



**Stars & Dots**

## Stars & Dots (Resiliency)

**Identify Problem:** Students put too much stock into what others think or do or say about them. They base their own value on feedback they receive from their peers.

**Exercise:** Hold up a \$20 bill. Ask who would like the \$? As hands go up then say, first let me do this. Crumple the bill, then ask again, who still wants it. Hands will still remain in the air. Well then, what if I do this. Drop the bill and step on it and grind it into the floor with your shoe. Now pick it up and ask again. Ask again who still wants the bill. Still people will want the bill. Ask why they still want the bill. Explain that no matter what you did to the money it is still worth twenty dollars.



Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what will happen, you will never lose your value. Dirty or clean, crumpled or finely creased, you are still priceless to those who love you.

Remember the worth of our lives comes not in what we do or who we know but by WHO WE ARE!

Read the Book “You are Special” by Max Lucado

### Discussion:

- Who does Eli represent in your life? Reinforce respect for each individual’s beliefs.
- What do the dots represent?
- What do the stars represent?
- How often do we allow others to award us stars and/or dots?
- Were the dots good or bad?
- Were the stars good or bad?
- Why did neither the stars nor the dots stick to Lucia?
- How can we be resilient to others opinions of us?

### Identify Skills:

- Students will learn that no matter what happens to them, they will always have value.
- Students will learn that others only have power over them if they give it to them.
- Students will learn not to depend on others for their stars or to accept dots.

**Source:** “You are Special” by Max Lucado

