



星星家庭

The Starfamily

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Global Co-operation for a Better World Project

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THE STAR FAMILY

- 1) Foreword for teachers
- 2) The story can be used as
 - Drama
 - Puppet show
 - Shadow play
 - Discussion
 - A 'Happy Star' party
- 3) Suggestions of virtues / qualities.
- 4) Which star am I?
- 5) Song
- 6) Dance 7) Games
- 8) Baking 'Happy Stars'
- 9) 'Star Awards' - a teacher's report

1) FORWARD TO TEACHERS

Sharing the excitement of working on the “The Star Family” activities with a PI class of five and six-year-old children was a truly wonderful experience. The success of these activities was due largely to the positive atmosphere created by the children themselves, as they learned to co-operate and inter-relate with each other in *new* ways.

Given the usual short attention span of young children, it was interesting to note that they worked happily together on this one project for four months, without a sign of boredom. The whole idea of the Star Family is to make the children aware of their true peaceful, happy, co-operative and creative nature.

In the process of creating “The Star Family” activities, the children had first-hand and very personal experience in the way positive qualities worked and co-operation made the project sail ahead while anger and impatience only created stumbling blocks and confusion. It became clear to them through their own experience that without the co-operation of all, nothing went smoothly.

The atmosphere while learning these lessons became one leading to happy creativity and, with the negativity of criticism, for the most part, absent, each child had the courage to use his or her talents and specialties.

The Basic Steps for co-operation project activities are: -

- 1) Sharing ideas and suggestions for a situation, with contributions from each child. All the children should be encouraged to participate verbally, sharing their ideas, no matter how small or unusual.
- 2) Out of all of these suggestions, the children choose one idea, agree upon the idea unanimously through a process of elimination.

- 3) The children make an action plan based on that one, unanimously *selected* idea, finding ways within the group to use the skills and talents of all the children. During this process the teacher should gently guide the children so that the final plan chosen is a practical and possible one.

This booklet is only a guide, a “jumping off place” for your own creativity and ideas. Section 9, “Star Awards” contains a report from a teacher who used “The Star Family” in a unique and individual way.

Let your imagination run free and add your own knowledge to create new ways to bring out all the peaceful, happy qualities that are part of every child’s nature. Success is certain - try it. Your experience with the project is of great interest and value. Please share it with us. May your experience be joyful.

A hearty thanks to you all the wonderful “Star Family” children who made it happen.

If you would like to go deeper into the art of co-operation, please ask for a copy of our 5chooJ/Youth pack.

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2) The Story Of The Star Family

Once upon a time there was a lovely, bright and shining family of stars. The head star of the family was the ever-smiling Sun Star. He was a very special, star. He had so much love for all the other stars, his children, that he would only send the most loving and brightest beams to them. So happy were they that they were always cheerful and good.

This pleased the great Sun Star and it made him smile all through the day and night without stopping. All he did was to look at his star children and smile with joy.

How pleased the children on earth were by this! Time and again they would look up at the sky, at the star family, at their sparkling brightness. They were so pleased to see how the star children played with each other and how they would sometimes even come down to the earth and play with them! How had all this come about? Well, one day the friendly stars in the sky saw how two children were fighting with each other. “Oh”, one of the Friendship Stars said to another, “Let’s go quickly and help these two children before they hit each other!” As fast as lightening they flew to the two children, sent friendly beams to them, and even tickled their noses with their beams so that the children simply had to laugh.

In the meantime, the Fearless Star had noticed what was happening on earth and, since he was without fear, he and the Courageous Star flew down to the children. They introduced themselves to the children and the Courageous Star said: “I am called the most courageous star in the star family because I never quarrel or fight with anyone. Not to quarrel or fight is the most courageous thing to do”.

By now, the Loving Star and the Laughing Star had joined in and were sending their bright beams to the children so that they forgot why they had quarreled in the first place. The big Helper Star and the Patient Star had also arrived. “Children”, said the Helper Star, “isn’t it lovely to see how all these stars have come down to earth to help you? Shall I tell you a secret?” “Yes, yes!”, cried the children. “The greatest secret”, said the Helper Star “is patience. Look at the Patient Star! Nothing can upset him, he never quarrels or fights, he is always patient with others and they love him for that”. “That’s right”, said the Cautious Star, “If you are careful about how you treat others, if you never take anything away from them, if you know how to share and do not hurt others, then everybody will like you and you will never need to fight again”.

