



WE'RE ALL STARS!

Objective: For all learners to recognize strengths and receive affirmation from peers.

Materials:

1 piece of paper for each student – (Star size is dependent on size of the paper.)

Scissors to share

Copies of 5 Point Star Directions

Directions:

- Put learners in groups of 3-5.
- Directions' pattern) and instruct them to write his/her strengths/talents on the points of the star.
- In the group have each learner share what is written on his/her star and then have the group share their ideas of that person's strengths and potential. Add these to the star.
- Have the group 'Mill to music' and share with at least two other people their strengths.
 - **"I'm Amazing"** by Zeb Mo 3:15 min.
 - **"Power in Me"** 3:56 min.
 - **"Accentuate the Positive"** 3:55 min. Ella Fitzgerald

Final Instructions to participants:

"Now before you sit down, discuss with your current partner the following question:

1) "Why is it important to encourage me to work out of my strength?"

Suggestion: Display stars and/or have students save them in their journals for future use.

Journal Reflections: (Select one.)

"How does knowing my strengths help me reach my potential?"

"What did I learn about myself in this activity?"

"How did sharing positives with others make me feel?"