


Sense of Self

This book features text and illustrations describing a variety of ways people are alike and different.

CORE SKILL OBJECTIVES	INTENTIONAL TEACHING PRACTICES	
RELATE 	Children will:	Teachers will:
	<ul style="list-style-type: none"> Show awareness about self Understand characteristics of self and others 	<ul style="list-style-type: none"> Embrace similarities and difference

TEACHING TIP

Young children are just beginning to develop a sense of who they are as being separate from others. This includes their physical attributes, personal characteristics, and interests. As their development continues, they notice and comment on how they are alike and different from others. Adults can help children appreciate human diversity by embracing, rather than erasing, differences among people. Sharing books that focus on unique features and qualities can provide a safe space for children comment on and ask questions about how and why people are different. When teachers positively comment on illustrations that show people with a variety of physical features, they provide opportunities for children to be proud of themselves and to embrace their similarities and differences with others.

1. INTRODUCE

- “This book is about the wonderful ways we are all different AND the same. It’s called *We’re Different, We’re the Same.*”

2. READ THE BOOK

- Pause occasionally to comment on the physical features mentioned in the book. If possible, have a handheld mirror close by so children can examine their own features.

Embrace Similarities and Differences		
<p>Read: “They breathe and sniff and sneeze and whiff.”</p> <p>Embrace: (pointing) “Look at all the different shapes and sizes that our noses can be. They can be long or short, wide, or narrow. They all <i>look</i> different, but our noses help us smell and breathe the air all around.”</p>	<p>Read: “Our eyes are different.”</p> <p>Ask: “What shape are your eyes? What color are they?”</p> <p>Embrace: “Our eyes are a part of our faces that are the same but also different. They can be different sizes, shapes, and colors. They all see, move, and work in their own way. Everyone’s eyes are special to them and that’s wonderful.”</p>	<p>Read: “They might look different. But they’re alike.”</p> <p>Ask: “What can your body do? Can your body do something different?”</p> <p>Embrace: “Our bodies can do some amazing things! Even though they look different and move differently, we <i>all</i> need to take care of our bodies, so they grow strong and healthy.”</p>

3. REVIEW

- “Isn’t it special that we are different in so many ways, but we are also the same? Everyone is their own person, but we’re all part of the same community. And that’s awesome!”

4. KEEP IT GOING

- Provide child-safe mirrors in different areas of the classroom. Draw children’s attention to their physical attributes and use a variety of words to describe what they see. When children notice others’ physical features, help them describe their similarities and differences in respectful ways (e.g., “Your eyes are big, round, and blue. Her eyes are light brown, shaped like ovals and she wears glasses. You both have eyes to help you see around the classroom.”)