



Outline for ages 8-12 yrs

Session 1- Who am I, I belong.

Recognize role in family, community, world. First step to showing empathy to others is being able to be proud of yourself, where you come from, and then see yourself as a strong advocate for kindness.

Session 2- Feelings

Discussing, naming, and being ok with having them. What feelings can do for and to us. What does it do to others? Healthy vs unhealthy ways of dealing with feelings. Tolerance for other feelings, why do I feel different than another person over the same situation.

Session 3- cultural/ diversity, inclusion

Tolerance, tapestry, recognizing we are all different, we are all the same. Respect and empathy for all, and being able to recognize others paths, and empathize with their story/ journey when its different than ours.

Session 4- celebrating the differences around us

We all belong. Make a plan of who you want to be in the world, and who you stand for.

Session 5- bullies, bystanders and peer pressure

Examining the different types of bullying, and the roles they play in society. Social media and peer pressure.

Session 6; Celebrate me, you, the world day.

Party, eat, and chill.