



Topic: Social Awareness	Unit: Diversity	Level: Primary
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What is SEL?

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.

5 Core Topics of SEL

Graphic with very brief definitions

Visit mylearningtools.org to learn more

What is Growth Mindset?

Definition

Diversity is made up of the qualities that make us different from each other. These differences can be skin color, family traditions, religion, or even how much money your family has. Diversity is an important factor in showing respect towards others and going beyond acceptance to appreciating the beauty in our differences.

Benefits & Applications

A growth mindset tells us that our applied effort is directly tied to our outcomes. Practicing a growth mindset keeps individuals focused on improvement and avoids attitudes of failure. The benefit of motivation is key for growth mindset; a motivated individual is more likely to persist, embrace challenge, become more resilient to frustrations, and have a greater focus on future goals.

1 To 1 Exercises

1. Diversity is Strength

<i>Materials</i> Paper and writing utensil	<i>Setting</i> Anytime
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Begin discussing the concept of diversity by explaining that are differences can be used as strengths. Talk to the child about the many ways they are different from their friends. This could be their favorite foods, skin color, religion, places they live, family structure, ethnicity and abilities, language, talents and more. You can also discuss the ways that the child is different than other family members, such as likes, dislikes, talents, and so forth. Ask the child to think about someone they care about, a family member or friend. Then, list all the strengths of that person. Next, list the child's own strengths. Look at the two lists and talk about how the



differences make such a good pair. Is the child really good at drawing, while their mom likes to cook? Could the child help draw the mother's favorite recipes?

Focus on the idea that our differences are beautiful and make us unique. Diversity means accepting others for their differences, and showing respect to everyone, even though they might be different from you.

2. Different, But the Same

<i>Materials</i> None needed	<i>Setting</i> Anytime
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An important aspect of understanding diversity is understanding that although we are different, and should celebrate our differences, we are all inherently the same. We all have people we care about, dreams and goals, likes and dislikes.

Ask the child a series of questions that you both will answer. Consider some of the following questions.

- What is your favorite family tradition? What is it that you like about it?
- What is your favorite food? Where do you get it?
- What is your favorite thing to do on the weekends?
- What is something you want to learn?

As you talk, note the similarities and differences. When we share our differences with each other, we realize that differences can help us better understand how we are all one human race.

3. I Want Them to Know

<i>Materials</i> Optional, paper and drawing utensils	<i>Setting</i> Anytime
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Along with trying to gain a better understanding of others, we should also gain a better understanding of ourselves. This way, we can share our own diversity in a positive way. This part of understanding and sharing our own cultural identity makes it easier for us to understand others.

Talk with the child about sharing interesting and special facts that are unique about themselves, their families, their experiences, their passions or their talents. Ask the child, "What is something that you want others to know about you?" and, "What is something that makes you special?"

Sharing often takes a step of bravery, so be prepared to possibly start by sharing something of your own. Emphasize your support and value of the child by modeling a positive interest in



what they share. Respond with phrases such as, “That is neat!” “I didn’t know that about you,” or “Can you tell me more about that?” When it is your turn to share, encourage the child to practice responding in the way manner.

You can take this a step further by having the child make a self-portrait or drawing that depicts what makes them unique.

Additional Resources

Storybooks

The Colors of Us by Karen Katz

The Skin You Live In by Michael Tyler

Marisol McDonald Doesn't Match/Marisol McDonald No Combina by Monica Brown

Pink Is for Boys by Robb Pearlman

Julián is a Mermaid by Jessica Love

Families, Families, Families by Suzanne Lang

It's Okay to Be Different by Todd Parr

This is How We Do It: One Day in the Lives of Seven Kids from around the World by Matt Lamothe

Everybody Cooks Rice by Norah Dooley

Mommy's Khimar by Jamilah Thompkins-Bigelow

All Are Welcome by Alexandra Penfold

The Name Jar by Yangsook Choi

Same, Same But Different by Jenny Sue Kostecki-Shaw

A Family Is a Family Is a Family by Sara O'Leary

Lailah's Lunchbox: A Ramadan Story by Reem Faruqi

Different is Awesome by Ryan Haack

Giraffes Can't Dance by Giles Andreae

Happy in Our Skin by Fran Manushkin

The Girl Who Thought in Pictures: The Story of Dr. Temple Grandin by Julia Finley Mosca

I'm Like You, You're Like Me: A Book About Understanding and Appreciating Each Other by Cindy Gainer

What's the Difference? Being Different Is Amazing by Doyin Richards

On the Web

<https://www.tolerance.org> Teaching Tolerance

<https://coloursofus.com> Colours of Us: All About Multicultural Children's Books

Helpful Tips

- Be willing to have an open conversation with children about stereotypes and bias.



- Encourage children to ask questions and be prepared to answer them honestly.
- Most importantly, model acceptance in your everyday interactions. You can do this by expressing a positive interest in learning about others and other cultures.

Fascinating Details

Did you know that the human brain is composed of many different parts working together? Your brain contains approximately 86 billion neurons. A neuron is a cell that belongs to the nervous system and sends messages from the brain to the body. For you to take a step, neurons must pass information from your leg to your brain! If different parts of your brain can work together, imagine applying that type of cooperation in your everyday life! Imagine people accepting each other's differences to come together, learn and grow.

Just for Fun

"A lot of different flowers make a bouquet."—Muslim Origin

"Diversity is the one true thing we all have in common. Celebrate it every day."— Author Unknown

April is Celebrate Diversity month! Began in 2004, the goal of Celebrate Diversity month is to bring awareness to and show appreciation for our similarities and differences in hopes of better understanding each other.

Module Layout & Design ideas for designer:

(Provide web pages that currently offer information similar to this module, keep in mind the specific grade level of the classroom)