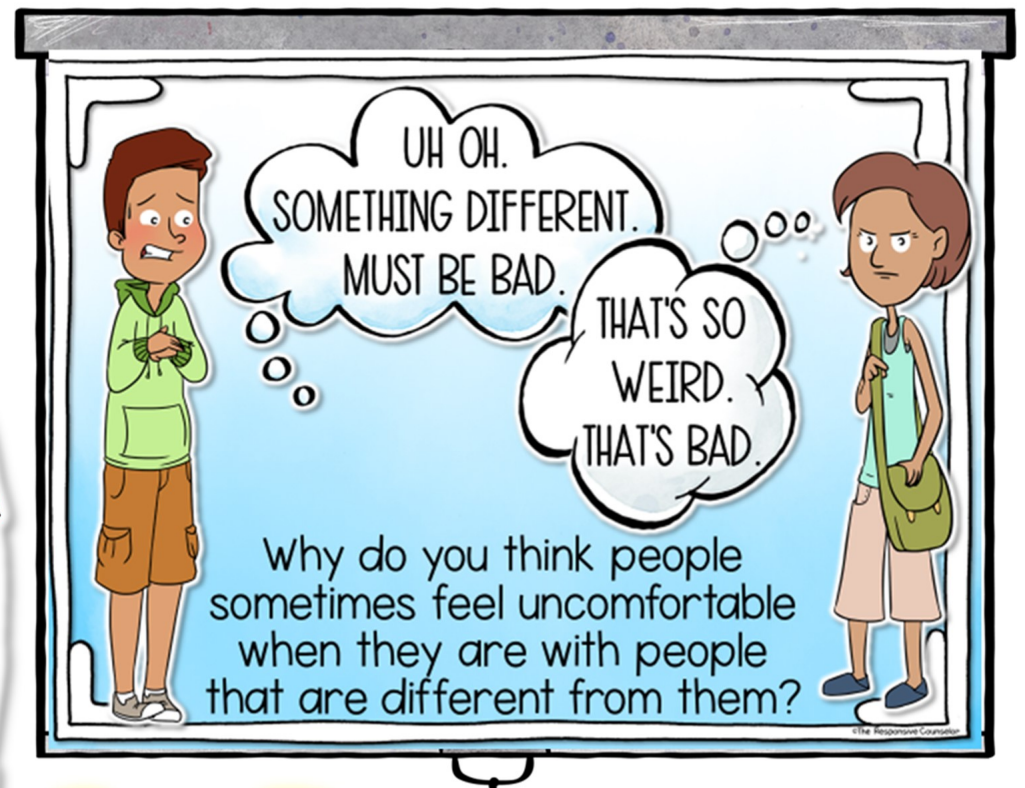


# UNDERSTANDING DIVERSITY



In-Person or  
Virtual Lesson  
and Activities

This lesson on **DIVERSITY AND DIFFERENCES** was created as either a stand alone lesson or the second lesson in a series building up to and working to develop knowledge and skills around social justice.

The presentation and activities are aligned to:

- [Teaching Tolerance's Anti-Bias Education Framework Social Justice Standards](#)
- [American School Counseling Association's Mindsets & Behaviors](#)
- [Collaborative for Academic, Social, and Emotional Learning's Core Competencies](#)

\*You may wish to expand this into two lessons, depending on how much time you have, especially if you incorporate a book\*



