

JUNIOR AND SENIOR INFANTS

## Parent Support Sheets

### Lesson 9: Diversity

#### Lesson Summary:

In today's lesson, the children we celebrated diversity within the classroom through games and activities. The children were introduced to a video that showed two different looking eggs. The eggs then cracked open, and they were the same on the inside. The message is that though we all look different, we are the same on the inside, with a heart that beats and similar hopes, dreams and worries. We played games to explore our similarities and differences.

#### Try It At Home Activity: "Diversity"

For today's "Try It At Home" activity, we ask that you watch the YouTube video of the book "We are all Wonders" [See Lesson 9 TIAH Sheet]. If possible, talk to your child/the child in your care about how every human being is a wonder, including your child/the child in your care, and that if we change the way we see and look with kindness, we will always find wonder in others. This is followed by giving your child/the child in your care time to draw a picture of themselves and of another person. Discuss the similarities and differences of the two pictures and help your child/the child in your care to write these down.

#### Dr. Malie and Linsey's Top Tips:

**Diversity** is about embracing differences and being inclusive of people from all walks of life. It can include race, ethnicity, gender, sexuality, social and economic backgrounds, religious beliefs and much more.

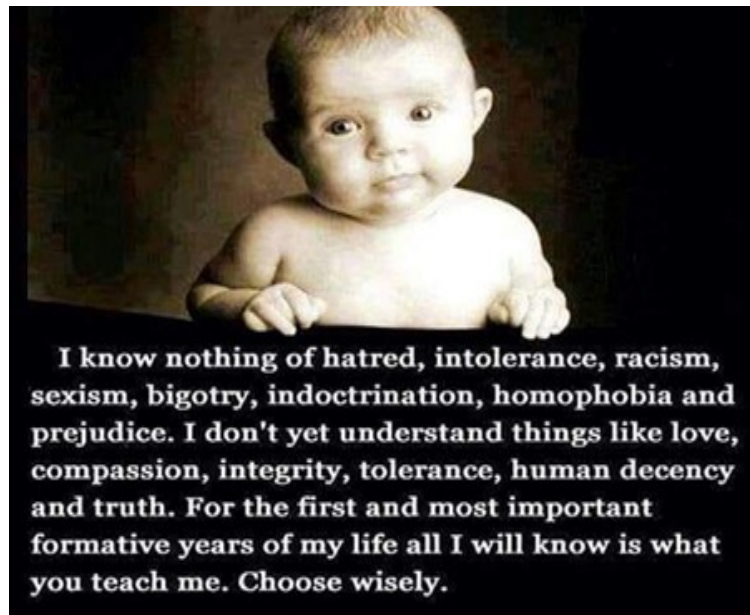
As children develop, their views of the world begin and are very much shaped in the home. As parents, encouraging diversity means to **actively appreciate, respect and empower people for who they are**, starting with your child/the child in your care and extending out to the world.

As a society, we need to be more aware of what we are filling both our own and our children's cups with. **By modelling self-awareness, presence, kindness and compassion** and by teaching children these skills, we can help fill children's cups with these qualities, so that when children inevitably get hurt, what will spill out will not be harmful.

As parents and caregivers, we can all take responsibility by looking deeply and honestly at what is in our own cups and doing the inner work necessary to fill our cups with loving qualities.

We can help children to understand that, although someone might look different on the outside, **we are all very similar on the inside**. We all have feelings, we all have worries sometimes, we all want to feel happy and loved. Nobody likes it when they are treated badly because it hurts them on the inside. Everyone likes to be treated kindly and with respect.

Across all religions and non-religions, one rule for life is common: **Treat others how you would like to be treated**. If we can teach our children anything in life, we should teach them to be kind and, very importantly, show them how it's done.



Let's celebrate the **value of uniqueness** with our children. Share family stories and capture childhood moments to remind them of later, take photographs, write journals. Help build their story as a unique person. Bring them to different places and meet people from other cultures, have discussions about similarities and differences and how everyone is unique.

The best way for children to learn about diversity and inclusion is to **see it modeled by trusted adults**. Parents/caregivers can take active steps to make sure your child/the child in your care is immersed in communities and opportunities that embrace and celebrate differences.

**Do acknowledge differences.** Children notice them, so there is no need to pretend that they don't exist. Emphasise the positive aspects of differences. Be honest about the ways people are mistreated for their differences. Begin to talk to your child/the child in your care about inequalities which exist in the world, and what we can each do to show love and kindness to everyone.

**Do speak up when bias happens.** Whether your child/the child in your care or someone else does or says something prejudiced (including you), address it in the moment or soon after. Everyone makes mistakes sometimes. Silence teaches children it's okay. Addressing it shows courage.

### Resources:

- Here's a lovely short video to watch with your child/the child in your care on diversity:  
<https://www.youtube.com/watch?v=P6mXWXVTiiU>
- Ideas for celebrating children's uniqueness from Wendy Wisner and Amy Morrin:  
<https://www.verywellfamily.com/celebrate-childs-uniqueness-5071090>
- For key steps to raising inclusive kids by Ashley Cullins:  
<https://biglifejournal.com/blogs/blog/raising-inclusive-kids>
- This is a gorgeous Loving Kindness Meditation for Children - Sky Like Mind ~ from our very own Mindfulness Teacher Louise Shanagher:  
<https://youtu.be/pOE6V6o2y-4>
- Louise Shanagher's "Kindfully Me" storybooks's series introduces children to the practices of mindfulness, kindness, compassion and gratitude:  
<https://www.creative-mindfulness.com/kindfully-me-3-packs>