



“The Starfish Story” - Positivity

EXPLANATION:

We all have the opportunity to help create positive change. The “Starfish Story” by Loren Eiseley explores the action of one young boy. This activity provides opportunities to reflect on positive change that individuals can achieve.

GRADE LEVELS: 7–10

STUDENT GROUPING: Group discussion and small group investigations

ACTIVITY LENGTH: 40–60 minutes

CASEL CORE COMPETENCY: *SELF-MANAGEMENT*

- Managing one's emotions
- Identifying and using stress management strategies
- Exhibiting self-discipline and self-motivation
- You can learn more about the CASEL framework [here](#)

SCOPE OF TASK:

There are many health benefits associated with positive thinking and positive action, including lower rates of depression and distress in those who embrace positivity. Positive actions make individuals feel good about themselves and support their self-esteem; they also contribute to community engagement.

1. In the whole group, activate the students' knowledge and understanding. Questions could include:

- What is positivity?
- What are other words that have a similar meaning to “positive”?
- Why is positivity important?
- What are positive actions?
- Can a positive action be an influence on another person? How?
- What type of person might they influence?

2. Share with the students the video “The Starfish Story”:



3. Have the students recount the story.

- What is the author's message?
- How would you categorize the boy's actions?
- How would you categorize the man's actions?

4. Break the students into small groups to discuss how positivity can influence not just themselves, but others.

5. Give them 10–15 minutes to search the Internet for a short story on positivity. Discuss with the students search terms they might use, e.g., “positivity,” “story,” “inspiring,” etc.



6. When the small groups have chosen their short stories, bring the class back together. Ask each group to share their chosen story, explaining:

- Why it is a positive story
- What they learned from the story
- How it made them feel

7. To conclude, ask the students why they believe that positive thought and positive action might be important in their daily lives.

Create a class blog in which the students can share the links to positive stories

RESOURCES:

Online video: "Starfish Story (aka The Star Thrower)," Red Shoe Productions, sourced from:

<https://youtu.be/Z-aVMdJ3Aok>