



Stars Above Us Lesson Plan

Life Skills:

- How to overcome fears
- How to creatively solve problems
- A small understanding of Astronomy
- Deeper Thinking

Grade Levels:

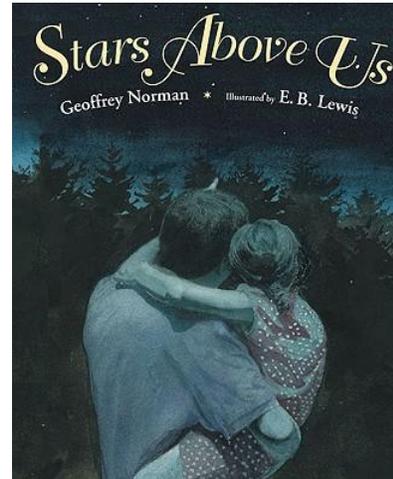
K-4th Grade

Supplies Needed:

- Stars Above Us book
- Lightly Colored Paper (pastel colors)
- Scissors
- Glow-in-the-Dark Paint
- Putty (to stick paper to the ceiling)
- A Hole-Puncher
- String
- Pencil
- Glitter

Do Ahead:

- Read the book ahead of time to become familiar with the story



Background

This story is about a little girl named Amanda who is afraid of the dark. Before her dad gets deployed, he shows her all the wonderful, non-scary things about the night. Out of all the good things they discover, Amanda and her dad find that the stars are their favorite part about the night.

What To Do

Activity 1: Read Stars Above Us by Geoffrey Norman and Discuss

Make sure you read it out loud. Have your youth follow along and look at the illustrations as you go. This way, they'll gain a visual understanding of what is being read.

While reading, pause after the page where Amanda and her dad discover the North Star, (3 full pages in). Ask your youth to list off all of the wonderful things about the dark that *they* can think of. After you finish the book, allow your youth to share their feelings about the story.

Activity 2: Create an Inside Night Sky

When a loved one leaves home, whether it is for deployment, a trip or a job, missing them comes naturally. When we miss someone, the dark can seem like a lonely place.

When Amanda's dad has to go away, he tells her that if she looks up at the stars at night, he will do the same. That way, they can share the view together, even though they are far apart.

In order to help make the distance between your youth and that loved one seem not so far away, you can help them make a beautiful night sky right inside their bedroom! Whenever your youth sees this night sky, they can think of whomever it is that they miss.

If possible, have your youth contact the person who left. Your youth should tell them of this activity, so that there will be a mutual understanding that whenever they miss each other, to look up at the night sky.

Attached to this lesson plan are pages of night-time shapes. Have your youth cut out these shapes and trace them onto the color paper of their choice. If there are other shapes they want, you and your youth can free-hand them onto the paper.

Here Are Other Great Things to Experience at Night or in the Dark:

- ✦ Cricket's Music
- ✦ Frogs Chirping
- ✦ Fireflies
- ✦ Fun Lights
- ✦ Peace & Quiet
- ✦ Cozy, Warm Beds
- ✦ Movies and Popcorn
- ✦ Campfires
- ✦ Fireworks
- ✦ Flashlight Tag
- ✦ Story Time
- ✦ Sweet Dreams
- ✦ Cuddling

What To Do Cont'd...

With supervision, your youth can cut out the shapes.

Next, your youth can paint their shapes with the glow-in-the-dark paint.

If your youth wants to make their shapes sparkle, a layer of glitter can be applied to the paint while it is still wet. Allow the paint time to dry before the next step.

With the putty, carefully stick the shapes to the ceiling of your youth's bedroom. To create a 3-D effect, hole-punch some of the shapes and attach a string through the holes. Ceiling fans and light fixtures make

great areas to hang these creations from. When nighttime arrives, lie next to your youth and watch your creations glow. Together, talk about all of the good things about the person you miss.

Activity 3: Learn the Constellations

To truly help your youth to understand stars in the sky, the dominant constellations visible from the United States are attached at the back of this lesson plan. You and your youth can go outside on a clear night and search for these stars. The Big Dipper, mentioned in the reading, is also included on this map. For each constellation your youth finds, have them make a wish.

