Introductory Activity: Keeping our eyes on our stars

*Contributed by Shelley Tidemann, Fond du Lac County Extension*

In advance of the class, we order a notepad from a school supply outlet that has notes in the shape of a large star. The stars we order are about 3X5 inches in size (they have eyes and a smile too.) Each star is laminated with a magnet on the back.

At the start of the Co-Parenting class, we pass around the stars and ask each participant to write each of their children’s names and ages on a star (one star for each child), and then put their stars on the white board in the front of the class. I write “Stars on the Wall” above them.

I tell them something like this: All those stars on the board are a powerful reminder of why we are here tonight. It is to make things better for our stars. We need to keep our eyes on what’s really important.

We refer to those “stars” all during our session to keep the parents focused on their children (rather than on themselves). At the close of the class, I tell parents they are welcome to take their stars home (they can stick them on the refrigerator to remind themselves of the things they have learned in the class). We always have extra stars in case both Mom and Dad want to have their “star” to take home.

By the way, before you give them their stars, write down the ages of all the children. This gives you a measure of the number and ages of children affected by your co-parenting class.