# This lesson focuses on:



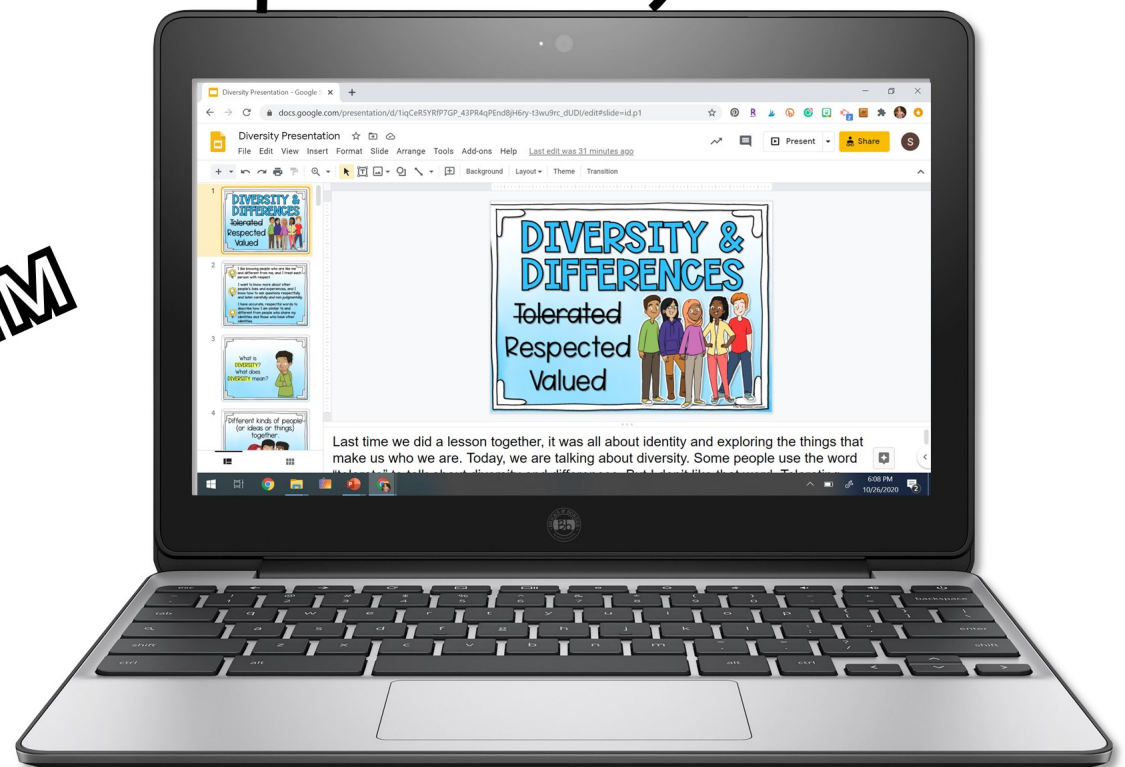
Having commonalities despite our differences



Diversity is valuable and important (including specific scenarios to discuss)

