

## CELEBRATING OUR COMMUNITIES

# CELEBRATING ALL PERSONALITIES

### 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 personalities. Explain that personality has to do with how someone behaves and acts. Give examples of different personality traits.

**Discuss:** What is one way your family is like another family you know? What is one way your family is different?

#### 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 personality? Why should we accept others? Why is it good for a community to celebrate all people?

#### SEL GOAL

Children may have a loose understanding of acceptance and differences in personalities. Split the students into pairs, grouping students together who have seemingly different personalities. Prompt questions for them to ask one another. Talk to readers about the importance of empathy in accepting and celebrating the differences of others. Explain that our communities are better when everyone is accepted and included.

### GOALS AND TOOLS

#### GROW WITH GOALS

Accepting all people, no matter their personality traits, is important. Focusing on people's positive qualities will help you be more accepting.

**Goal:** Name as many personality traits as you can. Can people have more than one? Why is it important to identify and understand personality traits?

**Goal:** Think of a time you showed empathy. If you can't think of anything, try to find a time when you can practice this. Do you see someone who is shy? Ask that person how he or she is feeling and why.

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

#### WRITING REFLECTION

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

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



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