



Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_

# LESSON WORKBOOK



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*Student Workbook: Appreciation of Diversity*

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**LESSON:**  
**APPRECIATION OF DIVERSITY**

Hi! Do you remember that my name Nia means "purpose" in Swahili? Well, all living things - BIG and small - have a purpose for being here. And probably even more than one purpose!

It's what makes us All so special and All so important.

Do you know what some of yours are??



**ACTIVITY: DIFFERENCES GIVE US DIFFERENT PURPOSES**

**Directions:**

Discuss or write down what you think some of your purposes in life are.

My Purposes in life are:

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*Here are some suggestions:*

- *To be a great dancer* • *To take care of animals*
- *To help my parents around the house* • *To be a doctor or nurse and help the sick*

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**Have Fun**



**By Looking on the Brighter Side of Things!**



**LESSON:**  
**UNDERSTANDING AND EXPRESSING EMOTIONS**

**LESSON: THE FEELINGS GARDEN CHART**

**Directions:**

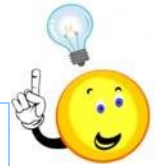
1. Review the Feelings Garden chart in the workbook. These are emotions that we all have from time to time, but are discussed a little less.

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2. Go over each feeling individually and ask questions about feelings



*Suggested Review*

Point to individual feeling faces and ask the following questions:

1. What feeling is this
2. How can you tell they are feeling that way?
3. What happens when you feel this way?
4. Is it okay to feel this way?
5. What are healthy things to do when you get these feelings?

**STEREOTYPES YOU CAN REVIEW FOR MYTHS OR FACTS**

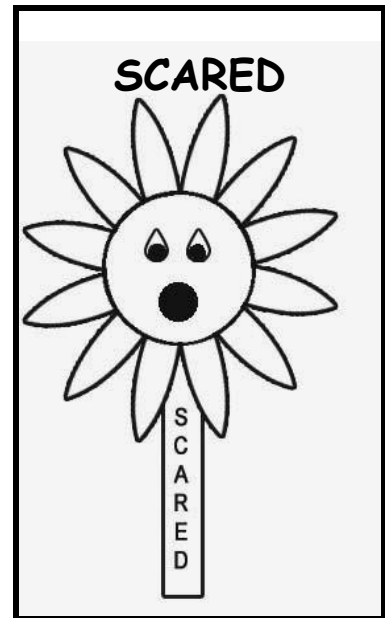
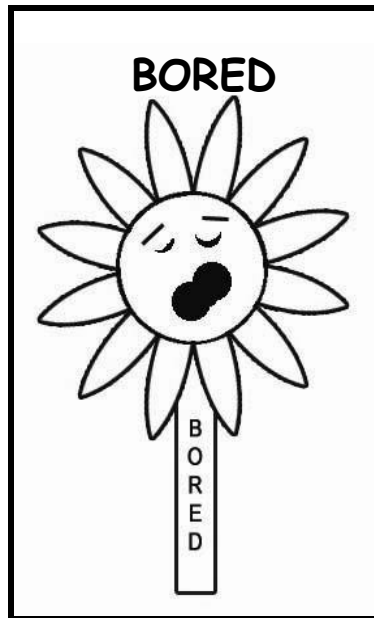
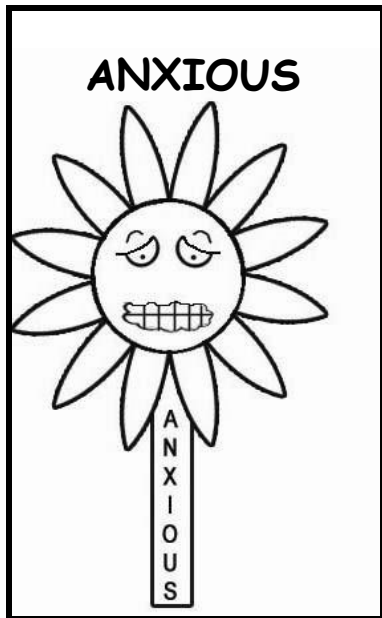
1. Is it okay for boys to cry?
2. Is it okay for girls to get angry?
3. Do adults get scared?