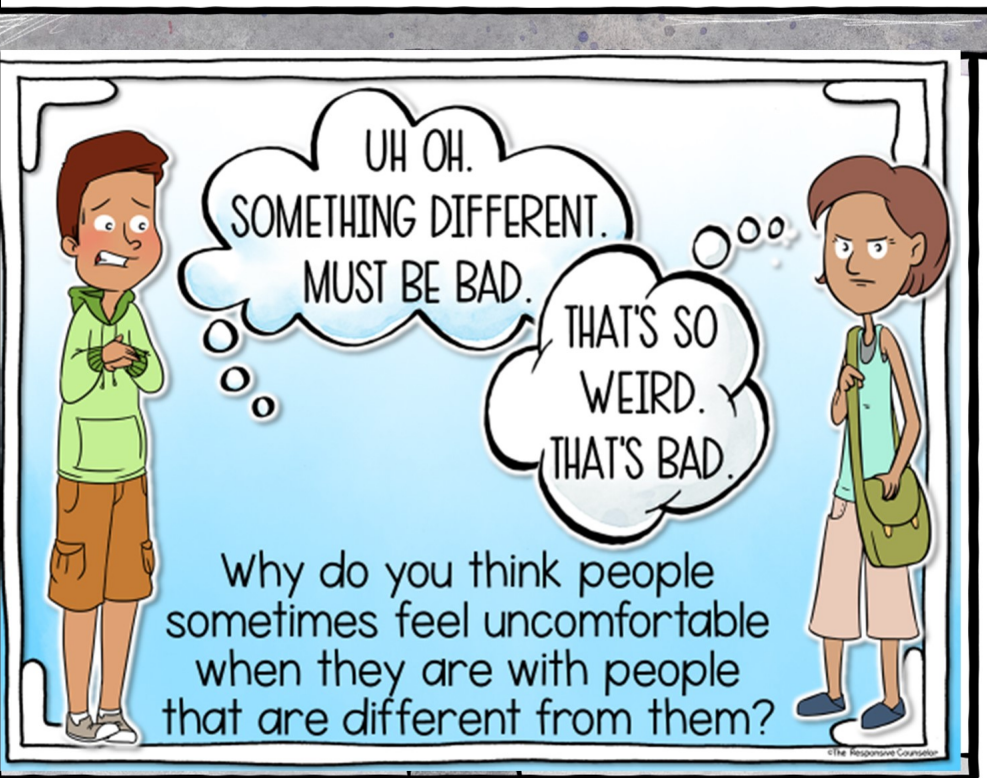


Appropriately asking questions about differences (with several opportunities for practice)



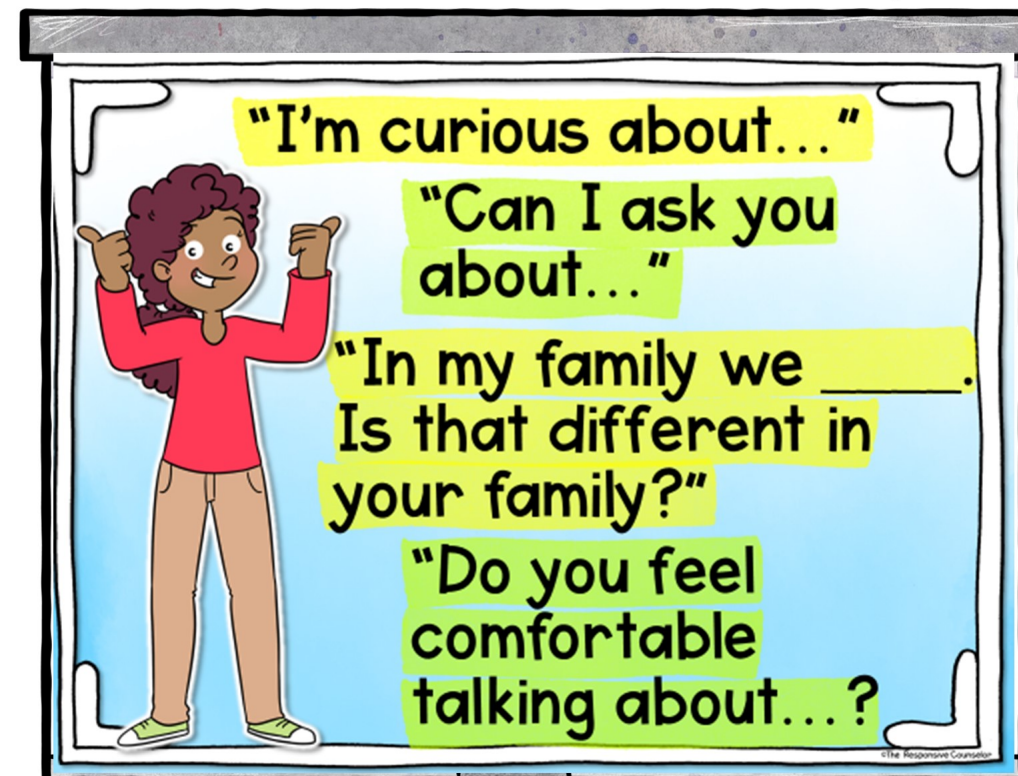
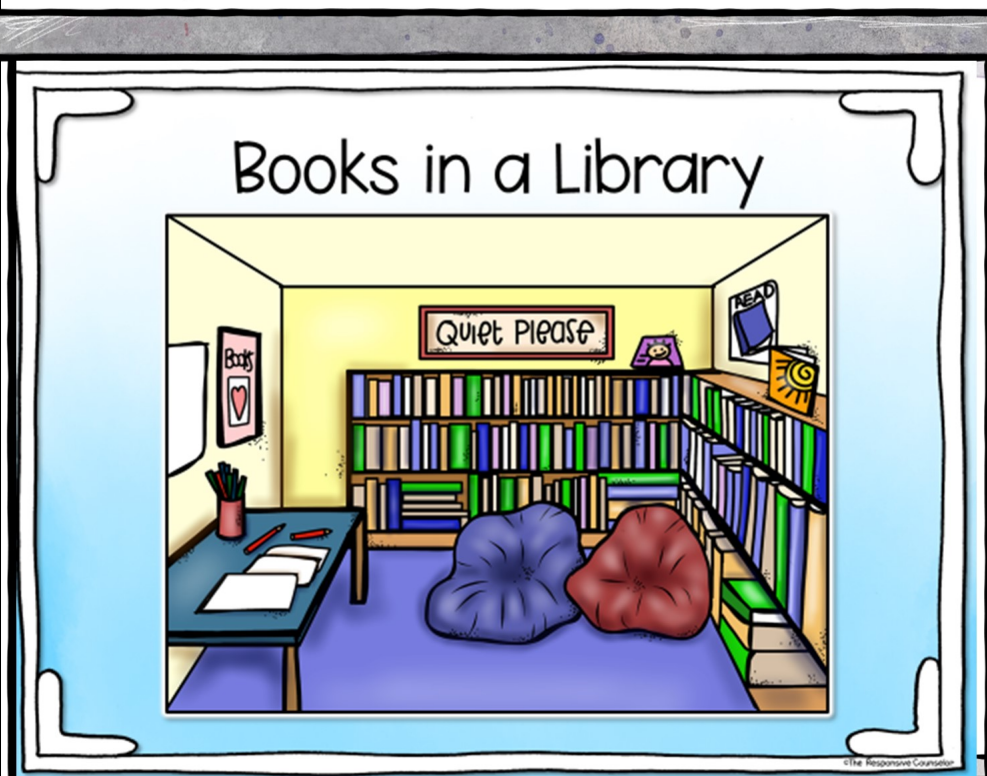
**Also in  
Google Slides™  
Format**