Talk It Over

At any time after reading the story or completing the activities, time should be set aside to talk with your youth about deployment. Here are some suggestive questions you may want to cover:

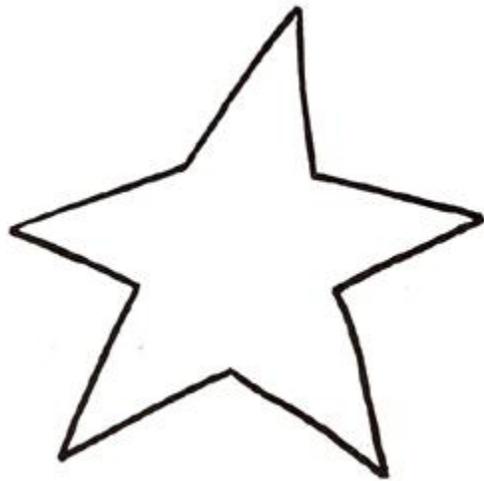
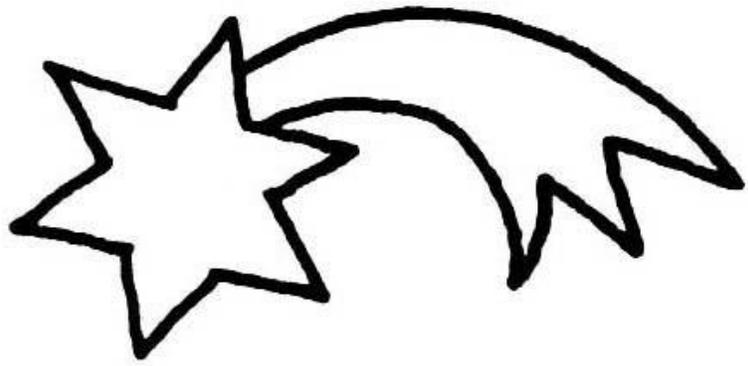
- ✦ What makes it difficult to have somebody you love so far from home/deployed?
- ✦ What can you do when you miss them?
- ✦ What can you do to welcome them home?

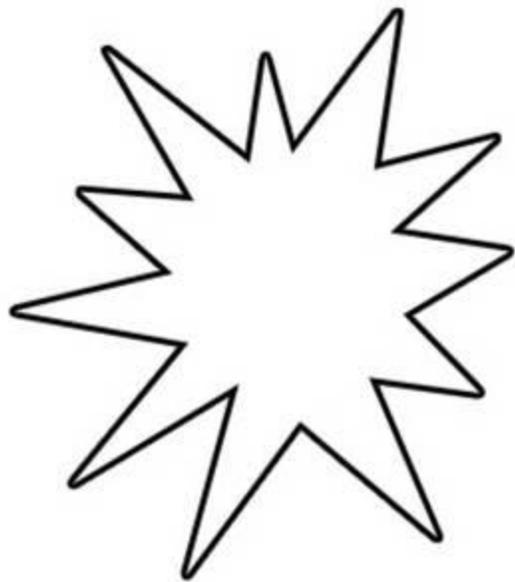
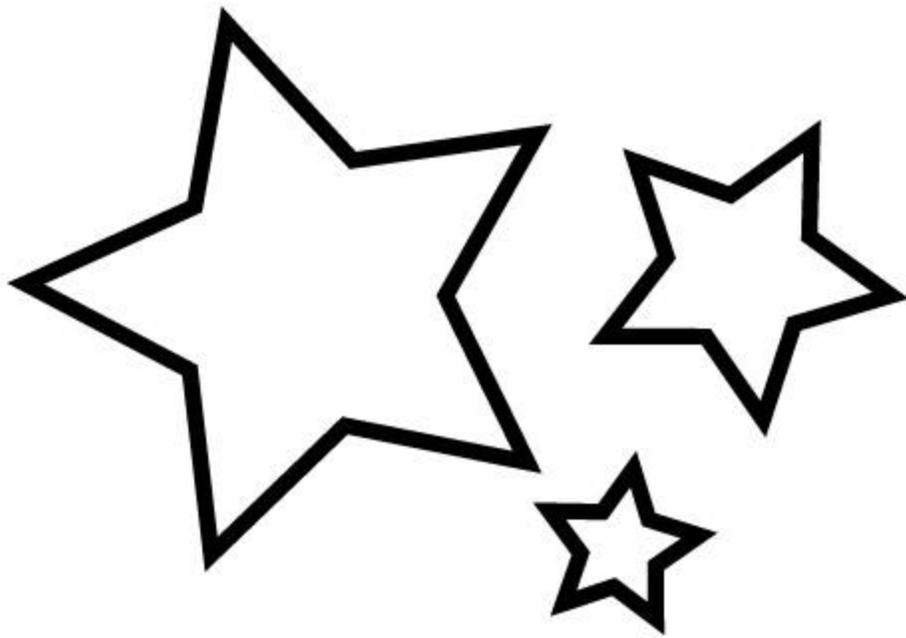
- ✦ How can you stay brave for the person who is far away?
- ✦ What are your most favorite memories with the person who is far away?