Almost all the star children had by now arrived on earth and they were joined by many, many children. “We want to be like the stars”, said the children. Suddenly they saw something very bright shining in the sky. It was the Brightest Star together with the Happy Star and the Ever-laughing Star. The Brightest Star beamed at the children and the Laughing Star had such a funny laugh that the children simply couldn’t help laughing as well. “Let’s dance, eat, play and sing”, cried the Happy Star, and at once they started to have the best party you can imagine. All were happy - they danced, played, laughed and were happier than they’d ever been before. “This is the best party ever”, everyone cried.

Then it happened! Nobody had noticed the arrival of the Quiet Star but then - he spoke, “The great Sun Star has sent me to you”, he said softly and sweetly, “Every party has to come to an end and you are to go home now”. The children on earth had also been thinking about going home for it had become quite dark. They embraced and hugged the stars and the star children then flew back to their great Sun Star. It was a lovely sight, as each star flew higher and higher, they sent bright beams and loving thoughts to the children below.

The Patient Star sent patience, the Laughing Star a happy laugh, the Quiet Star sent soft, quiet beams, the Loving Star sent lots and lots of loving thoughts.

The children on earth watched happily and waved to the stars, “Come back soon”, they shouted and then returned home.

Do you think that the children and the stars met again? Do you think that you can become as good, happy and loving as the star children?

Teachers note: Give time for class discussion, let children share their thoughts, encourage them to find the answers on how to become like the star children, after having focused on what made them so special (the virtues and qualities).

The Star Family

Gold Star	- The ever-smiling sun star
Silver Stars	- friendship stars
	- fearless stars
	- courageous stars
	- loving stars
	- laughing stars
	- helper stars
	- patient stars
	- cautious stars
	- brightest stars
	- happy stars
	- quiet stars

Teachers note: Before reading the story mention the name of the stars.

3) Suggestions of Virtues/Qualities

What does it mean to be a 'friendship' star, or a 'fearless' star or a 'patient' star?

Let the children find their own answers with your gentle guidance. Collect all ideas and write them down.

Here are some suggestions: -

- 1) 'Friendship' stars - always open, helpful, friendly, gentle, always helping out if they are needed, they are friends with all.
- 2) 'Fearless' stars - know that when they do good, they have nothing to fear, share with others, when others do wrong, they never answer back, they are honest.

- 3) 'Courageous' stars - have courage to do good, not to hurt anyone, speak the truth, speak in front of others, accept others mistakes, do not answer back.
- 4) 'Loving' stars - care for others, listen properly, see everyone as their friend, see the good in everyone, are always sweet and kind.
- 5) 'Laughing' stars - let nothing get them down, see the funny side of problems (especially big ones), make others laugh, have a cheerful face.
- 6) 'Helper' stars - enjoy helping wherever needed, offer to help instead of waiting to be asked.
- 7) 'Patient' stars - very patient with self and others, let others go first, no pushing, no crying "Me, me". Listen carefully to others. Think before they speak.
- 8) 'Cautious' stars - try not to upset anyone or hurt anyone, are careful, polite, respectful with people, gentle, see the value in everyone, sensitive.
- 9) 'Brightest' stars - always cheerful and a good example, greets everyone with a cheerful smiling face.
- 10) 'Happy' stars - they try to be satisfied with everything in a positive way, and make others happy.
- 11) 'Quiet' stars - they are silent, do not speak much nor make a lot of noise, they try to be

as quite as possible, speaking only
when necessary

When the children have given all their ideas of the virtues and qualities of each star and you have written them down, collect suggestions on how to put them into practice in their particular classroom situation, in order to enrich the self, relationships and build an atmosphere of harmony. In order to give the children constant opportunities to practice the virtues and qualities, you might like to take up the suggestion on the next page - 'Which star am I?'

4) WHICH STAR AM I?

