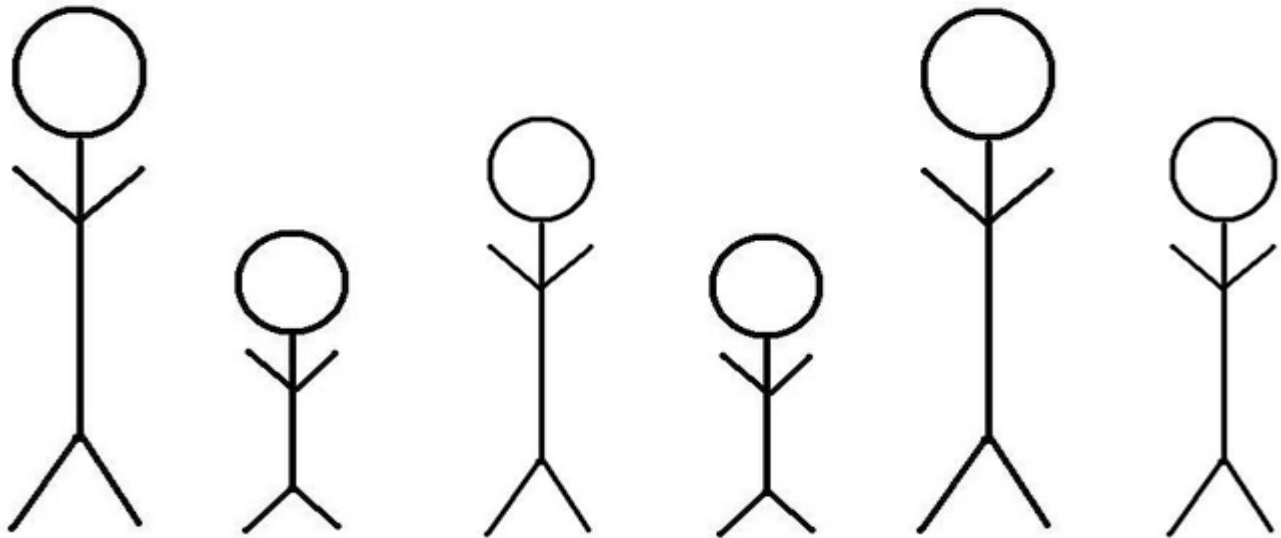


ACTIVITIES FOR “EVERY BODY”

THEME: *Each person has unique qualities that make us who we are, and everyone is different. Everybody deserves to be valued and respected for the individual they are.*

DISCUSSION - PHYSICAL ATTRIBUTES: Wouldn't it be boring and very confusing if everyone looked the same? There are physical characteristics that make us each look different. None of these characteristics should be judged to be good or bad. Name some differences in the way people look: some are tall, some are short, some are thin and some are heavy. Some have curly hair and some have straight hair (and some have no hair!). People have different color skin, eyes, and hair. Some people wear braces, glasses, have scars or have freckles. Some people ride in a wheelchair. There are six stick figures below. Using crayons, make each of the people look different.



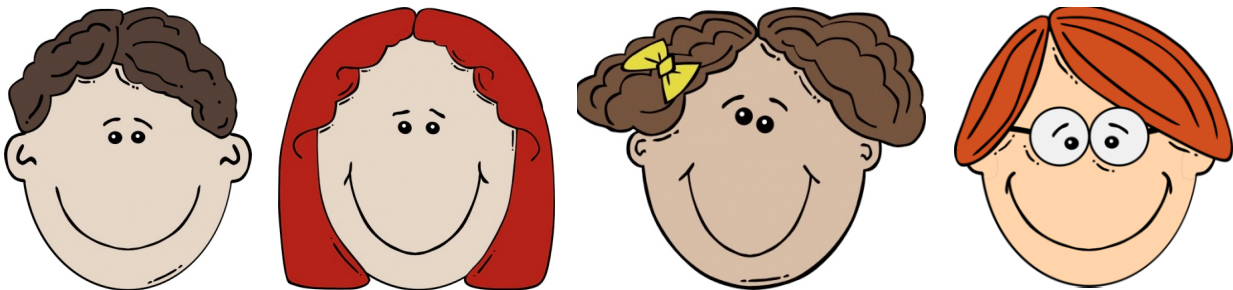
DISCUSSION - PERSONALITY AND TALENTS: Another way that people are different has to do with things you can't see by looking. You've got to get to know the person to know their personality and character. Talk about the things that make people special. Some people are good at art, some can tell stories, some can sing, some can speak another language. Some are generous and some are good at sports. Play the “Liking” Game: go around the circle and have each child look at the child to their right and say, “I like you because...” The teacher may want to start by making a positive statement about each child. You are so helpful, so funny, you run so fast, you always say “please” and “thank you,” I love your curly hair, you can dance, you are good at sharing. Instead of looking for the

ACTIVITIES FOR "EVERY BODY" (continued)

differences, see how many similarities you can find. Who has a sister? Who likes spaghetti? Who can ride a bicycle? Who has a pet? Who can tie their shoelaces? Who can write their name? Who has a birthday in March? Who likes to watch movies? Pair up the students, and have each pair find 3 things they have in common. Switch partners and repeat the exercise. We can always find things we share.

PRIDE: Pride is a good feeling we get when we've accomplished something, or are working towards a goal. Our parents are proud of us every day. Ask the children what makes them proud of themselves. Setting a goal and achieving it can make you proud. Set a realistic class goal (read one book per week, plant a garden, learn a song), and have each child set an individual goal (this will vary depending on age). Recognize the accomplishments with a sticker or special privilege.

MIX IT UP GAME: Give each student four plates, representing heads. Supply various art supplies, such as markers or crayons, yarn, buttons, dry pasta, or anything you have on hand. Have each student make four heads - one that looks like themselves and three that look different. Have them write their name on the back of the one that looks like them. Collect the artwork, and separate out the ones representing the kids in the class. Can the class guess who is who? What are the clues that helped you identify your classmates?



Taking your own "head," look through the other heads you and your classmates made. Pick out two that have a characteristic in common with yours. Did you find someone else with long hair? With a missing tooth? Wearing a baseball cap? With a ribbon in your hair?

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