



## HELLO PARENTS,

Every day, we have the opportunity to celebrate one another. Each of us are part of a diverse humanity. We have many similarities, and differences which make us unique, and special. It is important to instill a sense of respectful appreciation for all of these qualities in our children. In this newsletter, you will be provided with activities that highlight our incredible likenesses and enriching differences which create a connectedness amongst us all.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### POSITIVE THINKING

##### DIRECTIONS:

- Positive thinking is an empowering tool to teach your child. It creates optimistic feelings of self-worth and builds self-esteem.
- It is never too early to introduce positive thinking to your child; you may begin as early as infancy.
- Below are examples of positive thoughts which you may say to your infant:
  - "I love your eyes! They are blue like mine!" and "I have hair too!"
  - You are encouraged to point to or touch their eyes and hair, as well.

[Click here](#) to listen to "The More We Get Together".

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### MY HANDPRINT IS DIFFERENT!

##### MATERIALS:

- White or coloured paper
- Paint
- 2 trays
- Plates

##### DIRECTIONS:

- Squirt paint on a plate.
- Place trays in front of you and your child.
- Put one white or coloured paper on your child's tray, and one on your tray.
- Dip the palm of your hand slightly in the paint, and then put it on the paper to create a handprint.
- Watch as your child begins to do the same.
- When they create their handprint, you may say, "Look! Our handprints are different!" "Yours is smaller, mine is larger...but we both have hands."
- You may explain that every person has a unique handprint.

[Click here](#) for "Sesame Street: We're Different, We're the Same" read along.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### RECIPE FOR ME

##### MATERIALS:

- White or coloured paper
- Pencil
- Markers

##### DIRECTIONS:

- Explain to your child that each person is unique. Some might have the same interests as you, but others will have different interests.
- On a piece of paper, ask your child to draw what makes them happy. For example: having fun, their family, toys, etc.
- As your child is drawing their "recipe for me" you may make one for yourself.
- When your child has finished, next to each drawing write down recipe terms. For example: "A lot of...", "A sprinkle of...", "A dash of..." etc.
- Once completed, compare and discuss with your child the "recipes for me" you both have made.

[Click here](#) to learn how to make a Handprint Unity Wreath.

### JK/SK (4 – 6 YEARS)

#### WE ARE MARVELLOUS PORTRAITS

##### MATERIALS:

- Construction paper
- Markers or coloured pencils
- Glue or tape
- Scissors
- Cardboard
- Yarn

##### DIRECTIONS:

- Before you begin the activity, discuss with your child that everyone looks different. For example, we all have different hair, eyes, skin colour, etc.
- Tell your child that they will be making 2 portraits: one of themselves and one of a friend.
- Give your child two pieces of construction paper and ask them to begin their portraits:
  - Draw a big circle for their face.
  - Draw the mouth, ears, nose, and eyes. Encourage them to colour in the correct eye colour for their portrait and their friend's portrait.
  - Cut a few strands of yarn. This will be the hair. Glue or tape the yarn onto the heads of the portraits.
- Once finished, compare the portraits. What makes you and your friend alike, and what makes you different?

[Click here](#) to read "Whoever You Are" by Mem Fox.

### SCHOOL-AGERS (6 – 12 YEARS)

#### MY AUTOBIOGRAPHY

##### MATERIALS:

- Paper
- Pencil

##### DIRECTIONS:

- An autobiography is the story of a person's life, written by that person.
- Research an autobiography that interests you, and read it. For example: the autobiography of Martin Luther King Jr.
- When you are finished, write notes about your personal information, your family history, important events in your lives that have shaped who you are today, and what you hope to accomplish in the future.
- After you have finished your notes, begin to write your autobiography on a separate piece of paper, or type it on your computer.
- Do not forget to review your final product!
- Once your autobiography is complete, you may share it with your family and friends.

[Click here](#) to learn how to make diverse foods.



#### A TIP FOR TODAY

- Practice unity. Provide your child with living examples of equality for them to model.
- Have multicultural experiences as a family. For example: introduce your children to different music, food, movies, etc.
- Respond to your child's questions and comments about differences with open and considerate responses.
- Create opportunities for your child to interact and make friends with people who are different from themselves.