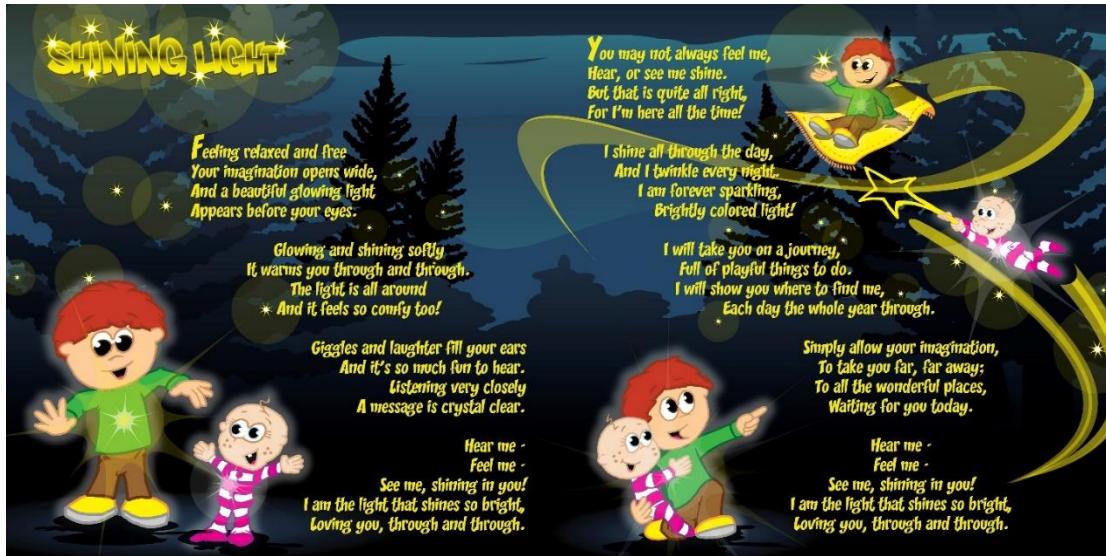


# Shining Light Story

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Story Theme: "I am creative."



- Ask the children to find the hidden stars in this story.

## Lemon Exercise Activity:



I'd like you to close your eyes and imagine:

- You have a lemon in your hand.
- Imagine the shiny yellow color, visualize the dibbled texture and the two pointy ends.
- Now imagine you are in your kitchen. Go to the utensil drawer and get a knife out of the drawer.
- Now imagine cutting the lemon in half. Put the knife down and pick up one half of the lemon, can you smell the citrusy smell.
- Really smell it!
- Now take a great big bite of the lemon!
- What did you experience?
- For me, at this point I experienced saliva coming into my mouth. We have no lemons in this room. Only a picture.
- This is the power of our imagination in action. The mind does not know the difference between something real or something imagined.
- Whatever the child is imagining, listening to, or reading, it is as if it is happening in real life.

Albert Einstein's famous quote:

- **"Imagination is more important than knowledge."**

Read positive uplifting stories that inspire and encourage children to explore the power of their imagination.

In the Shining Light Story, the children imagine a shining light or star that talks to them, comforts them, and takes them on imaginative journeys. This story was created so children will feel part of every story. The final verse of the Shining Light Story is designed to encourage children to feel loved. Since children learn through repetition this verse is repeated at the end of all the remaining stories so children can feel precious and lovable.

