



A Shine of Rainbows

The purpose of this assignment is to analyze some of the influences on Tomas' self-esteem and their positive and negative effects. It is to be written in complete sentences. Each paragraph should be long enough to explain the full impact of the relationship on Tomas, **being at least 5 sentences long**. A typed paper is preferred, but a neatly hand written paper is acceptable.

Nothing builds self-esteem and self-confidence like accomplishment. ~Thomas Carlyle

Paragraph 1: Describe a time in the movie when a **person** had a **positive** effect on Tomas' self-confidence. Explain what role this person played in helping Tomas improve his self-confidence in one of the following:

- Be willing to try new activities
- Admit mistakes and make up for them
- Believe strongly in his principles or values
- Feel confident to deal with a challenging situation

Paragraph 2: Now write about a time in the movie when a **person** had a **negative** impact on Tomas' self-esteem. Explain what happened that made him: (Choose 2)

- Feel unloved or inferior
- Fear social situations
- Get discouraged easily
- Fear competition, be reluctant to try new things
- See himself as incapable and unworthy, like his thoughts or feelings don't matter
- Ridiculed or humiliated

Paragraph 3: This one is to be about a **choice Tomas made or a behavior he did** that had a **negative** effect on his self-concept. Remember that everyone makes mistakes –the important thing is to learn from them! Explain the situation and the action Tomas took that resulted in:

- Feeling like he couldn't do anything right
- Feeling ashamed of himself
- Embarrassed by his choice

Paragraph 4: This paragraph of your paper is to be about a **choice Tomas made or a behavior he did** that had a **positive** impact on his confidence. What was the situation and how did he handle it? What do you feel he learned from his choice?

- Confident in his ability to think and perform
- Certain of his ability to cope with the struggles and challenges of life
- Confident in his worthiness

Paragraph 5: This paragraph should be about something Tomas, Maire or Alec (choose 1) did that had either a positive or negative impact on someone else. Explain the action, the impact it had on another person –whether positive or negative and how that made the character feel as a result.

Paragraph 6: Sum it up. By the end of the movie do you think Tomas saw himself as lovable and capable? Explain.

Rubric

Criteria	Possible Points	Comments
Paragraph 1	/10	
Paragraph 2	/10	
Paragraph 3	/10	
Paragraph 4	/10	
Paragraph 5	/10	
Paragraph 6	/10	
Neatly written or typed, easy to read with rubric stapled on top	/5	
Free of grammar and spelling errors	/5	
Total Points		

Name _____ Date Due _____