

*Shimmer*  
THE GLOWWORM  
FINDS HER GLOW 

SHOW YOUR GLOW  
SPARKLE (Module A)  
CLASSROOM CURRICULUM  
GUIDELINES FOR EDUCATORS

# ABOUT THE CURRICULUM

## SHIMMER THE GLOW WORM FINDS HER GLOW

A fully interactive book Curriculum promoting Social and Emotional Competence at the elementary level.

### CURRICULUM INCLUDES:

- One physical copy of book *Shimmer the Glowworm Finds Her Glow*
- A complete digital video of the MUSICAL book with chapter segments
- 30 cutout **METREES** and leaves
- One classroom **METREE** poster and leaves
- 30 **I AM SPECIAL** stickers
- One glow ball
- Show Your Glow song

### LIFE SKILLS TAUGHT THROUGH SHIMMER'S FABLE

- Self-esteem - confidence in one's own worth/abilities, self-respect
- Self-efficacy - as one's belief in one's ability to succeed in specific situations or accomplish a task.
- Sociability - interacting well with others
- Understanding and managing emotions
- Set and achieve positive goals
- Feel and show empathy for others
- Establish and maintain positive relationships
- Make responsible decisions
- Working together (Together Everyone Achieves More)

## INTENTIONS

The core point of the Show Your Glow Curriculum is to focus on the thing that is wanted, not emphasize what isn't. For example, bullying: the curriculum does not emphasize anti-bullying; instead it emphasizes "Show Your Glow", kids uplifting each other.

**NOTE:** When Mother Teresa was asked if she would join a march against war, she said "No, but when you have a march for peace, I will be there."

## ABOUT ME TREE

**ME TREE** is designed to promote and enhance inner qualities, not outer attributes or performance-based achievements.

For example, I AM BEAUTY, rather than I AM BEAUTIFUL.

Inner qualities promote true self-esteem based on self love which supports and recognizes those shared qualities in others.

Conditional self-esteem which is based on outside influences can create self-doubt, competition, and comparisons with others.

# SAMPLE SCHEDULE

- 15 minutes Read/watch the relevant section of the book together
- 10-15 minutes Do an activity that is relevant to the topic
- 30 minutes Engage in a discussion in a circle which is more collaborative
- 10 minutes Add to your personal **METREE**

# SAMPLE RUBRIC

DISCUSSION PARTICIPATION			
ACTIVITY INVOLVEMENT			
PERSONAL GROWTH			
KINDNESS TO OTHERS			

# SAMPLE WEEK SCHEDULE

## UNIT ONE - OLLIE

- Watch *Shimmer the Glowworm Finds Her Glow* through Ollie chapter (10 min)
- Engage in creative discussion on self-esteem (15 min)
- Recognize each other's good traits through a partner exercise (15 min)
- Drawing your dream (15 min)
- Cut out individual **METREE** (15 min)
- Add first two leaves to your individual **METREE** (5 min)

## UNIT TWO - CRAY

- Watch *Shimmer the Glowworm Finds Her Glow*, Cray chapter (7 min)
- Talk about what it means to be unique (15 min)
- Create new creature by each drawing one feature (15 min)
- Create color handprint project that demonstrates these concepts (20 min)
- Help students recognize positive inner qualities. (10 min)
- Add two more leaves to your individual **METREE** (5 min)

## UNIT THREE - KIKI

- Watch *Shimmer the Glowworm Finds Her Glow*, Kiki chapter (15 min)
- Hold a student talent show (45 min)
- Self-evaluate to determine students' strengths (30 min)
- Students create a mission statement and hone in on their goals. (10 min)
- Students boost each others' confidence with an "Uplift" circle. (15 min)
- Students create a skit or video as a "self-promotion" tool. (20 min)
- Add two more leaves to your individual **METREE** (5 min)

## UNIT FOUR - SCOUT

- Watch *Shimmer the Glowworm Finds Her Glow*, Scout chapter (15 min)
- Realize the value of teamwork through a group activity. (20 min)
- Engage in a discussion on trying new things. (10 min)
- Think outside the box by reinventing everyday objects. (15 min)

- Learn examples of people who persevered and then succeeded! ( 1 hr)
- Add two more leaves to your individual METREE (5 min)

### UNIT FIVE - SPARKLE

- Watch *Shimmer the Glowworm Finds Her Glow*, story end. (15 min)
- Discuss the importance of uplifting each other. (15 min)
- Add the last leaf to your individual METREE (5 min)
- Each student creates a leaf for the classroom METREE (10 min)
- Learn the *SHOW YOUR GLOW* song and sing it to another classroom. (1 hr)
- Pass on the concepts learned by giving out I AM SPECIAL stickers to encourage others to SHOW YOUR GLOW! (20 min)