

# LESSON 9 We All Shine!

## Coaches – Are You Ready?

### ➤ Learning Goals

- To understand the difference between a Star Sparkler and a Star Dimmer
- To understand our role as Star Sparklers
- To encourage others to shine their Star Power

### ➤ Think About It

- What's an example in your own life when someone celebrated your Star Power or encouraged you to be yourself?
- How do you encourage others to shine their Star Power or shine in their own way?
- Who is a Star Sparkler in your life?

### ➤ Materials

- 1 small LED candle/tea light
- 5 cones
- 5 index cards
- Tape
- **Star Challenge Activity Sheets** (cut in half)
- Markers
- Journals
- **Kid-Friendly Stretch & Strengthening Activity Sheet**

## Stay-on-Track

Today's Activities	Time Allotted
Team – Are You Ready?	Before practice
Getting on Board: Star Sparkler Story	10 min.
Stretch & Strengthening Exercises	3-5 min.
Warm-up: Practice Keeping the Light	15 min.
Workout: We All Shine!	45-50 min.
Wrap-up	5-10 min.

## Team – Are You Ready?

### ➤ How It's Done

**CONNECT** with each member of your team and learn more about what's going on in their world outside of GOTR practice!

### Team Question Ideas

- What is something you are proud of?
- What is a quirky talent you have? (For example: curling your tongue, or hula hooping, or being double-jointed.)



### Practice 5K

The Practice 5K is coming up in Lesson 12. Some ideas for making it special: make inspirational posters for the team and/or contact caregivers about participating.

Do Not Distribute

## Getting on Board: Star Sparkler Story (10 min.)

### ➤ Setup

- Materials: Small LED candle or tea light
- Have the team sit in a circle close enough to see the candle and hear the story.
- Have one coach hold the candle and another coach read the script.

### ➤ How It's Done

1. Share the GOTR Goal from last practice and get feedback on how it went.
2. Say: ***"Today's big idea is: Be a Star Sparkler! Does anyone have a guess about what our big idea means? (GTI.) The first part of being a Star Sparkler is seeing others' stars; the second part is encouraging them to shine! Let's learn what this means with a story and some light!"***
3. Tell the team you are going to share the story of the Star Sparklers, then read the script on the next page.

### ➤ Processing

1. Can you think of a Star Sparkler in your own life? How do they make you feel?
2. Why is it hard sometimes to be a Star Sparkler?

### Adaptation

If a participant is blind, be sure to verbally let the team know when you light/turn on and blow out/turn off the candle while reading the script.

## Star Sparkler Script

*Turn the candle on/light the candle and hold it for the team to see.*

*Say: "This light represents our Star Power – the light that shines in each of us when we are being ourselves!"*

*When our Star Power is activated our light shines bright. AND PEOPLE CAN TELL! We glow – we smile, we come alive, we are excited, we are fully ourselves, and it shows!*

*Some people see our Star Power and say, "Wow! They're awesome! Look at that wonderful light!" They encourage us to shine bright and be ourselves. We call these people Star Sparklers – they cheer us on and keep our light sparkling!*

*Some people see our Star Power and try to blow out our light! (Blow out the candle or turn it off.)*

*They try to tell us we shouldn't shine that bright, make us not feel good about ourselves, or say things that dim our light and cover our star in clouds. We call these people Star Dimmers.*

*Every time you see someone's Star Power shining and their light glowing, you have a choice: You can encourage them to keep shining and be a Star Sparkler, or you can discourage them and be a Star Dimmer.*

*You can cheer on someone's light and keep it sparkling, or you can blow out their light.*

*If you choose to encourage others to shine, you'll notice that you start to shine too! If you choose to dim others' light, you'll notice that your light will start to dim too!*

*We all shine bright when we encourage each others' lights!"*



## Stretch & Strengthening Exercises (3-5 min.)

### ➤ How It's Done

1. Invite a pair of volunteers to lead the team through 4 Cold Warm-up Exercises using the **Kid-Friendly Stretch & Strengthening Activity Sheet**.
2. Have the same volunteers lead the team through Circuit 1.

### Cold Warm-up Exercises (Choose 4)

15 seconds

- **High knee marches**/Big arm marches
- **Wide knee marches**/Bird wings
- **Knees-up running**/Big arm circles
- **Heels-up running**/Backward arm circles
- **Toy soldiers**/Cross-country ski arms
- **Forward walking lunges**/Pushes

