

## Topic: Appreciating Diversity

### Let's Breathe

Imagining ourselves in a happy or calming place, is a great way to reduce stress, anxiety, feel good, and develop a positive attitude at for any situation. Imagery requires focus and self-discipline, because we can easily get distracted. We get better the more we practice! Today we'll go to an **enchanted forest**.

First, on a scale of 1-10, how are you feeling right now?



[Click here](#)

Now, on a scale of 1-10, how are you feeling now? **Think:** When and where would this calming technique be helpful?

### Let's Learn

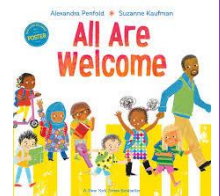
Can you imagine a classroom, neighborhood, or world where everyone is exactly the same? Luckily everyone is different, and it is our job as good social citizens to learn about each other, how we are the same, and how we are different. When we appreciate each other's differences, our classroom and communities are positive places, we can learn from each other, and we get introduced to new exciting things! and A great way to learn about others is by kindness, asking questions, and thinking before we speak.

[Click here](#)



Here are 2 stories that help us think about the importance of differences, and how that can make us the greatest us friends!

[Click here](#)

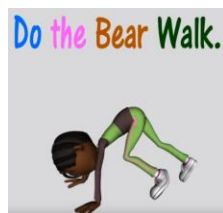


### Let's Move

Staying active is important. Just because we're stuck at home, doesn't mean that we can't keep moving. This week we'll focus on animal walks that you can do inside or outside. You may think you look funny, and you probably do, but laughter is good for you. Today let's try out the **Bear Crawl**.

[Click here](#)

1. Start on your hands and feet, with your knees bent, and bottom high.
2. Move your right leg with your left arm.
3. Move your left arm with your right leg.
4. Can you go backwards?



### Let's Grow

Think about your best friend. Are you exactly the same? What does your best friend think/do about the ways you are different? Write about how your differences help your friendship?

**CHALLENGE:** Want a penpal just like Elliott and Kailash? You can get a FREE penpal by clicking here!