The teacher prepares stars out of silver card and writes the names of the different stars on the back e.g. 'You are the Helper Star', 'You are the Friendship Star' etc. You need as many stars as there are children in the class. Prepare a board with hooks or needles, punch a hole in each star card, and hang on the board. The board should be fixed in a permanent place in the classroom and carry the title 'The Star Family'.

Activity

* Every Monday take the stars from the board and let each child choose or draw one. Each child can then share their ideas about the star they got. If there is more than one child with the same *type* of star, they can get together and make plans as to how they should act during the coming week. You can gently guide them by using the suggestions given on the previous pages.

* To make the activity more interesting, you could make one star out of gold card for the Ever-Smiling Star or the Ever-Patient star so that the child who draws the star has to try their best in every respect.

* A teacher who tried this activity reported that the children really loved it and never got tired of it.

* All the following activities could be used *for* a star party. Your class could even invite parents or another class in the school to join in the fun.



5) Song.

THE HAPPY STARS.

I am happy, I am happy

I am star

I am happy, I am happy

I am a star.

I am happy to remember

To sparkle forever.

I am happy, I am happy

I am a star.

I give my love to everyone

I give it from my heart.

I give my sparkle to everyone

And make them sparkle too.

Repeat:

The Happy Stars

The musical score is written on five staves in treble clef with a key signature of one flat (Bb) and a 4/4 time signature. The first staff begins with a tempo marking '(3+2)'. The lyrics are written below the notes. The score includes a 'Fine' marking at the end of the third staff and a 'D.C. at Fine' marking at the end of the fifth staff.

(3+2)

I am happy, I am happy, I am a star I am happy, I am
happy, I am a star. I am happy to remember to sparkle
forever I am happy I am happy I am a star. I
give my love to ev'ryone, I give it from my heart. I give my
sparkle to ev'ryone, and make them sparkle too.

Fine.

D.C. at Fine

6) The Star Dance

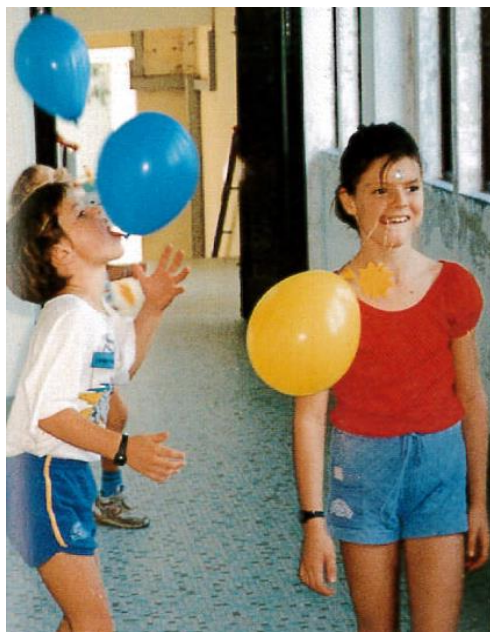
Prepare star crowns. Take a hair band and staple or tape the star crown on. Girls should wear wide skirts

<u>Part 1</u>	<u>Action</u>
I am happy, I am happy I am a star. I am happy, I am happy I <i>am u</i> star. I am happy to remember for now and forever. I am happy, I am happy, I am a star.	children skip around in a circle facing inwards and turn outwards on the first 'star'. The children now skip in the opposite direction, they crouch down on second 'star', rise slowly bringing their arms up over their heads. They hold hands again and continue to skip around, stop on 'star' and turn face inwards again.
<u>Part 2.</u> I sends my love to everyone I send it from my heart. I send my sparkle to everyone and make them sparkle.	The girls hold their skirts out and children sway from side to side. They then turn around facing outwards, and slowly raise their arms towards the ceiling, twiddling their fingers at the same time. Children turn around to face inward again
<u>Part 3.</u> Repeat Part 1.	

7) Games

i) Falling Stars.