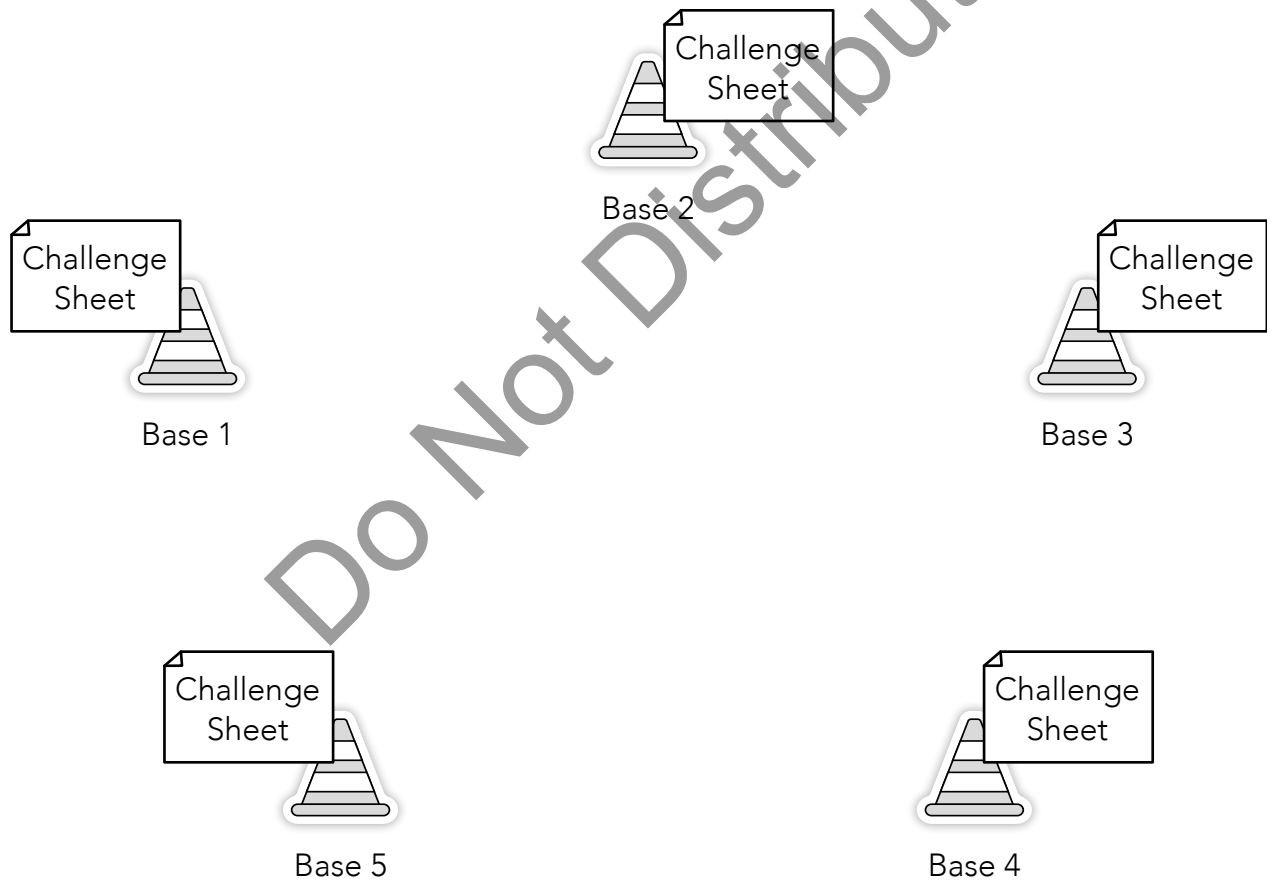
### Running Conditioning: Circuit 1

- **Squats**/Push-ups (15 reps)
- **In & outs**/Walk-outs (10 reps)
- **Running arms** (30 seconds)

## Warm-up: Practice Keeping the Light (15 min.)

### ➤ Setup

- Materials: 5 cones, 5 index cards (labeled "Star Base 1," "Star Base 2," and so on), tape, **Star Challenge Activity Sheets**, markers
- The team will be divided into groups of 4-5, so you will need as many cones as groups. (Group 1 will be assigned Star Base 1, and so on.)
- Tape the index cards to each cone and place the cones in a large circle (see diagram). At each cone, place a Star Challenge Activity Sheet and marker.



➤ **How It's Done**

Say: *"In this activity, we are going to practice being Star Sparklers and helping others shine bright!"*

1. **Explain the activity:**

- We will divide up into groups.
- Each group will start at their Star Base (point out the Star Base cones set up in a circle).
- You will run around the circle with your group.
- When I say, "Go to your star base!" you will move quickly to your base and complete 1 challenge on the sheet!
- Then, you will keep moving around the circle with your group!
- We will keep repeating this process to check off as many challenges as we can!

2. Show the team the **Star Challenge Activity Sheet** that will be at each cone and explain that each challenge is different – some are scenarios, some are movements, and some are a mix!

3. Divide the team into groups of 4-5 by counting off and assigning each group a Star Base cone. Make sure there is a **Star Challenge Activity Sheet** and marker at each cone.

4. **CHECK** for understanding.

5. Begin the activity, having the team complete a challenge every minute or so. (See Coach Note.)

➤ **Processing**

1. Choose 2 scenarios from the challenge list and ask groups to share out what they would do/say to keep that person's star shining.
2. What is a Star Sparkler scenario you can imagine facing in real life?

