



Just the Way I Am

Imagine if a rainbow were only one color. All the different colors make it beautiful. How can you learn the value of our differences?

Empathy

Respects & Values Diversity in Others



Mindfulness Principle: Reality Check

Skill Focus: Work with peers who show the same or different interests.

- 1 • A beautiful thing about our community is that we all have different qualities, looks, skills, and interests.
 - What differences do you notice in the people around you? (Guide students to neutrally talk about differences they notice.) Let's do an activity that will help us notice the differences between us and how those differences makes us all unique.
- 2 • (Have students sit in groups of three.) Share with each other three things that you are interested in, such as bike riding or drawing.
 - When someone in your group mentions an interest that is different than yours, ask them questions about it. You may ask, "Why do you like it?" "What's that like?" or "When did you first do that?"
 - Listen closely to their answers. Try to imagine yourself trying a new activity or skill.
 - How does it feel to accept and learn about something that you wouldn't normally do?
- 3 • When we notice that our friends have different interests than we do, we can ask them questions to learn why they like these different things. Instead of everyone having the same interest, our group has a wide variety of interests. This variety of interest means we can do more together!