## **Shining Light Audiobook Testimonial from Beverly :**

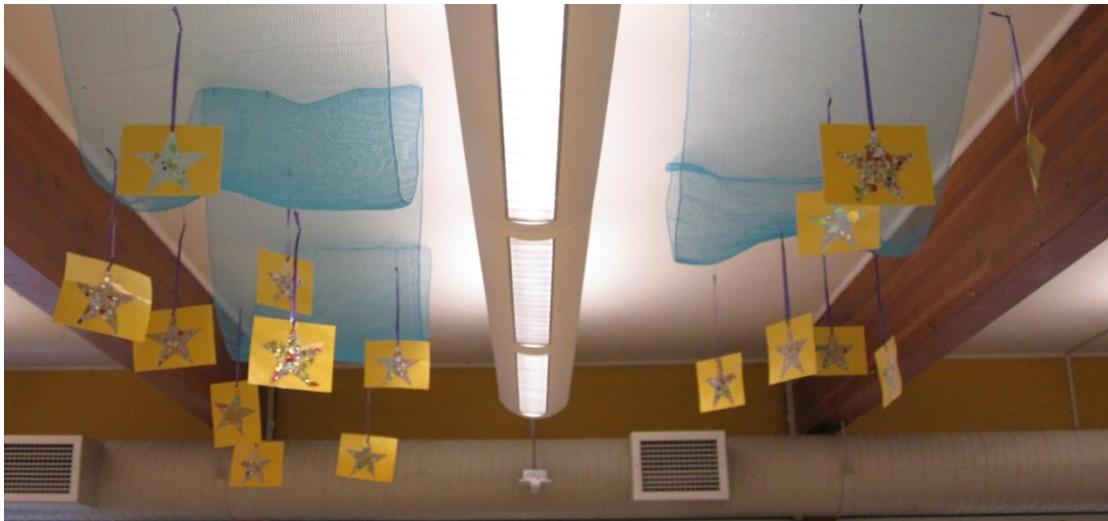
"As I played the Beaming Bright, You're a Shining Light Audiobook with Music for the first time, I watched my daughters transform into a calm, gentle and loving mood. They laid still and watched imaginary figures in the sky.

I watched my daughters imagining they were playing the violin, hugging themselves, touching the sky, dancing with butterflies, and they were hippity hopping around the room. They said, "I love this story! It is so great! Can we listen to it again?"

## Shining Light Art Activity:

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- Children imagine and create shining stars.



## Shining Light Bookmark Activity:

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- My bookmark of me. I am part of every story.



# Imagine & Create Activity:

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This activity has been created into steps to help reinforce the learning concepts being presented.

## Step 1 - Imagine & Create:

- Children and adults discover that everyone imagines and is creative all the time.
- "How creative do you feel?"
- "What have you created?"
- As adults you might answer these questions by saying:
  - I create when I put together outfits to wear each day.
  - I helped create the home environment we live in.
  - I create when I prepare the food we eat.
  - I create birthday parties.



# Creativity Everywhere Activity:

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# I Am Creative Activity:

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Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.



Every culture from around the world offers unique creative gifts.



Arpilleria is a patchwork technique in which women develop their creativity by making artwork as a means of expressing their experiences and insights. Peru Mujer is a non-profit organization in Lima, Peru.

## Grade 12 Students Experience:

When I was asked to create a workshop for grade 12 students, I was shocked to hear how many of the students felt they were not creative.

It was close to Halloween, so I handed out some construction paper, scissors, and glue. I asked them to create a Halloween creature. They were so surprised with themselves. Their creations were amazing!

This group of teenagers left the class with a whole new perspective about how creative they really are.

## Step 2 - Each Moment is a Creation:

- We expand this idea one step further. Children not only create physical things, but they create moments. Each moment is a creation.

## I Can Create Happy Moments Activity:

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# I can create happy moments.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.





- **Be aware of moments when you see children being creative in a positive way.**
  - During fun "craft time" experiences.
  - When children are sharing a funny story.
  - When children are giggling as they play together.
  - When children are being kind and helping one another.
- **Be specific and tell children exactly what you see.**
  - "When we were all listening to the music and dancing together it was so much fun seeing your happy faces and your dance moves. You created such a fun moment."

Look for opportunities to help children gain a positive image of themselves.

## Creative Moments Story:



When Shalini was teaching the children to create a collage of the life cycle of an apple tree she observed the children looking at each other's work, and one child said:

- **"I am creative."**

They all laughed and said:

- **"We are creative."**

Then they all began singing together.

