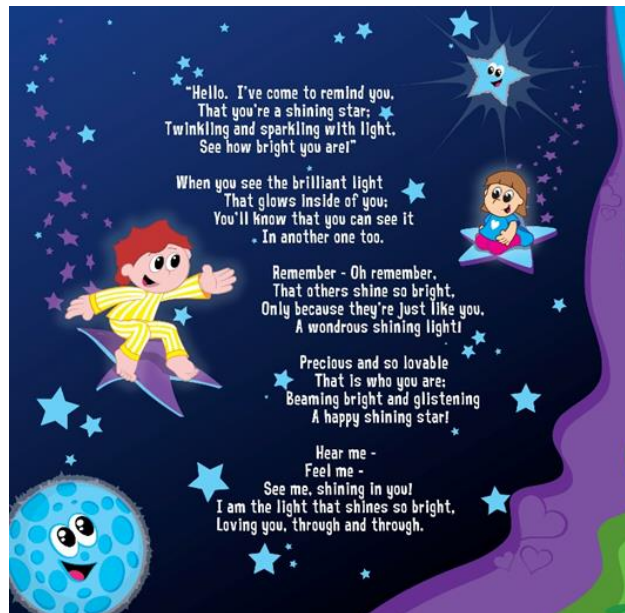
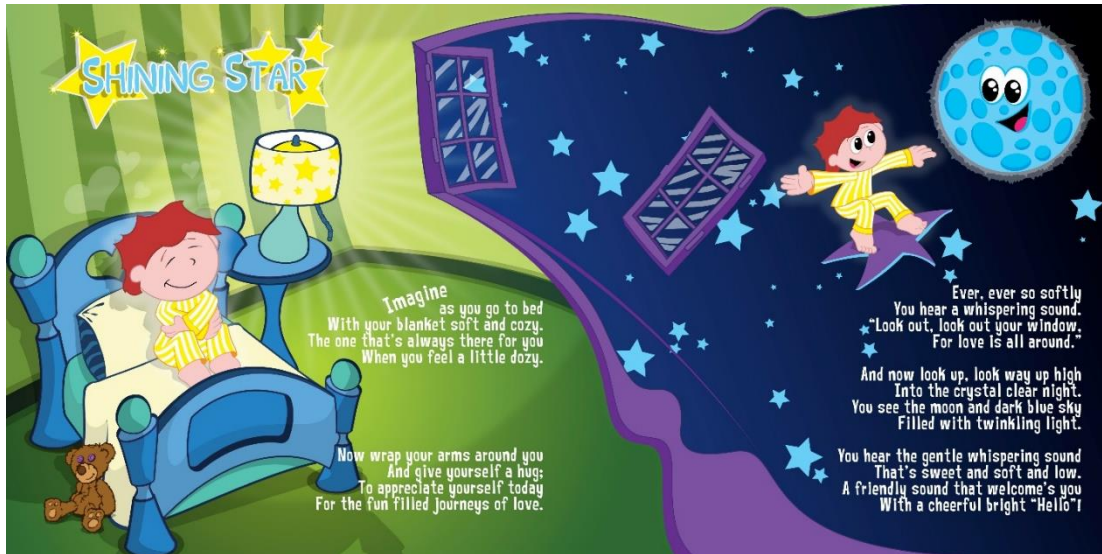


# Shining Star Story

Original Lesson Plans - Page 101

Story Theme: "I appreciate myself and others."



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

## Imagination Activity:

Original Lesson Plans - Page 103

This activity encourages children to hug themselves. As children become comfortable and willing to be kind and gentle with themselves, they can experience the many benefits of self-soothing. Giving themselves hugs regularly is a wonderful way to help children love and appreciate themselves.

- **The number one wish of parents is to have happy children.**

Help children to feel good about who they are by encouraging them to imagine themselves as happy, shining stars. Any time children experience their happy, shining self they will feel free to be themselves.

- **Encourage children to give themselves a hug every day.**



# Shining Star Art Activity:

Original Lesson Plans - Page 104



**I Am**

I am \_\_\_\_\_  
(Name)

I am \_\_\_\_\_  
(Feeling Word)

I am a Star.



## Self-Appreciation Activity:

Original Lesson Plans - Page 105

This activity encourages children to recognize and appreciate how much they are learning and growing every day.



Even when children do not recognize they are learning something new, they are always learning something!

Ask the children:

- **What are the things that you can do?**
  - Talk, walk, skip, run, jump, climb, swing and laugh.

This activity helps children create a belief system of being successful. Children of any age would benefit from doing this activity from time to time to remind them that they are learning and growing every day. Children will open to see that their life is filled with new opportunities to expand their abilities, strengths and talents.



I appreciate myself  
Now I can ride my bike.

I appreciate myself  
Now I can play soccer.

# I Appreciate Myself & Others Activity:

Original Lesson Plans - Page 106

As children learn to appreciate and see the gifts in another, they will also see gifts within themselves. We are each unique and offer a variety of gifts.



In this activity children talked about what they appreciated about their friends. It helps children to learn that appreciating others creates healthy relationships.

There are many ways to show appreciation; giving hugs, sharing your talents and abilities, giving cards or something you have created.

As mentioned in the *Morning Sun Story*, Page 19 of the Lesson Plans *In Action*, the school that experienced bullying turned it around by appreciating every student who showed kind, caring, appreciative and respectful behavior. As these behaviors are modelled by parents, teachers and caregivers, they are creating a thriving, happy community in which children can learn and grow.

What you focus on grows!

Appreciation and gratitude are amazing gifts that can be given to ourselves and others.

- **Think of something you appreciated about yourself today.**
- **Think of something you appreciated about someone else today.**

Thinking of something or someone you appreciate is a wonderful habit children can create for themselves before they go to bed each night. It is a very uplifting experience as it keeps children's minds balanced and peaceful as they fall asleep.



# Appreciating Others Activity:

Original Lesson Plans - Page107

This activity is designed so that each child can feel honored as they sit in the decorated chair. Children learn and practice how to encourage one another.



Children are asked to think about and then say something positive they have seen or experienced with the child sitting in the chair.

- **Children might recall a time when a child:**
  - told a silly joke.
  - made them a special card.
  - asked them to play a game.
  - helped them to learn something new.
  - spontaneously gave out smiles and high fives.
  - cheered them up with a kind word when they were sad.



The children are gaining first-hand experience in understanding how it feels for them to give positive comments to others.

- **As children share good experiences with their friends, they can also feel good in themselves at the same time.**



The child sitting in the chair is learning to receive positive comments. As they receive each comment they can be encouraged to say, "Thank You." give out high fives or something else that fits the child's personality.

## Cooperation Activity:

Original Lesson Plans - Page 110

As the children focus on this activity for a day or even a week, they will strengthen within themselves more kindness, patience, respectful attitudes and beliefs about themselves.

There have been many studies done regarding cooperative teams. It was found that teams that shared their ideas, talents and abilities with ease, worked better as a team. They experienced harmony as they brought out the best in one another. The teams' successes were far superior to teams that struggled while working together.

Gifting children with opportunities to share and contribute even at a young age offers them a way to feel confident as they learn and grow in a cooperative environment.

## Lynne's Star Story:

On Halloween when I was giving out treats and star stickers, I would tell children that they are made of the same stuff as stars. One of the teens said to me. "Yes, I just learned that in my science class." "What grade are you in?" I asked, he said, "Grade 10."

So now when I hand out star stickers I tell the children that when they are in Grade 10 they will learn that they are made from the same stuff as stars. So, on a clear night when you look up at the stars you can say, "I'm a star too!"

