

## Topic: Perspective Taking

### Let's Breathe

In this video, strengthen your superpowers of caring and connecting by exploring what you have in common with someone who is different from you and then making kind wishes for them and yourself.



### Let's Learn

Being different is important! But differences can also create challenges if we don't take into consideration how others think, feel, and act.

Perspective taking helps us be a better friend and solve problems!

Click the picture to check out the short Pixar movie to help you practice taking perspective.



What was the big bird wanting? How did the little birds respond? Were the little birds considering the big bird? How do you think this made the big bird feel? What could the little birds have done differently to be consider his feelings?

### Let's Move

This is one super cool rock star workout!

And did you know exercise can put you in a good mood. When you exercise, your body makes a chemical — called an endorphin — that helps you feel good.



### Let's Grow

Think about a time when someone didn't consider your feelings or what you needed. How did that make you feel? It's not always easy to put ourselves in someone else's shoes, so let's practice being better perspective spies!

Click the picture below to get started!