# 29 Slide PowerPoint to Guide Discussion and Activities

(could be broken into two lessons)





# Suggested Scripting Included

Having things in common does NOT mean being exactly the same.

It's good to spend time with people you have things in common with. That's a great way to find exactly the same as you though. Maybe a group of friends all love the same sports team and all look different.

**Diversity & Differences**

- 1 Last time we did a lesson together, it was all about identity and exploring the things that make us who we are. Today, we are talking about diversity. Some people use the word "tolerate" to talk about diversity and differences. But I don't like that word. Tolerating sort of means "I don't like this but I guess I'm going to be okay with it or ignore it." We're going to talk about how diversity and differences should actually be *respected and valued*.
- 2 These are our objectives, the things for us to focus on today. I hope that when our lesson is done, you will feel confident about each of these skills and ideas. (*read aloud or ask for student reader volunteers*)
- 3 What does diversity mean? What would you say is the definition of diversity? What is one word that comes to your mind when I say "diversity"? (*an alternative to students sharing out loud is for them to put their idea on a sticky note on the board, or to write their idea on a shared Jamboard if using Google Classroom, or typing it into the chatbox for live virtual lessons*)
- 4 Diversity, when we're talking about people, very simply means *different kinds of people together*. We know that identity can include a lot of different things, and so can diversity. Diversity in a group can be people of different races, who speak different languages, who practice different religions, who have different strengths...all sorts of differences.
- 5 I want you to think about a time that you felt different. How did you feel? (allow for student responses, acknowledge the range of emotions that can be felt) (*If needed, provide some scaffolding: "when everyone else was talking about how much they like (food) and I was the only one who didn't, or when I really wanted to \_\_\_\_\_ (or were really interested in \_\_\_\_\_) but no one else was, when my hair style was different", etc.*)
- 6 A lot of people seem to think that different equals bad. It's sort of like when a kid says "ew, I don't like that" when their mom offers them something new they've never had before, just because it's new and different. It's silly when it's food and little kids. It's a hurtful problem when it's about people and the differences between them.
- 7 Three really important messages of our lesson today: 1) Even with all of the differences between us, we have a lot in common still, 2) Differences are important, and 3) It's okay to talk about differences respectfully.