- **"I am creative."**
- **"We are creative."**
- **"We can do it."**

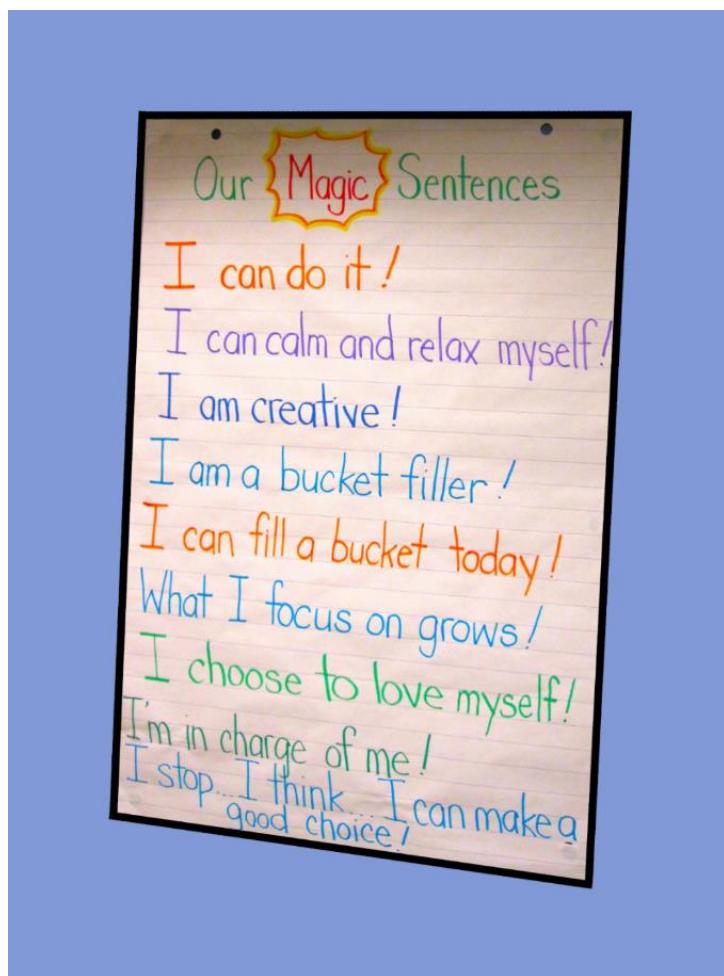
They laughed and giggled while creating their collage.

After the children finished their collage Shalini said:

- "I noticed you were having lots of fun singing together. You have just created a happy, joyful moment for yourselves and me. How do you all feel?"

This experience helped them to believe that they do create happy moments.

## Magic Sentences Experience:



Shalini creates what she calls Magic Sentences from the Lesson Plan Posters, which she introduces one at a time.

The theme for this story is "I am creative."  
Children draw a picture of a time when they were creative.



The children's thoughts are then written down by Shalini as they talk about their drawings. This activity also helps children with their alphabet and letter writing skills.

As Shalini introduces a new concept she adds it to her Magic Sentence poster.

She tells the children, "These are all the things that adults know but forget." She encourages children to teach these concepts to their family and friends.

Shalini points to the Magic Sentences and the children learn to read by repeating them with her several times a day.

She encourages children to, "Say it like you mean it!"

## **It's Too Hard Story:**

Whenever Shalini was about to do an art project, the children would all cheer and say together as Shalini pointed to the Magic Sentence:

- "I am creative. I can do it."

However, a child was struggling and said:

- "It's too hard. I can't do it." and started to cry.

Shalini said to the class:

- "Let's support (child's name)."

The children breathe in and out together. Then they all say:

- "I can calm and relax myself."

The child calms down. Shalini honors the child's feelings.

