gift we can give to ourself and others. As we focus on seeing love, we will find more. Once we see love we will discover it is unlimited and vast in the ways it can be shared.



Remembering To Celebrate You Activity:

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As children have read each story and completed the Lesson Plan activities, they have observed, explored, and discovered their good qualities, their kindness, along with their gifts and talents.

Children have been encouraged to recognize their valuable, worthy self. To love and accept themselves just as they are. As they learn and grow, they discover that love is always within them no matter how often their adventures change.

We have all seen children light up when they are happy! They come alive as they express the joy bubbling up from within them.

In the Shining Light story children imagined a Shining Light (Star) that comforted them, talked to them, and took them on journeys and asks the children to:

**Hear me -
Feel me -
See me, shining in you!
I am the light that shines so bright,
Loving you, through and through.**

At the end of the Playful Journeys story the Shining Light (Star) says:

**You can hear me -
You can feel me -
You can see me shining in you!
I am the light that shines so bright,
Loving you, through and through."**

**You are a Shining Star!
Beaming and Shining Bright!**

