

Point 1

Be A Positive Thinker



Positive energy always Spreads so keep happy thoughts in our heads!

Our Stars will shine when we think positive.

Think of positive words we can say today.

Think of positive actions we can do today.

Now say, "We are Positive Thinkers".

Point 2

Be Kind & Loving

Being kind & loving to others is important, but we must also be kind & loving to the world we live in.

Every time you do something kind and give love it makes your star shine!

Think of ways you can be kind & loving to our world.

Now say, "When we're Kind & Loving our stars Shine!"

Point 3

Eat Healthy

The foods we eat give us the energy to run and play, to think positive thoughts.

Our body is like the engine of a car! Just put good gas in our cars and we will really go far.

Name some good foods to fill our engines with.

Now say, "Our stars shine when we Eat Healthy".

Point 4

Be Active

Being Active can be done outdoors or indoors, or it can be keeping your mind active as well.

Being active is the way for our stars to shine again and again.

Name activities we can do outdoors & indoors.

Name activities to keep our minds active?

Now say, "My star shines when we are Active".

Point 5

Learn Something New Every Day

Start each day asking what did we learned Yesterday?

When we learn and live our five points we are living the shining Starguy Way!

Share What we learned yesterday!

Now say, "Our Star shines when we Learn Something New Every Day."