First cut some star shapes, then take two stars and launch a hole in one corner and tie the two together with a piece of string. Then write a quality, virtue or small blessing on the inside of one of

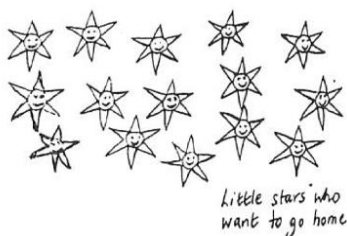
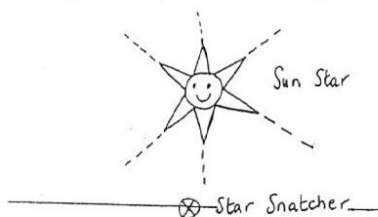


the stars (something different on each one) and fasten on to a blown-up balloon. Let each child choose a balloon (in classes with large numbers of children they can be put into groups). Each child now throws his balloon up into the air and as it floats down, tries to catch the star in his mouth, keeping his hands behind his back. The child keeps t throwing the balloon up until he succeeds in catching the star in his mouth. Only then is he allowed to read his blessing. When everyone has finished, they all share their

star-messages with the others in the class. This game requires a lot of patience!

ii) The Sun Star calls.

Choose one child to be the Sun Star, one to be the Star Snatches and the rest of the class are the Happy Stars - children of the Sun Star. The children arrange themselves as shown in the illustration. The Star Snatcher is sleeping, the Sun Star is calling softly, "My sweet, sweet children, come home!". The little Happy Star children start moving forward very quietly so that they do not wake the Star Snatcher. If he hears any noise he looks up and sends all the stars back to the



start. Those who have already crossed the center line can stay safe with the Sun Star.

iii) Star Treasure Hunt.

This game is played like an ordinary treasure hunt except *the* treasure is paper stars, one for each child, with their name written on it, and a special positive message. This game requires a lot of co-operation.

8) Baking Happy Stars

3oz. icing sugar, sifted.

8oz. margarine or butter.

8oz. plain flour.

4oz. corn flour.

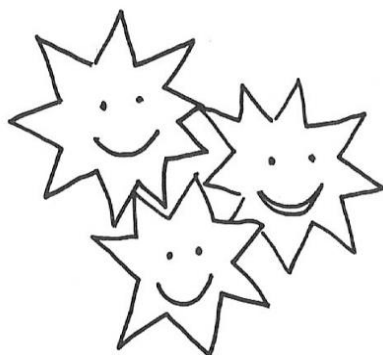
2-4 tsp. water.

For glazing and decoration -

Hundreds and thousands.

Icing sugar.

Red food colour.



1. Cream butter and sugar until light and fluffy.
2. Add sifted flour and corn flour to creamed mixture.
3. Add water and work to a smooth dough. Leave in a cool place for a while.
4. Grease baking trays, heat oven to 350°F., Gas Mark 4.
5. Dust a clean table with flour, then make the dough into approx. 40 small balls - give them to the children to make into stars shapes.
6. They can press the balls flat with the palms of their hands and

using their thumbs and fore-fingers pinch the dough to form the points of the stars. (This is so easy even 4-5 years old can do it).

7. Put the finished stars on a baking tray and bake for 15-20 minutes.
8. Leave to cool and help the children prepare the icing for glazing.
9. Mix sifted icing sugar with water to make a thick cream.
10. Dip one side of the stars into the icing and then leave to dry.
11. If you want to decorate the stars with hundreds and thousands, sprinkle them on before the icing gets dry.
12. If you want to make happy faces on the stars, when you have finished glazing them add a tiny drop of red food colour to the remaining icing. Use a toothpick to form the mouth and eyes.

9) Star Awards

(in conjunction with a solar system topic for 5 & 6 yr. old)

- Aims - to promote social skills.
- to promote reading skills.
- to promote confidence.
- to promote enthusiasm and incentive to succeed.

Each morning every child in the class took one star on which was written an instruction for the day. A much sought-after star was gold, which meant a child received a new pencil. Amongst the star shapes *were* blank planets. Upon collection of their star each child would read out their instruction. These ranged from school rules, e.g. do not run in the corridor; classroom activities, e.g. make a plasticine

animal, paint a happy picture; social aware- ness, e.g. make a new friend, help your neighbour etc. The blank planet shapes were not popular when first introduced but through daily discussions many ideas were developed. My intention was for the children to make their own instruction, to set their own standards within the classroom structure. At the end of each day children returned their stars to the box and commented upon their own activities or showed their painting, drawing, model. At first praise came only from the teacher but as the children became aware of others activities, they *became* more vocal, reminding one another of ‘star awards’ and commenting about any child who had not made much effort.

