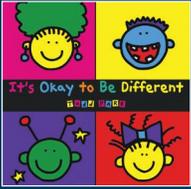


# HEALTHY FEELINGS AND RELATIONSHIPS FOR 1<sup>ST</sup>-3<sup>RD</sup> GRADE

Children's social and emotional development, like their physical development, is a key component of overall health and well-being.



## IT'S OKAY TO BE DIFFERENT

Written and illustrated by Todd Parr

This vibrantly illustrated picture book gently explores and celebrates the many ways in which we are different.

## SEL Competency: SOCIAL AWARENESS

The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.



## CONVERSATION STARTERS

- 1 This book introduces some words that may not be familiar to all students. As you encounter vocabulary such as “adopted,” “proud,” and “invisible,” pause and talk about what those words mean.
- 2 What are some ways in which people can be different from one another that we can see? In ways that we can't see?
- 3 How are you different from your best friend? From your classmates? From others in your family?
- 4 Why is it okay to be different? What do you like about being different from others? Is there anything that is hard about being different? How do you treat others who are different from you?

## TRY THIS

### You See, I See

Ask all of the children to draw something familiar, such as a family or a meal, without being too specific about how it should look. Give the children a certain amount of time to work on their drawings, and then share what they have drawn as a group. How do their drawings look different? Ask the children why they think they all drew the same thing in different ways. Use this example to have a conversation about how our different life experiences can influence our beliefs, feelings, and behaviors. Ask the children to brainstorm other things that they may see differently. How do they think their different experiences in life might sometimes influence their feelings? For example, how might life be different for someone who grew up in a large family and someone who grew up in a small family?

### How Are We Different? How Are We the Same?

Divide the students into pairs or small groups. For two minutes, have the students brainstorm how they are different and keep track of their differences in a list. For another two minutes, have them brainstorm how they are the same. Keep these results in a list too. When the time is up, share as a whole group what this experience was like. What did it feel like to look for your differences and similarities? What did you learn about each other that you didn't know before? Which list is longer? Children may sometimes feel uncomfortable around others who are different from them. This activity provides students an opportunity to respectfully acknowledge differences and to explore commonalities among their classmates.

# HEALTHY FEELINGS AND RELATIONSHIPS FOR 1<sup>ST</sup>-3<sup>RD</sup> GRADE

Children's social and emotional development, like their physical development, is a key component of overall health and well-being.

Dear Family,

Learning is about more than just letters and numbers. Social and Emotional Learning (SEL) includes knowing how to handle emotions, set goals, and make good decisions. Social, emotional, and physical development are all important to your child's health and well-being.

We recently read the book *It's Okay to Be Different*. This book celebrates many human differences.

Social awareness is the ability to understand and empathize with others from diverse backgrounds and cultures, among other skills. Adults can encourage children's growth of social awareness at home!



## WORDS TO KNOW

To help your child grow his or her SEL vocabulary, check out our "Words to Know." Talk about what the words mean.

- 1. Diversity –**  
The ways in which people are different from one another
- 2. Empathy –**  
Understanding how another person feels

We all feel different sometimes. Share with your child a time when you have felt different. Some ideas of what details to share are:

- Why did you feel different?
- What did it feel like?
- How did you respond to the situation?

Ask your child to share a way in which he or she feels different from his or her classmates. Together, try to think of some reasons why this difference could be a good thing. Is there anything this difference helps your child understand that his or her classmates might not otherwise know or experience?

Being able to appreciate diversity helps children to grow social awareness. Social awareness is an important part of SEL.

Caring adults play a big role in the lives of children! Thank you for all you do to support your child's health and well-being.

# SENTIMIENTOS Y RELACIONES SALUDABLES PARA 1ER-3ER GRADO

El desarrollo social y emocional de los niños, como su desarrollo físico, es un componente clave de salud y bienestar en general.

Estimada familia:

El aprendizaje va más allá de solo letras y números. El Aprendizaje Social y Emocional (SEL, por sus siglas en inglés) incluye saber cómo manejar las emociones, implementar metas y tomar buenas decisiones. El desarrollo social, emocional y físico son todos importantes para la salud y el bienestar de su hijo.

Recientemente leímos el libro *It's Okay to Be Different*. Este libro celebra muchas diferencias humanas.

La conciencia social es la capacidad de entender y empatizar con personas que tienen diferentes experiencias y provienen de diferentes culturas, entre otras cosas. ¡Los adultos pueden fomentar el desarrollo de la conciencia social de los niños en el hogar!



## PALABRAS PARA CONOCER

Para ayudar a su hijo a desarrollar su vocabulario ESL, revise nuestras “palabras para conocer”. Discutan el significado de las palabras.

1. **Diversidad** –  
Las maneras en las que las personas difieren entre sí
2. **Empatía** –  
Entender cómo se siente otra persona

Todos nos sentimos diferentes algunas veces. Comente a su hijo una ocasión en la que se sintió diferente. Algunas ideas sobre qué detalles comentar son:

- ¿Por qué te sentiste diferente?
- ¿Cómo te sentías?
- ¿Cómo respondiste a la situación?

Pida a su hijo que le diga algo en lo que se siente diferente de sus compañeros de clase. Juntos discutan algunas razones por las que esa diferencia podría ser algo positivo. ¿Esa diferencia ayuda a su hijo a entender algo que sus compañeros podrían no saber o experimentar?

Ser capaz de apreciar la diversidad ayuda a los niños a desarrollar la conciencia social, que es una parte importante del aprendizaje social y emocional.

¡Los adultos comprensivos juegan un papel importante en las vidas de los niños! Gracias por todo lo que hace por cuidar la salud y el bienestar de su hijo.