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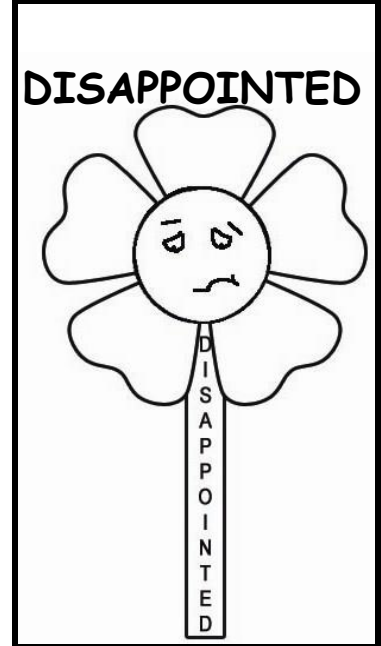
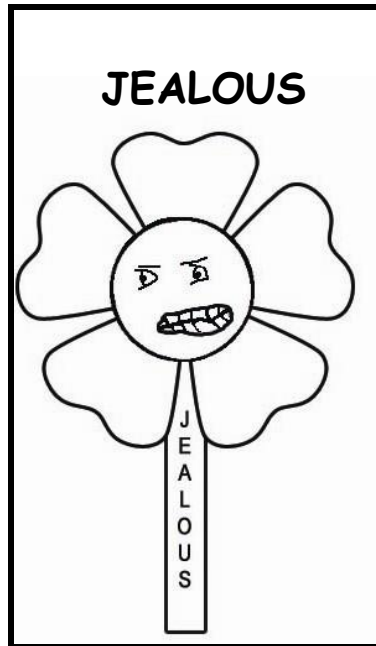
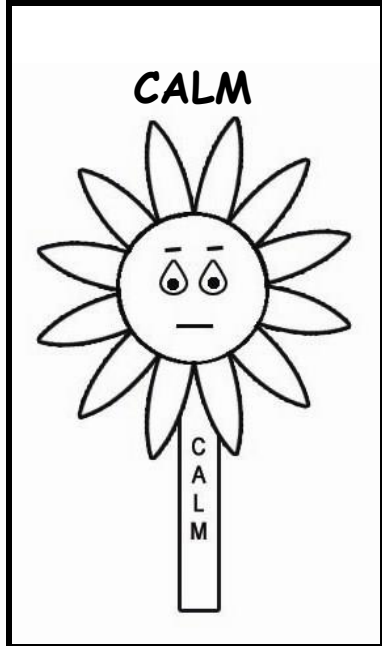
## LESSON: THE FEELINGS GARDEN CHART