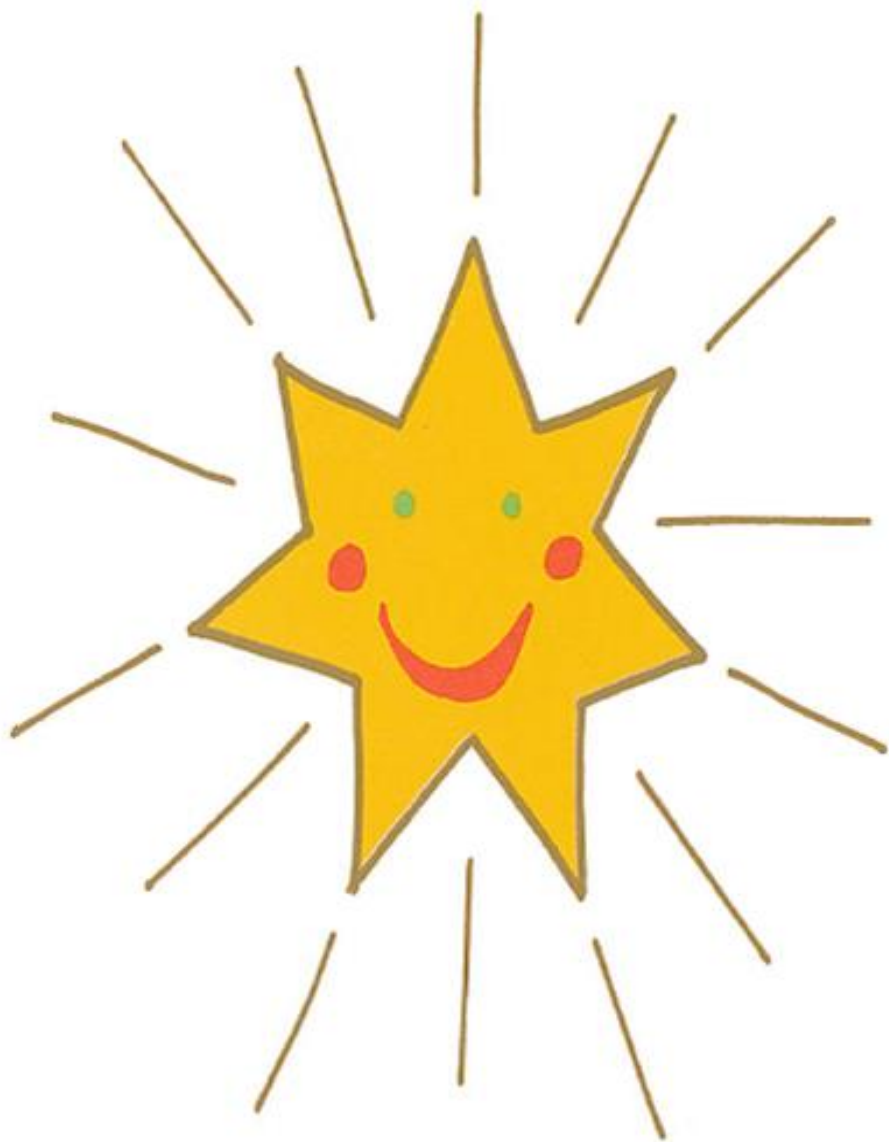
Planet shapes gave the children a chance to set their own aims for the day e.g. get all my sums correct, write neatly etc. Their enthusiasm with suggestions helped the teacher for future ‘star awards’.

Results- a ‘busy’ classroom

- closer co-operation
- social awareness.
- a sense of achievement.
- greater confidence to succeed, etc.

This was an enjoyable topic which spread over three weeks. I will definitely use *these* ideas again. A new class should be able to develop the idea further.

W. Bulmer



Note

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