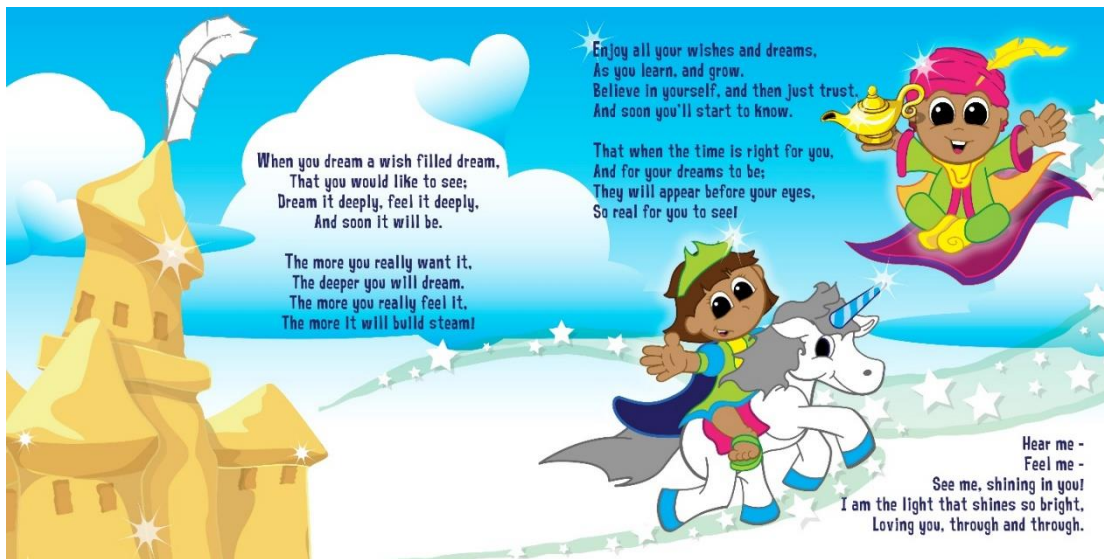
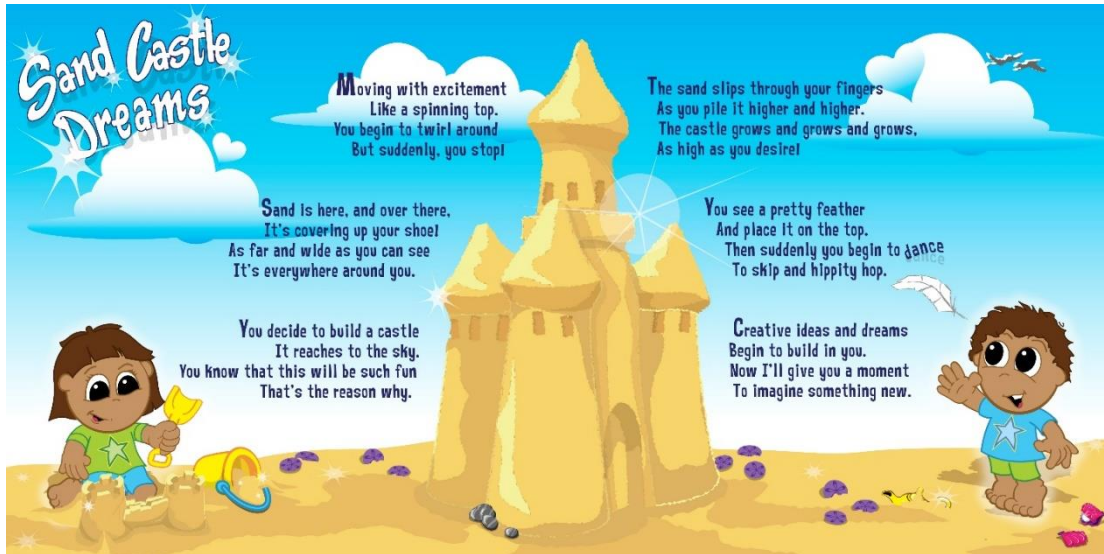


Sand Castle Dreams Story

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Story Theme: "I believe in wishes and dreams."



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

- Encourage children to close their eyes and imagine having fun watching their dreams come true.

If the children find it difficult to use their imagination, encourage them to remember a time when they were having fun.

Sing “When You Wish Upon A Star” Activity:

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The buckets at the bottom of the picture below are the ones that Shalini and her class made for their wishes and dreams.

- Make a list of your wishes and dreams.

