



This film is copyright © except for the purpose and aim set out below. These notes are provided as a checklist to help you consider the way you might use this film such that you can plan ahead and tailor it to your particular group and context.

Our aim, and our heart, for producing this film.

Children are the future for our world. Our desire is that every child from all backgrounds should be inspired to think about their life and hold hopes and dreams for their future regardless of their current life circumstances. This film is our gift to them and to those who so wonderfully teach and lead them.

Speakers on the film have freely given their time to share their stories and they include those who have overcome challenging circumstances and nevertheless gone forward to find their own fulfilment.

1. Initial preparation

1.1. Consider whether this resource right for your group. The film is produced to inspire the later primary school or early senior school age range.

1.2 Download and watch the film yourself and or with others who will help lead the sessions.

1.3 Reflect upon the best way to run the project. The sort of resources you will need are shown in section 4. overleaf.

1.4 Think about how you might use the project when the stars are all made.

For example; display on a wall or hang them all together from a ceiling in a local community centre, or church, a school etc. and then return them to the participants to keep them in their own work folder.

2. Timings

2.1 This is a flexible resource that can be used over one session or a number of sessions as follows:

2.2 Absolute minimum time required

One hour to watch the film including each person in the group making their own star with the resources provided.

2.3 Time to allow more reflection

For example with a youth group you might like to show the whole star and then focus on a given point of the star each week.

Or watch whole video and then create one point of the star each week

2.4 Ensure that you have all the resources required - as listed under section 4.0 below.

Note: A week or two before you may wish to encourage the participants to bring in old cereal boxes that can be used to make the star and also ensure supply of card or old boxes for those who cannot supply them.

2.5 Get them thinking ahead if possible, and some time before you run the session, ask the children and young people “What are your hopes and dreams for your life because we are going to watch a film that may help us explore this further.”

3. Suggested for running the session

3.1 Give them a brief introduction - for example “Today we want to think about what makes each of us unique and special and how we each can live our lives and feel happy and well along the way”

3.2 Watch the film

3.3 Issue a paper copy of the SHINE LIKE STARS DIAGRAM provided on the sheet overleaf or display on a screen.

3.4 Hold a brief shared discussion with the whole group and reflect.

3.5. Suggested questions to the group as a whole : Let’s briefly think about those people in the film who wanted us to encourage us to shine like stars. What was Phil talking about, what was his passion?

Sy Naet - What was she wanting to say? Repeat for all the 5 key speakers in the film.

3.6. What are you passionate about? - use the star diagram provided to remind you of the headings for each part of your star.

3.7 Right let’s start making your personal stars.

3.8. Group leader/s wander around chatting to participants whilst stars are being made

3.9. Sharing - at the end each child shares their star and explains it to another.

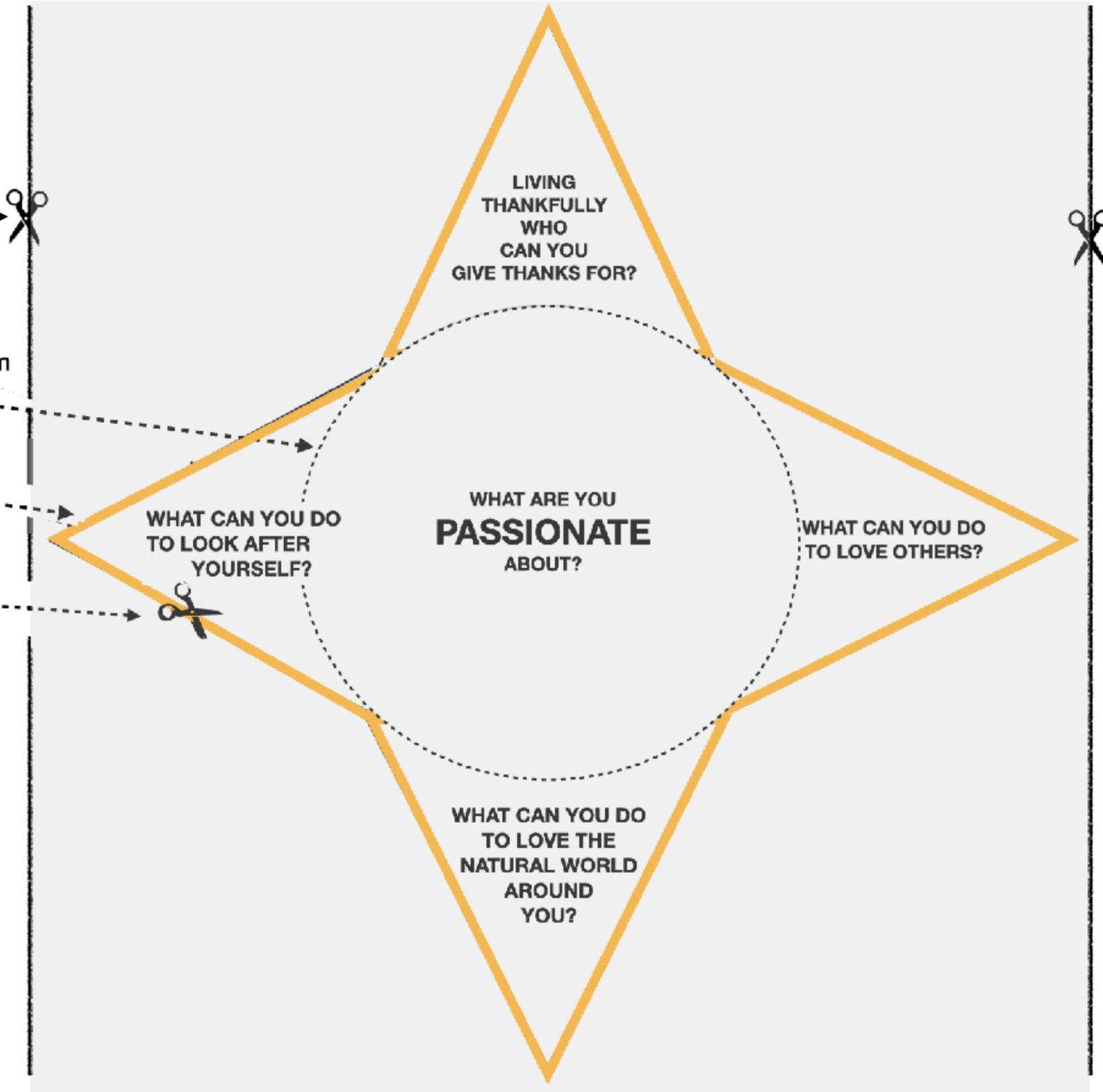
3. STAR CUTTING OUT GUIDANCE DIAGRAM

1. Cut out one whole side of cereal box (or use any card of similar size and thickness)

2. Draw a line around the saucer as shown in film

3. Draw the four points to the star

4. Cut out star shape



4. RESOURCES TO CONSIDER

Means of showing the film i.e. projector or large screen TV etc

Old cereal packets that participants are asked to bring in

Appropriate workspaces - desks tables etc

Scissors, spare cardboard and some coloured paper

Glue (glue stick type if time is limited)

A few small saucers and rulers for marking out the star

Pencil, Colour felt tips, colouring pencils

Old colour magazines to cut some images from