©The Responsive Counselor



# Personal Reflection and Processing Activities as Printable Worksheets and Interactive Google Slides™

**Diversity & Differences**

Name: \_\_\_\_\_

Each of the boxes below represents an important idea from this lesson. Write or draw in the boxes to give an example or explain what they mean.

It's okay to be different. Different does not mean bad.	Despite our differences, we have lots of similarities.
Diversity is important and valuable.	It's okay to talk about differences.

**Diversity & Differences**

Name: \_\_\_\_\_

☐ I am similar to others because...

☐ I am different from others because...

☐ One question I have about a difference is...

☐ I think differences and diversity are important because...

☐ One difference that I am working on being more understanding and respectful of is...

©The Responsive Counselor

It's easy to only surround ourselves with people and media just like ourselves. Which then makes it easy to not feel comfortable about differences. Make a plan for incorporating more diversity in your life by dragging a check onto one of the ideas under each category. ✓

**1. What do you want to tell yourself when you encounter someone different from yourself?**

<input type="checkbox"/> Different does NOT mean wrong or bad	<input type="checkbox"/> It's okay to have different beliefs and interests.	<input type="checkbox"/> Life would be boring if everyone was the same.
---	---	---

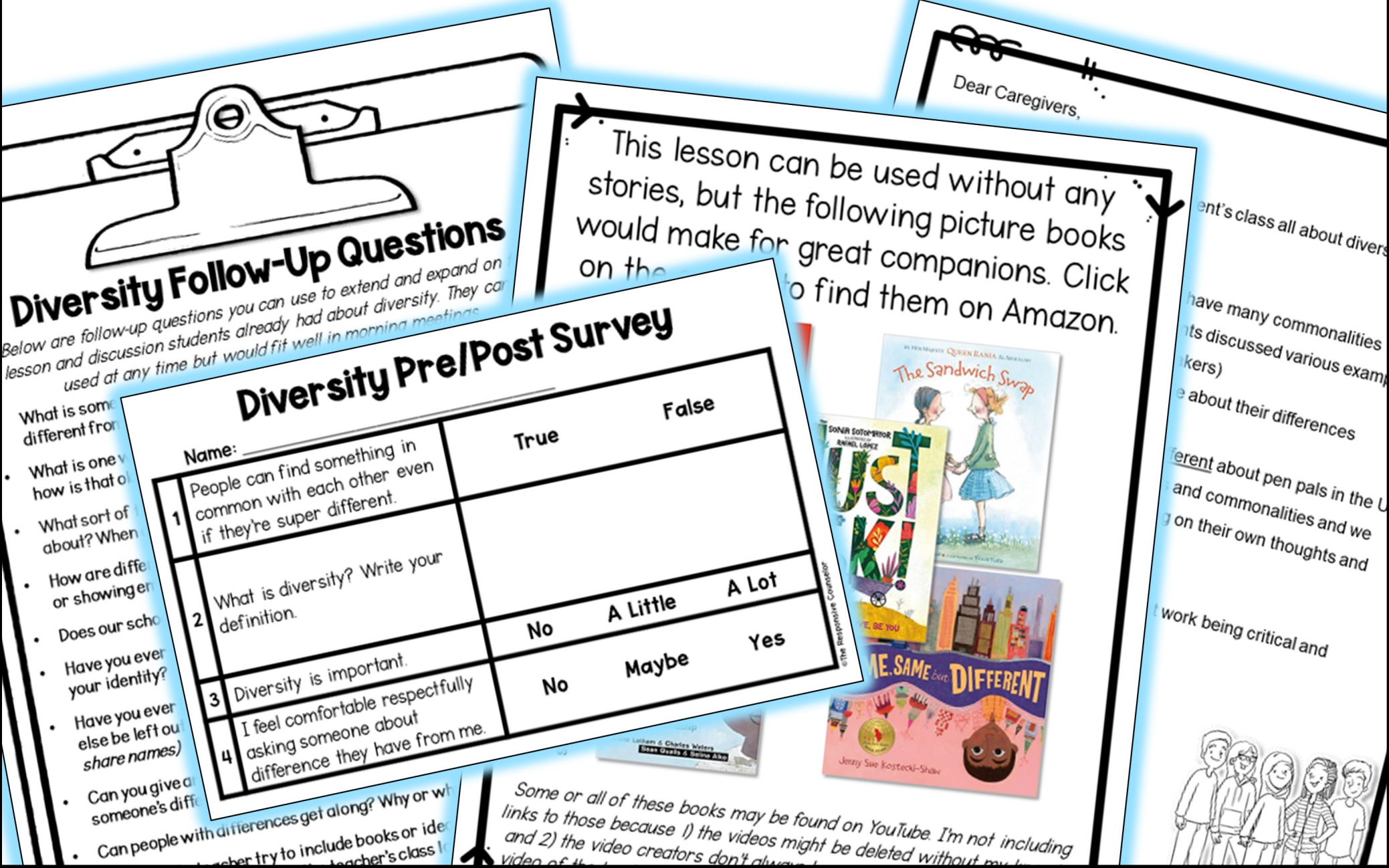
**2. How can you incorporate more diversity in the media you watch, read, and listen to?**

