

CELEBRATING OUR COMMUNITIES

CELEBRATING ALL APPEARANCES

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. Strong lessons and support in SEL will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will learn the importance of accepting and celebrating all people in their communities.

BEFORE READING

Talk to the reader about appearances. Explain that appearance has to do with how someone looks and that everyone looks different.

Discuss: How would you describe what you look like? Why do you think people look the way they do? What are some ways that people look different from one another?

AFTER READING

Talk to the reader about ways he or she can celebrate differences with others.

Discuss: What is one way you can accept another person's appearance? Why should we be accepting of others? Why is it good for a community to celebrate all people?

SEL GOAL

Children may have a loose understanding of acceptance. They have likely heard to not make fun of or exclude others for being different, but they may not understand why. Talk to readers about the importance of empathy in accepting and celebrating the differences of others. Ask them to imagine what it feels like to be singled out for being different or made fun of for their looks. Make a list of these different feelings. Then ask readers to list the feelings they have when they are included and accepted. Explain that our communities are better when everyone is accepted and included.

GOALS AND TOOLS

GROW WITH GOALS

Accepting all people, no matter what they look like, is important. Focusing on people's other qualities will help you be more accepting.

Goal: Name some things that are more important than how someone looks. Why should you remember these things when getting to know someone?

Goal: Think of a time you felt empathy toward someone. If you can't think of anything, try to find a time when you can. Do you see someone who looks sad? Ask that person how he or she feels and why.

Goal: Get to know someone you haven't spoken with much before. Try to find one thing you have in common or both like.

WRITING REFLECTION

Accepting yourself can help you be more accepting of those around you.

1. What is one thing you are good at or something you like about yourself?
2. What is one thing about yourself you wish you could change?
3. What is one thing you can do to be more accepting of others?



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