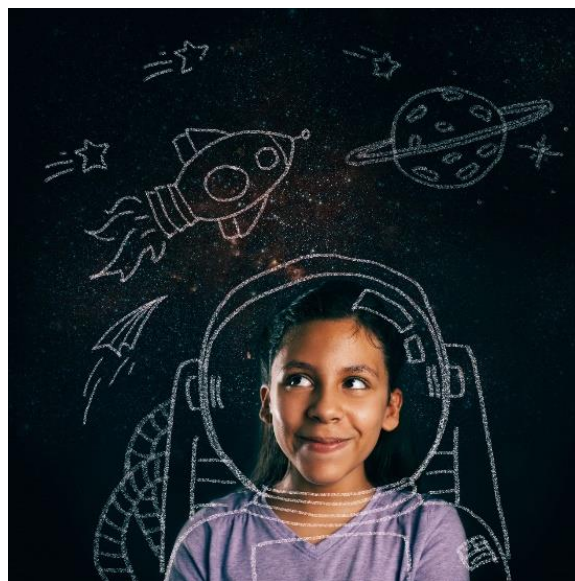
If a child cannot think of a wish just encourage them to put blank pieces of paper into their bucket. Whenever they think of a wish, they can imagine it happening or add it to a piece of paper that is in their bucket.



Have fun thinking about your wishes and dreams.



- Creating fun moments with children while they are thinking about their wishes and dreams is the first step in helping children to imagine their dreams coming true.



Ask the children to think about the wishes they made while they:

- **Blew out the candles on their birthday cake.**



- **Blew the puff balls off the top of a dandelion.**



- Found a four-leaf clover.



I Believe in Wishes & Dreams Activity:

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I believe in wishes and dreams.

A black and white line drawing of a girl with freckles and a peace sign on her shirt, standing next to a thought bubble that says "Peace & Hope for EVERYONE!". There are also two small clouds and a heart on the ground.

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



This activity encourages children to be optimistic. Building inner courage and strength is important as children believe in themselves and imagine their wishes and dreams really happening.

- Just thinking about a wish puts children into an imaginary place where it has already happened. They can see it and feel it as they dream about it.
- Listening to stories where people's dreams have come true helps children to strengthen and believe in the possibility of their wishes and dreams coming true for them.
- "If it happened for them, it could happen for me."

Movies, books, Olympians, family, friends, class, community.

Astronauts have personally talked about their childhood rooms being filled with pictures of planets and space travel. They remember all the fun they had dreaming about their space adventures. As adults they followed their dreams and became astronauts.

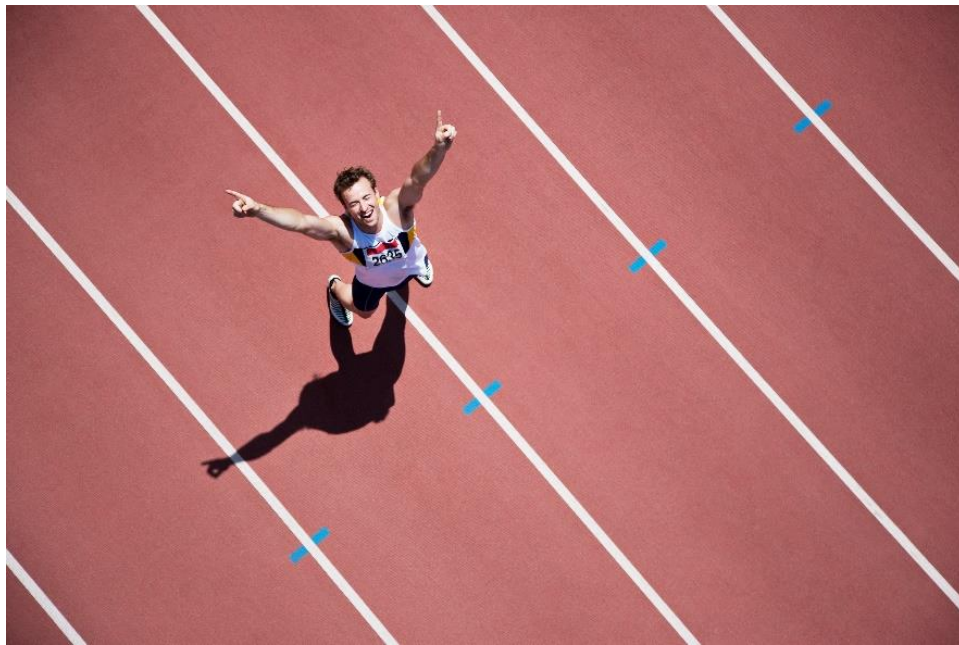


Olympians have also talked about how they imagine themselves standing on the podium with an Olympic medal. They imagine themselves reaching for their unlimited potential.



Olympian ice skaters imagine themselves doing every second of their routine perfectly.

Olympic runners imagine themselves running the fastest they have ever run and watch themselves crossing the finish line with their best performance.



