

I Am Uniquely ME

Imagine if a rainbow only had one color! Or if everyone walked, talked, and dressed the same. The world would be a pretty boring place, wouldn't it? When you appreciate **your** uniqueness and that of **others**, you become more loving toward yourself and the world.

Follow the steps below to create a special board all about YOU!

Step
1

Prepare

Gather supplies and print out the titles and frames.

Step
2

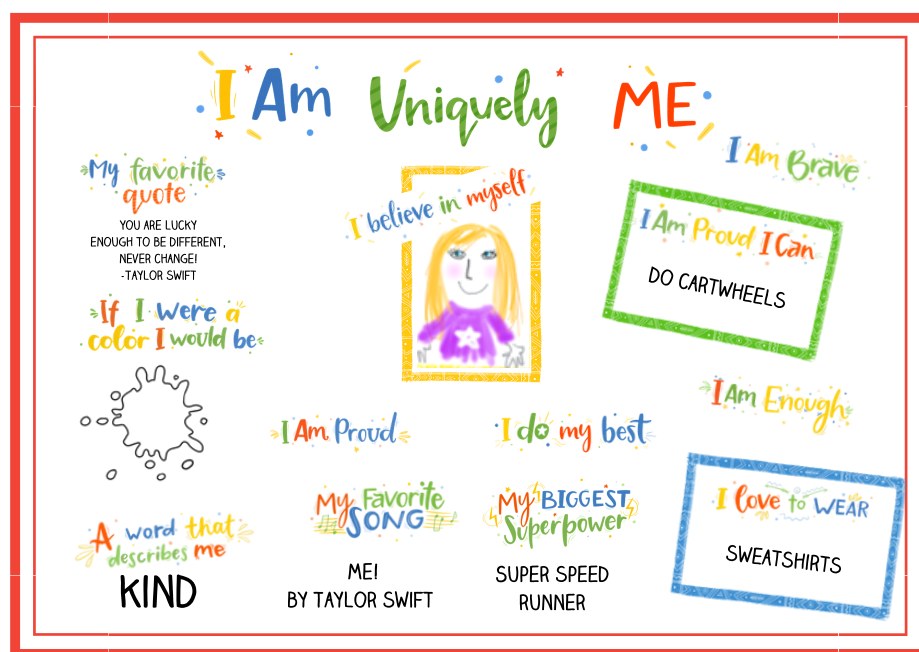
Create Your Board

Cut out your titles, write or draw on your pages and create a board that is uniquely YOU!

Step
3

Display And Keep It Alive

Display your board so you can be reminded of all the wonderful things about YOU!



I Am

Uniquely

Big Life Journal

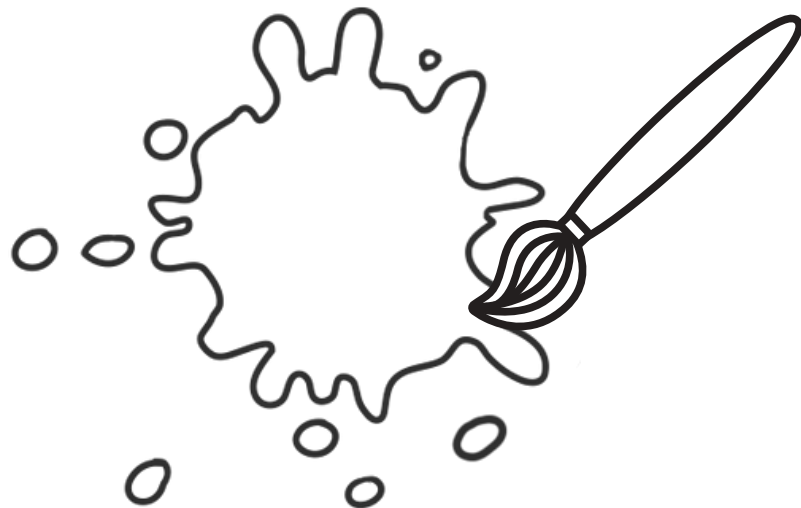
ME

My favorite
quote

“

”

If I were a
color I would be



My Favorite
SONG

The title 'My Favorite SONG' is written in a playful, hand-drawn style. 'My' is in orange script, 'Favorite' is in green script, and 'SONG' is in blue block letters. The text is decorated with musical notes on yellow staves and small colorful dots in orange, blue, and yellow.