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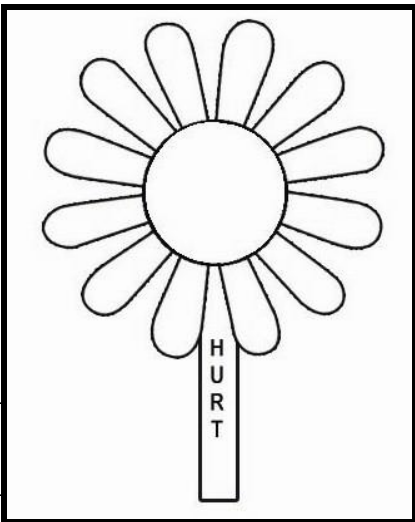
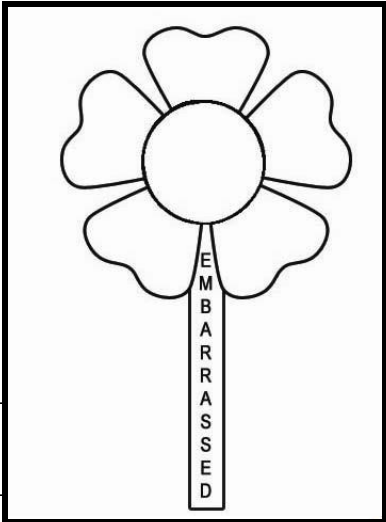
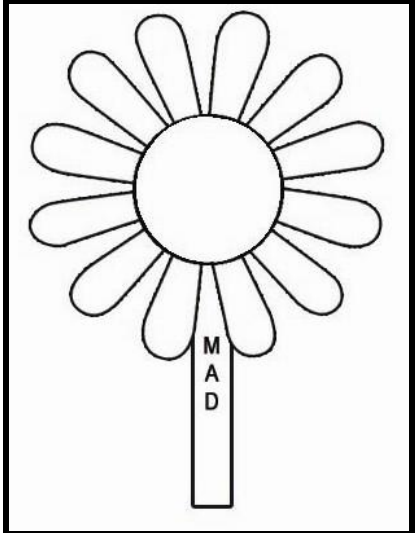
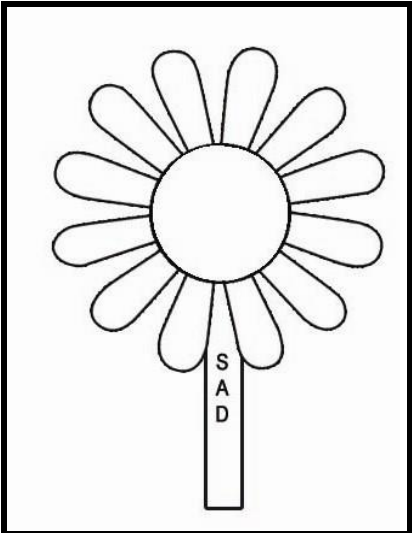
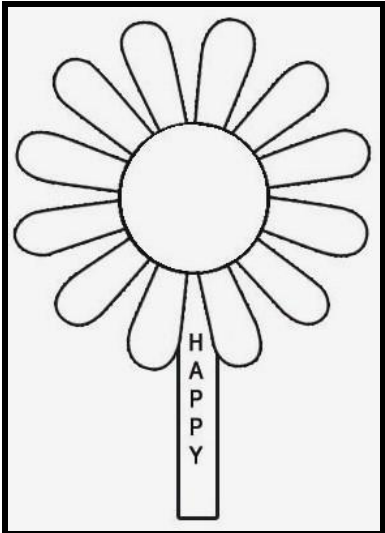
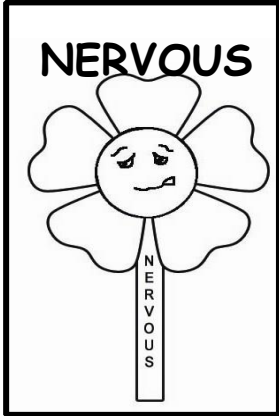


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Okay - now it is your turn!! Draw your own faces to match each flower's emotion labeled on the stems. Don't worry if you are nervous - as long as you try!!



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### **ACTIVITY: EXPRESSING EMOTIONS ACTIVITY**

**There are both healthy and unhealthy ways of expressing all feelings. Write down healthy and unhealthy ways to express each of the following feelings.**

<b>EMOTION</b>	<b>HEALTHY WAYS</b>	<b>UNHEALTHY WAYS</b>
<b>Happy</b>		
<b>Sad</b>		
<b>Mad</b>		
<b>Scared</b>		



<b>Jealous</b>		
<b>Embarrassed</b>		
<b>Anxious</b>		

<b>EMOTION</b>	<b>HEALTHY WAYS</b>	<b>UNHEALTHY WAYS</b>
<b>Excited</b>		
<b>Worried</b>		
<b>Shy</b>		

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<b>Disappointed</b>		
<b>Lonely</b>		
<b>Hurt</b>		



## ACTIVITY: STORY TELLING AND JOURNAL WRITING

The following questions are ideas that can stimulate discussions on the various “Promoting Peace” topics. Let the students be as creative as possible. You can have them write their stories any way they want. Then they can read the stories to the class. Utilize this time to discuss with the students if the choices they made were healthy ways of handling the situations or not. Then encourage feedback from students of better or healthier ways of handling the situation. Students can rewrite the stories if they would like, utilizing healthier forms of expression. Have them read their new stories to the class and discuss the changes.

**Tell about a time and/or draw a picture of a time**



**when you felt angry. How did you handle your anger? Was it a positive way or a negative way?**

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**10 - Tell about a time when someone else was angry at you. How did you handle their anger? How did you respond? What was the outcome?**

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