

STARDREAMERS® Land of YesYouCan

- Inspiring Children to Reach for Their Dreams -

StarDreamers' You Are A Star Program A – Teacher's Guide

SEL Learning Objectives Addressed

- 1A – Identify and manage one's emotions and behavior
 - a. Name the emotions felt by characters in stories
 - b. Describe a time you felt the same way a story character felt
- 1B – Recognize personal qualities and external supports
 - a. Identify the values that help you make good choices
 - b. Describe situations in which you feel confident
 - c. Identify the personal traits of characters in the story
- 1C – Demonstrate skills related to achieving personal and academic goals
 - a. Recognize the relationship between what you want to accomplish and setting goals
 - b. Give an example of a personal goal you could set for yourself
 - c. Make a plan for how to achieve a personal goal

Contents

- 1) "StarDreamers Program A" video
- 2) StarDreamers' You Are A Star Student Workbook
 - a. "YesYouCan" success pyramid coloring sheet and questions
 - b. "YesYouCan" song lyrics

General Teacher Instructions

- 1) Print a copy of the Student Workbook for each student
- 2) Watch the "StarDreamers Program A" video together
 - a. First session: watch video to min 15:20 (Moatki frees the serpent Kabol)
 - b. Second session: watch video from min 15:20 (Moatki hypnotizes the prince) to end
- 3) Students complete the coloring exercises and answer questions
- 4) Encourage children to share their answers to the "YesYouCan" questions with each other (entire class or in small groups)

- 5) Play the “YesYouCan” song and invite children to move, creating their own YesYouCan dances and putting the words of the song into motion
- 6) Invite children to read in unison the “YesYouCan” song lyrics and discuss the “YesYouCan” questions

Teacher’s Study Guide: Pre-Viewing Discussion

- 1) What does “Yes You Can” mean to you?
- 2) Discuss concepts of hard work, tenacity, accomplishment, personal pride, courage in achieving goals
- 3) Students may listen to each song one time through, paying attention to the lyrics and what words stand out to them; you may want to stop the video after the Stardreamers song and after the You Are a Star song
 - a. Stardreamers song (start of the video)
 - b. You Are a Star song (end of video)
 - c. Yes You Can song (separate video)
- 4) There is an opportunity to pause the video after each segment and have students read the message on the screen aloud together, then consider it for themselves.
- 5) Main characters
 - a. The Great Mystic One – creator of good dreams for children and guide to King Akaba
 - b. King Akaba – King of Theopia
 - c. Prince Mesfin – King Akaba’s son
 - d. Prince Moatki – King Akaba’s twin brother/Prince Mesfin’s uncle
 - e. Kabol – an evil dragon who assists Moatki
 - f. The Cosmic Connexus – mystical wise woman, advisor to King Akaba
 - g. The UMM – the Universal Music Masters, protectors of YesYouCan energy
- 6) Vocabulary: pyramid, harmony, believe, journey, honor, civilization, safe passage, mystic, galaxy, vibrations, trance, cosmic, vow, “Yes You Can” attitude

Teacher’s Study Guide: Curriculum and Objectives

Part 1: (Up to min 15:20) Concepts of actions and consequences

- Do you have a dream? What is that dream? What does trust mean? How about honesty? How are these two things similar and different? What is the power of positivity?

- Student then watch the film and discuss where they saw these concepts in the story as well as in their own lives and complete a worksheet/project.

Part 2: (From 15:20 to end of video) Concepts of community and teamwork

- What makes up a community? What does teamwork mean? Is kindness important in a community and when you are working with other people? What does good and evil mean? Where have you seen good vs. evil before?
- Students watch the film and discuss where they saw these concepts in the story as well as in their own lives and complete a worksheet/project.

Teacher's Study Guide: Reflection Questions

- 1) What is this story trying to tell us?
- 2) What did you like about the story?
- 3) Who was your favorite character? Why?
- 4) How can watching this lead you to create your own story?
- 5) What can you do to make your dream come true?