

## **Star Light, Star Bright: Considering Positive Possibilities**

### **Overview**

Students will consider positive possibilities for their group-mates by formulating a wish for the group that they place on a cut out star. This activity encourages youth to think about possibilities rather than impossibilities, as well as to share positive thoughts with one another. This activity can also be used as a way to have students offer input on class rules and expectations at the beginning of the school year.

### **Grades**

K-5

### **Activity Type**

Group

### **Materials**

Star template, attached

Art supplies (markers, crayons, etc.)

### **Duration**

Varies depending on number of participants; allot 5-10 minutes for star preparation and 1-2 minutes per participant for sharing

### **Instructions**

1. Repeat the following rhyme to the group:

- "Star light, star bright, first star I see tonight; I wish I may, I wish I might, have the wish I wish tonight."

Discuss:

- How many of you have heard that rhyme before? What does the rhyme mean to you?
  - What does it mean to "wish?" What types of things do people generally wish for and why?
  - What does it take to make a wish come true?
2. Tell students to look around the room and to consider everyone in their group. Encourage students to think of a positive wish that they have regarding the group. Teachers may want to influence the nature of the wishes with guiding questions. For example, if this activity is occurring during one of the early meetings of the group, teachers might want to have students consider what they wish to get out of the future group meetings (i.e. "I wish to make lots of new friends.") If this activity is occurring towards the last of the group's meetings, students can be encouraged to make wishes for the group's future (i.e. "I wish to stay in touch with all of you, since you have become great friends.") The purpose is to encourage students to formulate wishes that involve positive comments and/or outcomes for the entire group.

3. Give each student a star and tell them to decorate it with their wish. (Teachers can make this activity as simple as having students write their wishes on the star, or as elaborate as turning this into an art activity in which students write and then illustrate their wish.)
4. Once students have finished their stars, have the group stand in a circle. Tell participants to imagine that the space on the floor between them is a sky of possibility, and that they are each going to share their star/wish with the group. Remind students to be respectful listeners as each person shares their wish, and encourage students to clap loudly after each participant shares. Once each student shares, they should place their star in the middle of the circle (the “sky”).
5. Once all students have shared, encourage students to consider the wishes they heard, and to comment on which wishes really struck them in some way. Teachers can also lead students in discussing what they as a group can do to ensure some of the wishes come true.

### **Variation**

This activity can also be used to gain student input regarding class expectations and rules. Teachers would lead the activity in the same way, but ask students to consider how they wish to be treated while in class. Once students share their wishes/stars, the teacher can place a long piece of blue bulletin board paper on the wall and display all the stars there as a reminder of how students agree to behave and treat one another.

**Star Template**