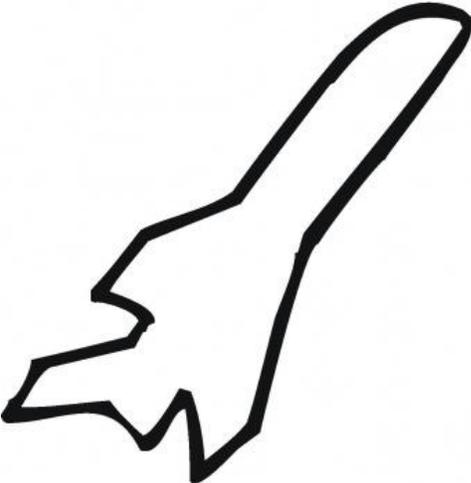
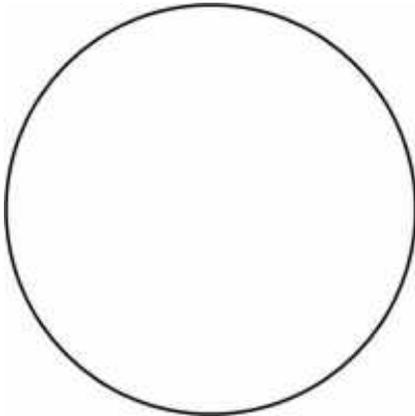
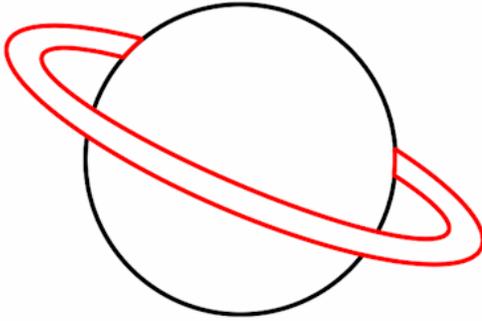
These are just suggestions, but it is important to discuss how your youth is feeling about deployment.

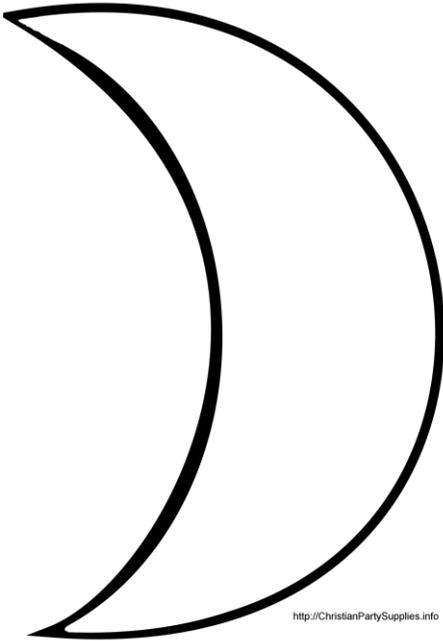
This lesson plan is meant to ease the pain one goes through when dealing with deployment. It is our hope that it will help your youth to positively deal with deployment, and for families to grow closer together.

Find a time for you and your youth to experience all these wonderful parts of night together!









<http://ChristianPartySupplies.info>



Special Constellations
Map