<input type="checkbox"/> Read books with main characters different than me	<input type="checkbox"/> Watch shows or movies about people different than my family	<input type="checkbox"/> Listen to music written and performed by people from different backgrounds
--	--	---

©The Responsive Counselor



- Recommended Book Companion List
- Editable Parent Letter
- Follow-Up Discussion Questions Printable
- Student Pre/Post Survey



**Diversity Follow-Up Questions**

Below are follow-up questions you can use to extend and expand on lesson and discussion students already had about diversity. They can be used at any time but would fit well in morning meetings.

- What is something different from...
- What is one way how is that different?
- What sort of about? When...
- How are differences or showing...
- Does our school...
- Have you ever your identity?
- Have you ever else be left out (share names)?
- Can you give a someone's difference?
- Can people with differences get along? Why or why not?
- Can you try to include books or ideas in your teacher's class?

**Diversity Pre/Post Survey**

Name: \_\_\_\_\_

	True	False
1 People can find something in common with each other even if they're super different.		
2 What is diversity? Write your definition.		
3 Diversity is important.	No	A Little A Lot
4 I feel comfortable respectfully asking someone about difference they have from me.	No	Maybe Yes

This lesson can be used without any stories, but the following picture books would make for great companions. Click on the links to find them on Amazon.

Dear Caregivers,

ent's class all about diversity. We have many commonalities (its discussed various examples) about their differences. Different about pen pals in the U.S. and commonalities and we on their own thoughts and work being critical and


Some or all of these books may be found on YouTube. I'm not including links to those because 1) the videos might be deleted without my permission and 2) the video creators don't always allow for educational use.

**The Sandwich Swap** by Venus Murphy, Quyen Rana, & Sheri Fink

**Uski** by Sonar Soto-Pedro & Annel Lopez

**I Am Not a Simple Person** by Jerry Sue Kosteck-Shaw

**WE ARE THE SAME but DIFFERENT** by Leaham & Charles Wolters, Sean Qualls & Jaime Albo





# Collaboration

This lesson, and the others in the unit, revolve around different identities and experiences. Thus, it was important for this lesson to be reviewed by others with different identities and perspectives than my own.

Reviewers of this lesson hold the following identities: white, Black, woman, Atheist/Secular Humanist, Catholic, Latina, immigrant, Greek Orthodox, child of immigrants, disabled, multilingual, urban, suburban, private school, public school

I want to thank the counselors who reviewed this lesson, let me pick their brains, and provided valuable feedback and insight to ensure this lesson be respectful, comprehensive, and valuable to all students.

