

## Topic: Appreciating Diversity

### Breathe

As we focus on appreciating diversity, let's take a trip around the globe and learn simple mindfulness techniques from a Buddhist monk.

[Click here](#)



Ready for more from this same teacher? [Click here](#) for a 14 minute breathing activity

### Learn

What if we all looked exactly the same? Or thought exactly the same? What is it that makes you different?

Cole Blakeway, a messy ten year old teaches us the value of celebrating differences as he describes his beautiful friendship with Steven, a 44 year old man with Autism. In a world that gravitates to being the same, Cole reminds us that we are all different and that's AWESOME! A great video for the whole family!

[Click here](#)



### Move

We are celebrating diversity today. So let's have fun with this joyful Bollywood Dance Workout!

[Click here](#)



### Grow

For teens and adults who would like to dive in deep and uncover biases, [try this test](#). **Family Discussion Questions-Diversity**

- What is diversity? What does it mean to you?
- What is inclusion? What does it mean to you?
- How do we treat people who don't look like us—have different skin colors; are taller, thinner, or heavier; have braces or glasses; use a cane to walk; have wrinkles; are older, younger, deaf, or blind?
- What are the long term consequences if we ignore diversity and inclusion
- Do you think it is positive or negative that everyone in the world is different? Why?