

SIMILARITIES

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About Me



SIMILARITIES

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“I tend to see the similarities in people and not the differences.”

Isabel Allende

Reflection

Scientists think that 99 percent of the genes in every human body are the same. What do you think makes it so hard for some people to see how similar they are to other people—even people they don't like?

Action

Write down five things you like about yourself. Write the name of someone who is like you in each of those ways.

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“If you understood everything I said, you’d be me.”

Miles Davis

Reflection

Do you think we have to understand everything someone says or does to be like them? Do you think it’s easier or harder to be with people who are different from you?

Action

Make a collage using pictures of people you think are like you. What things made you think you are alike?

SIMILARITIES

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“Well, I try my best/To be just like I am/But everybody wants you/To be just like them.”

Bob Dylan

Reflection

If people want you to be just like them in some way, do you like how it makes you feel? Do you think it makes it hard to be yourself? Does it help you learn something about yourself?

Action

With a partner, imagine that two classmates are starting a club and deciding who will be allowed to join. Will they pick people like them? What will they do if someone they didn't invite wants to join? Can you act this scenario out?

SIMILARITIES

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“Somewhere inside all of us is the power to change the world.”

Roald Dahl

Reflection

Sometimes people with similar ideas or beliefs like to work together to try to make changes in their schools or communities. Do you think they have more power if they work together? What makes some people want to work alone?

Action

Write a one or two sentence petition about something you'd like to change at school. Which people would ask to sign it first? Do they usually agree with you? Would these signatures get more people to join your cause?

DIFFERENCES

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“Why fit in when you were born to stand out?”

Dr. Seuss

Reflection

Sometimes people hide their differences, and sometimes people show the ways they're different. What do you think makes them want to do one thing or the other?

Action

Draw or find a picture of someone who is trying to fit into a group. Draw or find a picture of someone who is trying to stand out from the group. Do you like both people—or one more than the other? What would you say if you met them?

DIFFERENCES

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“When you dance to your own rhythm, life taps its toes to your beat.”

Terri Guillemets

Reflection

Sometimes people like following someone who stands out from the crowd. What do you think makes people who stand out interesting to others? Do you think they like having that attention?

Action

Find a partner. Each of you make up a rhythm. Take turns dancing to each of them. Which one was easier to follow? Was one more fun than the other?

DIFFERENCES

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“Always remember that you are absolutely unique. Just like everyone else.”

Margaret Mead

Reflection

What does it mean to be absolutely unique? What does it mean to be like everyone else? Can you be both?

Action

Make two columns on a piece of paper, one headed by “like” and one by “different.” Think of someone who is very different from you. Write the ways in which you are like that person and ways that you are different.

DIFFERENCES

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“Even a sheet of paper has two sides.”

Japanese proverb

Reflection

Are both sides of a sheet of paper exactly the same? If not, what makes them different? Are people always exactly the same or are they sometimes different?

Action

Using a crayon, draw a stick figure on a piece of white paper. Turn the paper over and trace your drawing. Are the two exactly alike?

BELONGING

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“With time even a bear can learn to dance.”

Yiddish proverb

Reflection

Do you think a bear could learn to dance? Could the bear ever be a really good dancer? Would the bear be happy dancing?

Action

Draw a red square, a blue circle, and a yellow triangle. Write down the ways they belong together. What other things can you draw that could belong to that group? Are they more alike or more different?

BELONGING 10



BELONGING

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“I am a citizen of the world.”

Sylvia Beach

Reflection

People around the world speak different languages and have different customs. How can they all be citizens of the same world?


Action

Imagine that some new students come to your class from a different country. Write down three things that might be uncomfortable for them. Now write three things you could do to help them feel a sense of belonging.

BELONGING

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“No one is easy to live with all of the time.”

Unknown

Reflection


Sometimes if people are in a bad mood, it's hard for them to be around others who are in a good mood. Do you think they feel left out, or might they be glad to be left alone?

Action

Write a short story about someone who is feeling upset and wants to be left alone. Now change the story so the person feels left out. Find someone to act out the two stories with you.

BELONGING 12



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“If you are not good for yourself, how can you be good for others?”

Carl Bard

Reflection

What does it mean to be good for yourself? Have you ever tried to be good for someone else when you weren't feeling good? Do you think it worked?

Action

Imagine that you are in a bad mood. Make a card to cheer up a friend. Now imagine that you are in a good mood and make a card. Are they the same? If not, how are they different?

ACCEPTANCE 13



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“Even the best of us make mistakes.”

Proverb

Reflection

It's often said that we only learn from our mistakes. Do you agree with that? If people learn from mistakes, why do you think that we are so afraid of them?

Action

Write a story about someone who made a really big mistake. Now write a story about someone who made two or three small mistakes. Do you think they learned the same lessons?

ACCEPTANCE 14



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“Happiness can be found even in the darkest of times, when one only remembers to turn on the light.”

J.K. Rowling

Reflection

Sometimes we have to learn to turn on the light inside ourselves to feel happy. How can people use their bodies to feel happier?

Action

Draw a bullseye. In the middle write activities that make you happy, like dancing, jumping, or resting. In the next circle write those that help some. In the last circle write the ones that don't help. Put your bullseye in a place that you can see easily when you're sad.

ACCEPTANCE 15



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“A friend is someone who gives you total freedom to be yourself.”

Jim Morrison

Reflection

Sometimes people feel as if they have to know what others want from them in order to be liked or loved. Do you think this makes it hard for them to really be themselves?

Action

Make three columns. In one write the values or beliefs that you would never give up for a friend. In the second, write those you might change a little. In the last, write the ones that aren't that important to you.

ACCEPTANCE 16



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“You’re always with yourself, so you might as well enjoy the company.”

Diane von Furstenberg

Reflection

What qualities make someone good company? Do the same things make us good company for ourselves as well as for others?

Action

Draw or find a picture of a person who is enjoying his or her own company. In a word bubble, write what is in that person’s mind.