Sing “High Hopes” Activity:

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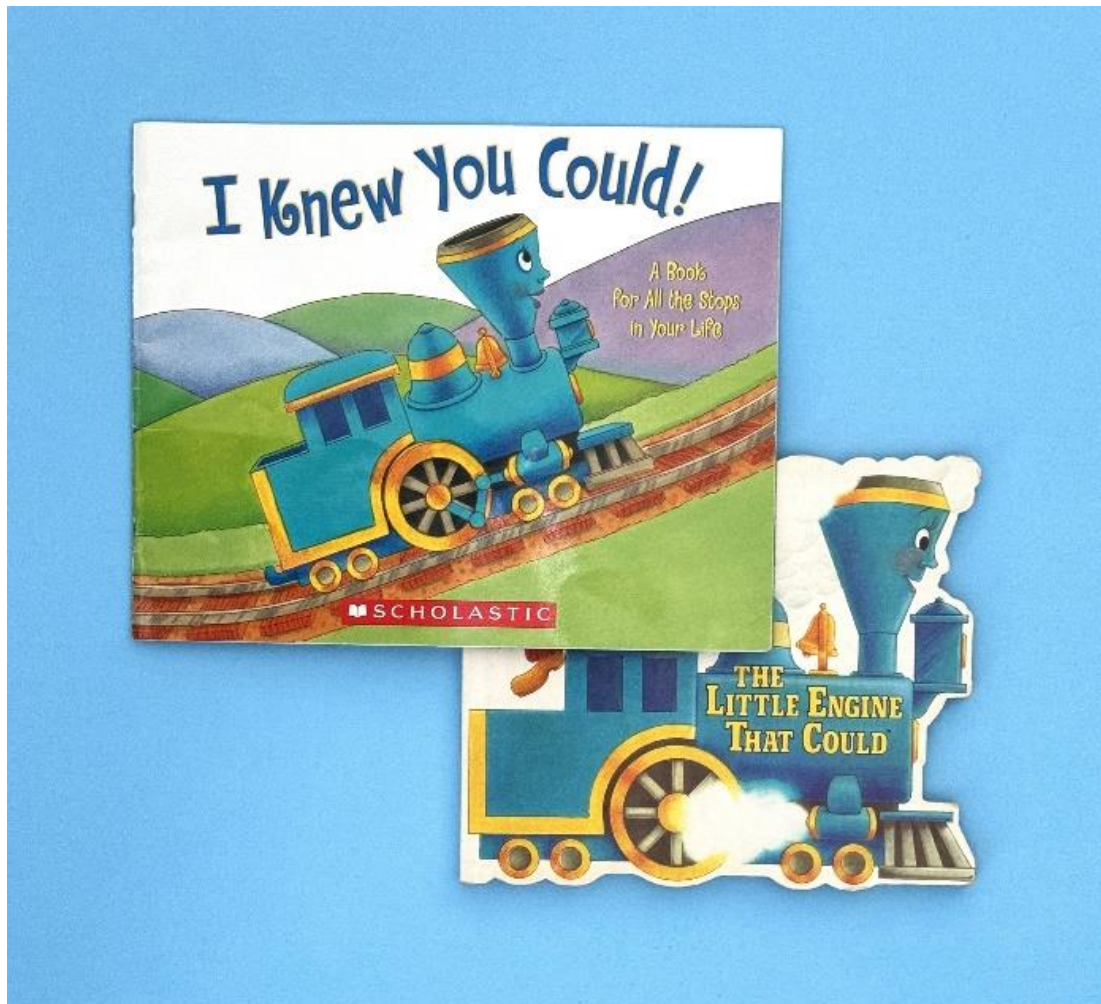
Children who are confident will encourage themselves as they take one step at a time. They learn what works and what may not work for them.



They pick themselves up whenever they slip, they smile and enjoy each step toward their wishes and dreams coming true.

Read “The Little Engine That Could” Activity:

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“I Can Bee” Art Activity:

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As children imagine something and they believe in it, they can achieve it.

- The "I Can" attitude is powerful. Children who find it easy to say "I Can" discover they can do whatever they set their minds to do.

Remind children of the "I Can" attitude by having fun making an "I Can Bee."



Children who have doubts or fears about their abilities may have "I Can't" thoughts and feelings. These feelings are also powerful. As children's frustrations build over time some children may create very strong beliefs which stop them from even trying. "I Can't" experiences may show up until they create a new perception about themselves.

Helping children to turn their thoughts and beliefs around takes patience, kindness and requires small steps forward which eventually convince the child that they can do something that they thought they could not do.



- **Celebrate children's successes with high fives, stickers or a photo. This will reinforce their "I Can" attitude.**

I CAN
Written by Mark Evens

**I can
Be anything
I can
Do anything
I can
Think
Anything
Big
Or tall
OR
High or low
W I D E
Or narrow
Fast or slow
Because I
CAN
And
I
WANT
TO!**



Creating a Goal Activity:

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Some children start a project, however for a variety of reasons do not always finish what they started.

When you are helping children to believe in themselves so they can achieve a goal, it is important to create goals that are easy for them to achieve. Ensure the children have the materials they need and the time available to be successful in achieving their goal.

- **This activity helps children discover they can create a goal, accomplish it, and experience the feelings of satisfaction and success when they finish their goal.**

These feelings can inspire and challenge children to create more goals and to discover their unlimited potential.