- **"I hear you saying it's too hard."**

Shalini brainstorms with the child about their ideas. After a few moments the child decides on an idea. The children encouraged the child by saying:

- **"You can do it. You can do it."**

Within a moment or two the child says:

- **"I can do it."**

Shalini says:

- **"Remember what we are learning."**
- **"I am creative."**

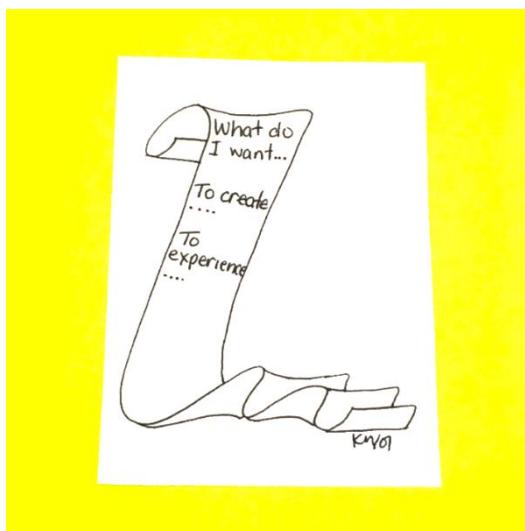
Shalini followed this by saying:

- **"Let's all say it together."**
- **"We are creative. We can do it!"**

The child settles down and was then able to draw their picture with a renewed sense of confidence.

The encouragement from this child's teacher and peers helped the child calm their insecurities and brainstorm ideas they felt confident to draw. This experience helped this child to recognize they can overcome their insecurities and feel good about themselves.

With repetition, children are learning how to navigate change. If they are in an emotional place, that does not feel good, they can stop, breathe, and be supported in a caring, learning environment.



- Children are gaining insight and understanding regarding the choices they are making.

### **Step 3 - I Can Choose My Creative Moments:**

Through repetition children start to realize:

- "I can choose what moments I want to create."
- "How do I want my moments to look and feel?"



**This is the beginning step in helping children to take**

## **Responsibility**

**for their behavior.**

- As children take responsibility for their behavior they let go of blaming others. They reflect on their actions and past decisions and learn from their experiences. They decide to make new choices about what they can do differently next time.



- This picture shows the direction to old painful choices or new uplifting choices.
- Life is a process of choices.
- Whether we make a choice or someone else makes it for us, we are constantly making choices and deciding which path to take.
- As children choose to be kind, caring and appreciate others, they will experience more good feeling moments.
- We learn and grow as we accept the choices we make and take responsibility for them.

## Homeschooled Child, Testimonial from Leslie:

"My six-year-old child is very active, and it was a challenge to get her to sit down and listen to what I say. The Beaming Bright, You're a Shining Light Audiobook is a signal for calm, a transition time for both of us. We tend to argue less and don't get disappointed as much. We haven't been into sparks compared to six months or even two months ago. We speak with much more kindness to each other.

The Beaming Bright, You're a Shining Light helps us get back to the basics. The happiness of just being with our little ones. Learning like them, seeing like them, feeling like them and never letting us forget the time when we first held them in our arms. That excitement sometimes fades away as we get caught up in our busy world, but the Beaming Bright, You're a Shining Light stories take us to the next level, witnessing the joy and excitement of giving knowledge to our kids firsthand, and leaving imprints on them that they will carry into the future.

Erika simply "loves" the Beaming Bright, You're a Shining Light Audiobook. She has listened to it so often that she knows every story and can recite almost every line as she plays the music. She is just learning to write, and I have seen her write out the words and then read them back to herself. This is an excellent way for her to enhance her writing skills and experience positive messages as she reads and then writes the stories.

Erika is a very creative child and has an active imagination. She imagines and plays "pretend". She'll put on a show, and she says, "I want to be a ballet dancer" and she'll start dancing around the room reciting the words on the Beaming Bright, You're a Shining Light Audiobook. She is enjoying herself very much. I see this as a positive way for her to have fun and build confidence in herself."



## Shining Light Applause Activity:

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Children have fun making an applause sign.



- All the children experience giving and receiving appreciation as they clap before and after each child has shared their story or show and tell activity.

Children are creating fun happy moments for themselves and others.

