

# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS LESSON PLAN

### CASEL COMPETENCY: SELF-AWARENESS

### SOCIAL SKILL: OPTIMISM

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#### BOOK INFORMATION

Book title: *Stars*

Author: Mary Lyn Ray and Marla Frazee

Publisher and date of publication: Beach Lane Books, 2011

ISBN: 978-1-4424-2249-0

Number of pages: 31

Reading level or interest level: K-3

#### BOOK SYNOPSIS

This story is about stars in all its forms: star in the sky, a star to play with, a star to give to another person. There are times where you feel as shiny as a star, and sometimes when you do not, so you should hold on to the star in your pocket. There are places to find stars in every season. You can earn stars and stars mark special days. At night you can look up at the stars and even when you cannot see them, they are there every night and everywhere.

#### LESSON OBJECTIVE

Help children understand how they can hold on to and see the good in life even when it is not so obvious. We can find things to feel good about, even when life is hard.

#### LESSON MATERIALS AND ADVANCE PREPARATION

##### Materials:

- Yellow construction paper
- Glitter
- Glue
- scissors
- Sticks (about 10 inches) and/or safety pins

##### Preparation:

Cut out small stars for students to trace for their pocket. Cut out large stars that they can use to put at the end of a stick for a wand or glue to safety pins to play sheriff.

#### KEY VOCABULARY AND CONCEPTS

**Carrying a rock in your pocket:** Some people do this to remind them to be grateful. Some people collect and value rocks.

#### PRE-READING ACTIVITY

Show the front cover of the book and ask if anyone likes to look at the stars at night. Explain how even when we can't see stars, they are always there.

## READ THE BOOK

### POST READING DISCUSSION

Ask the following questions:

- What things do you do that make you feel like a star?
- What kind of things make you feel less “shiny?”
- Why do you think the child liked having a star in his pocket?
- How can we be a star or give a star to others? (kind acts, friendship)
- What great parts of your life— even small pieces of happiness—do you sometimes forget?

Even though sometimes the stars are not visible, if you look around, stars are everywhere. Even though sometimes life can be rough, if you look around there are many good things that you can focus on.

### POST READING ACTIVITY

All ages:

Make a star for your pocket: For younger students, you can hand out precut stars; for older children have them trace and cut out little stars. These are stars that they can keep in their pocket.

If there is sufficient time, ask students to write about or draw pictures of things that make them feel grateful and shiny. Children might also draw pictures of things they hope for.

Make a star to give someone: Trace and cut out larger stars that they can give people that help them feel like stars. They can decorate these stars and/or write a message on the star.

Another activity, make a star for each student. Ask each student to write their name on the star. Hook all the stars together into a long chain. Hang the chain of students’ stars in the room. Let the students know that each one of them shines and that our classroom of students makes our school shine brighter. .

### CLOSURE

Hang the poster (at the end of this lesson plan) in the classroom and refer to the poster during the week to reinforce the social skill.



What lies ahead of you and what lies  
behind you are nothing compared to what  
lies within you.

—*Mary Engelbreit*—