**Coach Note**

To keep your team engaged, you can switch up the way the team moves around the circle. Choose moves everyone can do, such as:

- Moving as quickly as you can
- Reaching for the stars
- Wacky moves
- Lunges
- Skipping

## Workout: We All Shine! (45-50 min.)

(5 min. directions | 35-40 min. workout | 5 min. processing & stretching)

### ➤ Setup

- Materials: Journals, markers

### ➤ How It's Done

Say: *"We can SAY and DO things to keep others' stars shining and encourage them to be themselves! For our workout today, we are going to practice encouraging each other to keep shining and keep moving!"*

1. Hold up **Journal: We All Shine (page 7)** for the team to see.
2. **Explain the activity:**
  - When you get back to the start line after each lap, you will write an encouraging word or phrase on a teammate's journal page.
  - You'll repeat this process until you've written an encouraging phrase on all of your teammates' journals. (See Coach Note and Adaptation.)
3. Take 1 minute to brainstorm with the team what they could write to encourage their teammates to shine their Star Power, be themselves, and love themselves!
4. **MODEL** this process and **CHECK** for understanding.
5. Hand out journals and markers, and have the team write their name on their star. Leave journals open to **Journal: We All Shine (page 7)** at the starting line.
6. Tell the team how much time they have for the workout. Have everyone set a lap goal and share with a teammate/coach.
7. Begin the workout.
8. Coaches can move with the team and connect using the questions below.

Depending on team size, you may encourage the team to write in 2 journals each lap.

### Adaptation

For participants for whom writing is a barrier, brainstorm what they could draw on their teammates' journal pages OR make this a partner workout and have pairs work together to add to their journals.

### Connection Questions

- In our daily lives, how can we encourage others to shine in their own way?
- What do you think the hardest thing will be about being a Star Sparkler and not a Star Dimmer?



➤ **Processing & Stretching**

1. Take a minute to look over all of the encouraging words on your journal page. How does it feel to see all this encouragement?
2. Remember how you made your teammates feel today! How did it feel to give that encouragement?
3. How will you take this Star Sparkler practice out of GOTR today and encourage others to shine their Star Power?

Do Not Distribute

## Wrap-up (5-10 min.)

### ➤ How It's Done

#### 1. Lap Goals

- Pass out journals and have the team fill out today's entry on **Journal: My Lap Goals**. Remind the team of the workout time and date.

#### 2. Toolbox

- Have the team turn to **Journal: My GOTR Toolbox (page 14)**.
- Say: **"Today, we learned how to be Star Sparklers and help others' Star Power shine. Find the Star Sparkler tool on your journal page and write or draw 1 thing you learned."**
- Allow 3-4 people to share.

#### 3. GOTR Goal

- Before next practice, be a Star Sparkler and see someone else's light and celebrate it!

#### 4. Energy Award and Closing Cheer

- Have a coach and a participant each nominate someone for Energy Awards. For today's celebration, use the Star Sparkler Energy Award or create one together that is more relevant for your team! End with a closing cheer. (See Coach Note.)

### Star Sparkler Energy Award

**"Sparkle, sparkle, shine bright!"**

*(Sway from side to side with sparkle fingers)*

**"We're here to cheer on your light!"**

*(Point to yourself, then shake your arms like you are cheering on the team)*

**"You got this! You rock! You're gonna go far!"**

*(Jump and point to 3 different teammates for each phrase)*

**"Shine on! Be who you are!"**

*(Put your hands in the middle, and go down and up as you say the final part of the cheer)*

Journal Pages

Page 7: We All Shine

**JOURNAL** We All Shine  
Lesson 9

'S STAR

Activity Sheets

Star Challenge

**LESSON** 9 We All Shine

Star Challenge (Cut Out)

**STAR SPARKLER CHALLENGES**

**CHALLENGE #1: TALK IT OUT**  
What do you SAY and DO to be a Star Sparkler, if...  
Your friend is nervous but excited to try out for the team?

**CHALLENGE #2: WRITE IT DOWN**  
Fill in the blanks!  
\_\_\_\_\_ is someone who encourages others to shine bright and be themselves. A Star Sparkler is someone who tries to bring others down.

**CHALLENGE #3: TALK IT OUT**  
What do you SAY and DO to be a Star Sparkler, if...  
Your friend is wearing a T-shirt of their favorite team and you know your friend loves them, but you know your friend loves them.

**CHALLENGE #4: DO IT**  
Empower your friend and show them that you care. Invite them to join you and your friend for a "WE ARE STAR SPARKLERS!"

**CHALLENGE #5: TALK IT OUT**  
What do you SAY and DO to be a Star Sparkler, if...  
A person who doesn't have too many friends tries to hang out after school. Your friends just stare at them and walk away.

**CHALLENGE #6: DO IT**  
Do 10 jacks and then strike a pose to show how it feels to be a Star Sparkler!

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