My Current Dream

The title 'My Current Dream' is written in a playful, hand-drawn style. 'My' is in orange script, 'Current' is in yellow script, and 'Dream' is in green script. The text is decorated with colorful flowers in yellow, orange, and green, and small yellow stars.

I do my best

I believe in myself

I Am Proud

I Am Enough

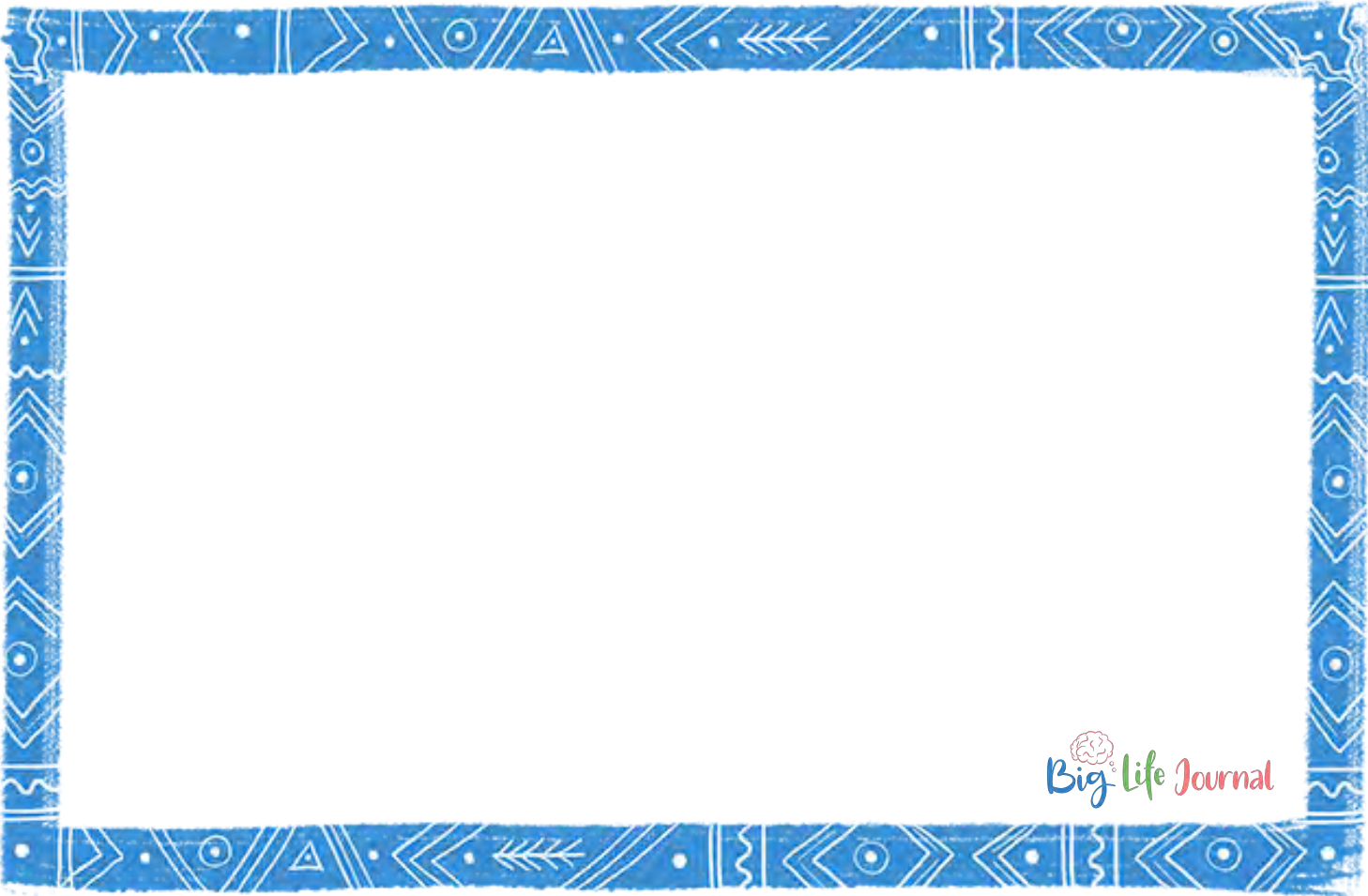
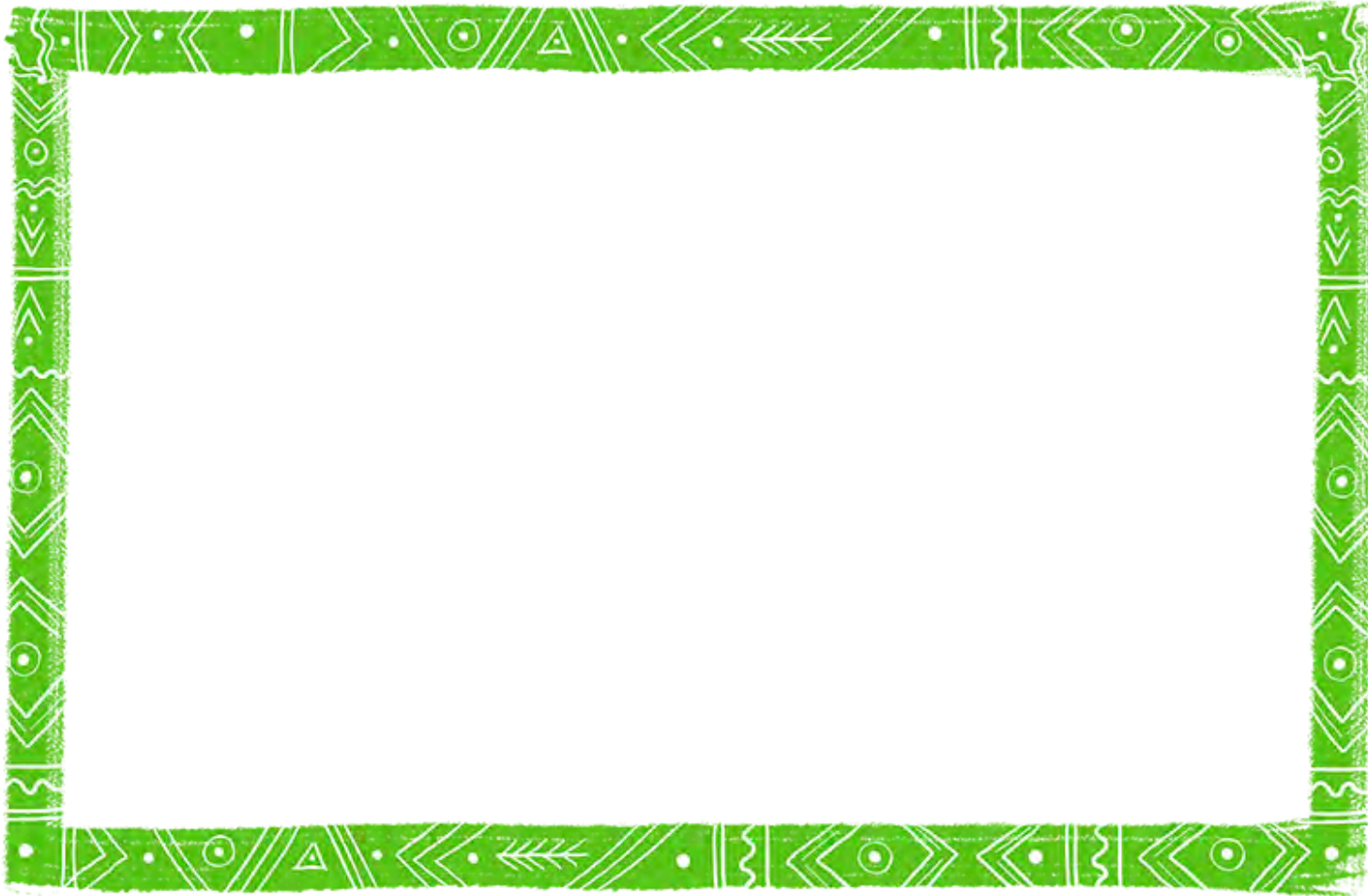
I Am Brave

