



## Understanding and Respecting Others PROGRAM TAKE HOME

**This month, we're exploring UNDERSTANDING & RESPECTING OTHERS:** Realizing that everyone is important and has something to contribute. Interacting with a sense of curiosity so we can hear, see, and learn from each other.

### Some activities to try at home:

- **Activity 1- Compliment Circle:** In either a bag or box, write each name who is participating on a piece of paper and then take turns selecting a piece of paper. Read aloud the name on it and then express a positive thought or give a compliment to their chosen person.
- **Activity 2 -Podcast:** Listen to a DEIB (Diversity, Equity, Inclusion and Belonging ) podcast. When the podcast is finished, use a journal in order to write your thoughts about what you listened to and any follow up questions you may still have.
- **Activity 3 -Take a Walk:** During your day and when you are in a safe space and around trusted people (school, neighborhood, etc. ) try to talk to at least 3 different people who you would not ordinarily speak with. Afterwards, have dialogue about what you noticed, learned, understood about the different people you met.

### Additional reading/viewing:

#### Elementary:

- All are Welcome: by Alexandra Pemfold and Suzanne Kaufman
- Fiona Flamingo: by Rachael Urrutia Chu
- It's OK to be Different: by Todd Parr

#### Upper Grades:

- Me and My Feelings:A Guide to Understanding and Expressing: by Vanessa Green Allen
- The Invisible Boy: by Trudy Ludwig
- Wonder: by RJ Palacio

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Kindness Matters 365 (KM365) is a nonprofit that guides children and teens to explore essential life skills such as being kind and compassionate, respecting others, developing stronger relationships, and coping with challenges. After our kids figure out how to feel and be their best, they practice what they discovered through interactive projects and community engagement initiatives ([km365.org](https://www.kindnessmatters365.org)).

Visit [kindnessmatters365.org/connect](https://www.kindnessmatters365.org/connect) or email [info@km365.org](mailto:info@km365.org) to sign up for our emails and newsletters.

# KINDNESS MATTERS 365™

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