



GRADES
4-5

Timing

30 minutes

Materials

- **Embracing Our Differences** Family Handout
- Optional: device with internet access

Bullying & Teasing and Their Effect on Body Confidence

EMBRACING OUR DIFFERENCES

Did You Know?

Body image can be defined as a person's thoughts, feelings, and behaviors related to appearance. In other words, body image is how we view our bodies.¹ Many things can affect body image, including family, friends, and the media. Children and adults alike learn best from role models.² Unfortunately, there is often a lack of diversity in the media. If we want to encourage positive body image in children, it is important that people of different colors, shapes, weights, sizes, and backgrounds are visible in the media.

Activity Overview

In this activity, families will read aloud a series of quotes by different authors and historical figures. Families will discuss who each person was and how his/her background informed their perspective and helped them embrace diversity and demonstrate empathy.

¹ Cash & Pruzinsky, 1990; Cash & Smolak, 2011

² Social Learning Theory, Bandura

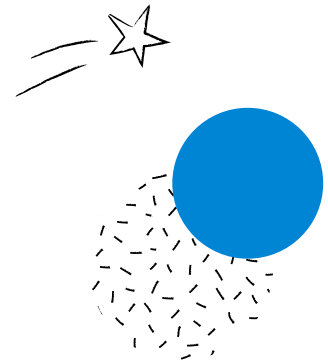
Learn & Grow Together

Discuss

With your family, discuss diversity in your household—how are you alike? Different? Discuss how often your family interacts with people who are different than you? At school? In the community?

Do

- Take turns reading each quote from the **Embracing Our Differences** handout out loud, including the name of the person who said it.
- After each quote, ask a family member to explain what he or she thinks the quote means, especially with regards to embracing diversity.
- Have each member of the family choose a favorite quote from the handout and explain to the family why it is their favorite.
- If you have access to the internet, each family member can research the background of the speaker. Does the speaker's experiences help you understand the quote more?
- Together, brainstorm ways that your family can be more proactive in embracing diversity or showing empathy, or the ability to understand and share the feelings of another, to those who are different.



Embracing Our Differences

“Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.”

—Albert Einstein

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.”

—Marie Curie

“If you have the chance to be exposed to a loving, understanding environment where the seed of compassion, loving kindness, can be watered every day, then you become a more loving person.”

—Thich Nhat Hanh

“Great minds discuss ideas; average minds discuss events; small minds discuss people.”

—Eleanor Roosevelt

Embracing Our Differences

"I am not interested in picking up crumbs of compassion thrown from the table of someone who considers himself my master. I want the full menu of rights."

—Archbishop Desmond Tutu

"I speak not for myself but for those without voice... those who have fought for their rights... their right to live in peace, their right to be treated with dignity, their right to equality of opportunity, their right to be educated."

—Malala Yousafzai

"When people do not respect us, we are sharply offended; yet in his private heart no man much respects himself."

—Mark Twain

"Human greatness does not lie in wealth or power, but in character and goodness. People are just people, and all people have faults and shortcomings, but all of us are born with a basic goodness."

—Anne Frank

Embracing Our Differences

"Preservation of one's own culture does not require contempt or disrespect for other cultures."

—Cesar Chavez

"Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope."

—Maya Angelou

"When you are content to be simply yourself and don't compare or compete, everybody will respect you."

—Lao Tzu

"I'm not concerned with your liking or disliking me... All I ask is that you respect me as a human being."

—Jackie Robinson