A word that describes me

I love to WEAR

I Am Proud I Can

My BIGGEST
Superpower





7

key steps to

RAISING INCLUSIVE KIDS

1 MODEL INCLUSIVE BEHAVIOR



- Examine your **personal beliefs and behaviors** and ensure you're promoting the same values you'd like your child to have.
- **Celebrate differences**, use respectful language when talking about people from all backgrounds, avoid reinforcing stereotypes.
- If you **treat all people with kindness and respect**, your child will too.

2 BUILD SELF-ESTEEM AND EMPATHY



- Give your children **opportunities** to feel capable and competent.
- Empathy is the **ability to notice the feelings** of others and imagine how it feels to be in their position or to see from their perspective. It's a cognitive skill that **can be taught** and developed in children.

3 BE PREPARED TO ANSWER QUESTIONS



Still, discussing differences can be challenging. Try these steps:

1. **Talk about it openly.** Don't avoid the questions.
2. **Ask them why they'd like to know** or what made them think of the question.
3. **Provide an honest answer** that is age appropriate.
4. **If you don't know the answer, don't be afraid to say so.** You can say, "I need to think about your question and tell you the answer later." Once you've gathered the information you need, go back to your child and say, "Let's talk about it."

4 PREPARE FOR VARIOUS SCENARIOS



- Sometimes, your child's question might be about something they perceive as "weird." Emphasize to your child that **there is no "normal" and "weird"** or "us" and "them."
- If your child uses inappropriate terms or language that is not socially acceptable in asking these questions, **gently correct them** and provide a better alternative.
- Sometimes, our children also ask about differences in public. Apologize for your child if necessary. Then provide a simple and positive response.

5 EXPOSE CHILDREN TO DIVERSE EXPERIENCES AND PEOPLE



Exposure to diverse experiences and people normalizes differences for children.

- **Visit** museums and cultural institutions.
- Attend cultural events in your area.
- Be around people from **diverse backgrounds**.
- If possible, **travel** to new and different places.
- Choose media that actively represents and **celebrates diversity**.
- Select **dolls of varying races** and ethnicities.
- Find a **pen pal** from another country.
- Buy a globe so you can talk to your child about the **many different places in the world**.

6 EMPHASIZE SIMILARITIES



- While teaching children about differences, it's also important to **emphasize similarities**.
- Explain that although people are different, we all share the experience of **being human**.
- We all want to **connect with other people** and be loved, we all have hopes and dreams, and we all feel the same emotions.
- In addition, it's not our backgrounds, appearances, or income that defines us. **The way we treat others** and the choices we make are far more important.

7 READ BOOKS THAT CELEBRATE DIFFERENCES



- Sometimes, **teaching children about differences is tricky**. We aren't always sure if we're sending the right message or using the right words. Luckily, there are many children's books written for this exact purpose.
- You'll find that **children are very open to accepting** and celebrating differences. All you have to do is plant the seed.