

# **STARDREAMERS® Land of YesYouCan**

- Inspiring Children to Reach for Their Dreams -

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

### SEL Learning Objectives Addressed

- 1A – Identify and manage one's emotions and behavior
  - a. Explain why characters in stories felt as they did
  - b. Describe strategies for dealing with upsetting situations (e.g., disappointment, loss, separation)
- 1B – Recognize personal qualities and external supports
  - a. Identify reliable adults from whom you would seek help
  - b. Identify personal strengths and weaknesses and the effect they have on your choices
  - 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. Set a goal that you could expect to achieve in a month or two
  - c. Brainstorm possible ways to overcome obstacles in achieving your goals

### Contents

- 1) "StarDreamers Program B" video
- 2) StarDreamers' You Are A Star Student Workbook B
  - a. StarDreamers Star coloring and questions exercise
  - b. StarDreamers Dragon coloring and questions exercise
  - c. "Yes Are a Star" song lyrics

### General Teacher Instructions

- 1) Print a copy of the Student Workbook for each student
- 2) Watch the "StarDreamers Program B" video together
  - a. First session: watch video to min 23:07 (I Believe I Can Fly read-along)
  - b. Second session: watch video from min 23:08 (Tici's story) to end
- 3) Students complete the coloring exercises and answer questions

- 4) Encourage children to share their answers with each other (entire class or in small groups)
- 5) You may want to revisit the song “Stardreamers” from the start of the story
- 6) Play the “You Are A Star” song and invite children to move, creating their own “Star” dances
- 7) Invite children to read in unison the “You Are A Star” song lyrics and discuss the questions in the workbook

### Teacher’s Study Guide: Pre-Viewing Discussion

- 1) What does “Yes You Can” mean to you? What is YOUR StarDream?
- 2) Discuss concepts of hard work, tenacity, accomplishment, personal pride, courage in achieving goals
- 3) Student 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
  - a. Stardreamers song (start of the video)
  - b. You Are A Star song (separate video)
- 4) There is an opportunity to pause the video after each segment and have students read the message aloud, then consider it for themselves.
- 5) Main characters
  - a. Leon / The Chosen One – leader of The Cans and guide to the children
  - b. I-Can, You-Can, We-Can – The Cans, helpers to the children
  - c. Kabol – an evil dragon who is sent to discourage the children
  - d. Billy – wants to be a doctor; his father wants him to play basketball
  - e. Nita – wants to be an astronaut; her mother wants her to get a job
  - f. Tici – wants to be a violinist, but loses hope when she is injured
  - g. Boomer – wants to be a basketball star, but faces some hard choices
- 6) Vocabulary: telephone pole, harambee, alchemy, pledge, trance, “Yes You Can” attitude, stardreams, champion, surgeon, astronaut

### Teacher’s Study Guide: Curriculum and Objectives

#### **Part 1: (Up to min 23:07) Concepts of actions and consequences**

- What does responsibility mean? What are consequences? Can you give an example? Are consequences always bad? What would be a good consequence? What does responsibility mean?

- 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.

**Part 2: (From 23:07 to end of video) Concepts of bullying**

- What does bullying mean? What should you do if you feel bullied? What are some kinds of conversations you could have with a bully? What is peer pressure? How do your choices affect you? How about the people around you?
- 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?