



Appreciate Diversity

Believe in Yourself

Choose Kind (ness)



Developing Empathy and Respect for Self and Others

A Message from Gerry Ghanooni: BORN A HERO Creative Director

When I was studying to become an Art teacher, my professor had all his students fill out a card about the lessons we planned. He asked us to tell him about the values we were reflecting in our lessons. I think of this often as my team and I are creating our presentations.

We believe that people learn to be kind, appreciate diversity, like and believe in themselves when they are very young. Self-love and believing in one's own value is instrumental in valuing others. When children are exposed to differences, they start seeing the similarities among us all. This helps children to make the choices of respect and kindness. Self-empowerment and kindness are key in facing those who do not "Choose Kind".

We carry the above themes in our presentations by reading books, singing songs, doing art activities, and having discussions that reinforce these important values. In these lessons, the children see beautiful illustrations and/or photos in the books we read. They hear, read, and sing words that **reinforce the important messages of Appreciating diversity, Believing in oneself and Choosing kind/treating others with kindness and respect. We end the presentations with an art activity that relates to the story we read and the song we sing.**

BORN A HERO initially decided we needed to take lessons to pre-school children and started our program with four Head Start Classes. Now we have extended our program to pre-school and K-1.

We understand the importance of the school curriculum, but believe that these books and lessons can be incorporated or compliment the early literacy curriculum as well as instill in children important values and social skills. We know that it takes more than books, songs, and art activities for children to **A**ppreciate Diversity, to **B**elieve in themselves, and to **C**hoose kind, but it is about building a foundation and reinforcing these essential values, which include empathy, and respect for self and others. Early social skills are as important as early literacy and should not be an either/or in the curriculum.

Books: The book titles chosen for our presentations may have a multitude of themes, but all reflect one or more of the values listed above.

Art Activities: Simple art/craft activities were chosen or created to reinforce the ABC values. Thought was put into preschoolers' developing fine motor skills and into the time constrictions.

Songs: Reflect the themes in the chosen book titles. Many songs were downloaded from iTunes. <https://www.apple.com/itunes/>, but some can also be heard and seen in video form on YouTube. As children listen to and sing the words, the values are being reinforced. Sometimes the children sing only the chorus and listen to the rest of the words.

Though instruction of early literacy is not one of our main goals, it is naturally integrated when books are read to children and when children are learning the words to the songs. We have incorporated some extra literacy activities through the printed songs. Teachers of these lessons can decide if they would like to incorporate these activities into presentations.

The Print contains the message: We printed the words to songs on Poster Board, but teachers can use their computers and SMART boards

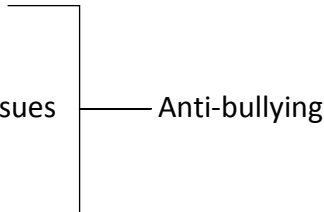
One to one matching: Teacher points to the word with pointer as words are read. We usually model this two times. Then we invite a child to come and point to the words as we read it again or/ and while we sing it.

Letter Identification and Sound: Sometimes song lyrics will repeat many of the same uppercase and lower case letters. Children are invited to come and point to or highlight a letter with highlighter tape. We discuss the sound that the letter makes and may discuss how to make the letter, and the difference between the uppercase and lower case letter.

Sight Words: Common sight words are also often repeated in the lyrics of children's songs. Children are invited to either come up to the poster to point to the word or highlight the word with highlighter tape.

Discussion: It valuable to have discussions to make sure that the message being taught is clearly understood. Ask children purposeful and planned out questions throughout the lessons that will enrich their understanding. Be aware of your audience and remain mindful of children’s feelings when you ask questions. (We do not want any one child to become a focus.)You may have a rhetorical question as broad as, “Is it okay to speak a different language?” Yes! Or as specific as, “Is it okay to have big eyes?” or to need a wheelchair to help get from place to place.” Yes!Add a message after - What we look like, what our medical issues may be, where we come from does not change who we are as a person(on the inside). It is okay to be different. We are all different. Differences make us unique, and it makes our world more beautiful. We need to respect and appreciate our differences. Another example of a question, depending on book title: “What would you do or say if you were in a place where a kid was making fun of someone in front of you?” Keeping an open conversation is important. Issues regarding anti-bullying, self-empowerment, appreciating/celebrating cultural, racial, and medical differences are important to address.

What makes the ABC Kind Program Unique?

1. Our lesson plans approach many social issues that come together to make it a powerful program that encompasses:
 - Appreciating diversity – Different Cultures
Different Race
Different Medical Issues
 - Believing in yourself – Self empowerment
 - Choosing to be kind
2. Our lesson plans can easily be incorporated into your school’s curriculum.
3. Our lesson plans include literacy enrichment exercises. The teacher can integrate her/his literacy goals.
4. We are happy to provide support and guidance as needed in any way we can we can. E-mail Gerry Ghanooni gerry@bornahero.org to bring the ABC Kind Program to

Note: The presentations are created for Pre-school, K-1. Part of the lessons could work well in a Second Grade Class, but adaptations need to be made with songs and art activities. Art activities could be eliminated, and poems can be substituted for songs. Writing activities can be included with reading of the same books. We will be developing a list of books and poems.

* In lessons denotes that a Smart Board in classroom instead of laminated posters can be used.