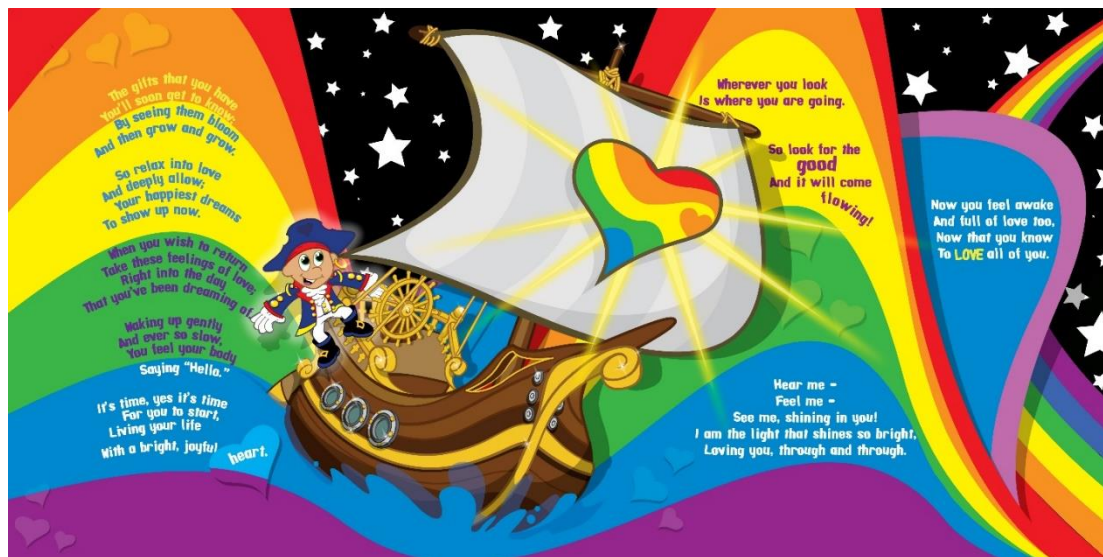
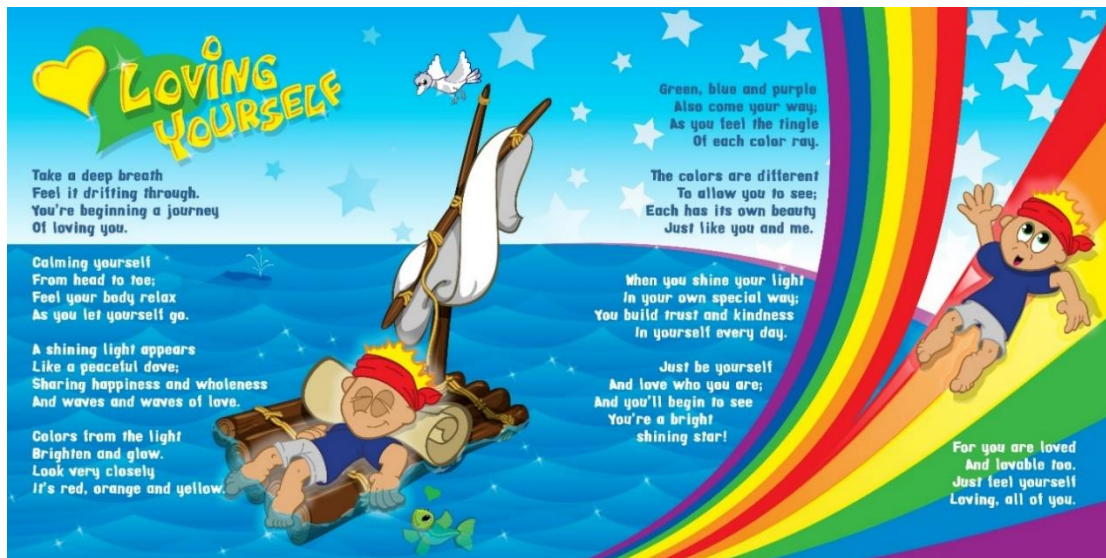


Loving Yourself Story

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Story Theme: "It's OK to be different."



- Ask the children to find the hidden hearts and stars in this story.

Exploring Differences Activity:

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- **Imagine living where everything was the same, nothing was different in any way?**
 - No color.
 - No different tastes.
 - No different smells.
 - No different sounds.
 - Everything in nature is the same.

This simple activity encourages children to open their awareness to appreciate our wonderful world with all its vast differences.



Children are encouraged to think about all the differences that they see and experience every day. The different clothes they wear, or the differences they see when they visit the homes of family and friends. The different places they have visited by the ocean, the country, the forest or the desert.

Ask the children:

- **What is it like for you to think about all the differences that you see every day?**
- **Have you ever noticed how your taste changes. One time you may try a certain food and you do not like it at all and yet the next time you try it, you love it!**
- **As you grow older each year, what has it been like to be able to do new and different things?**

Flower Activity:

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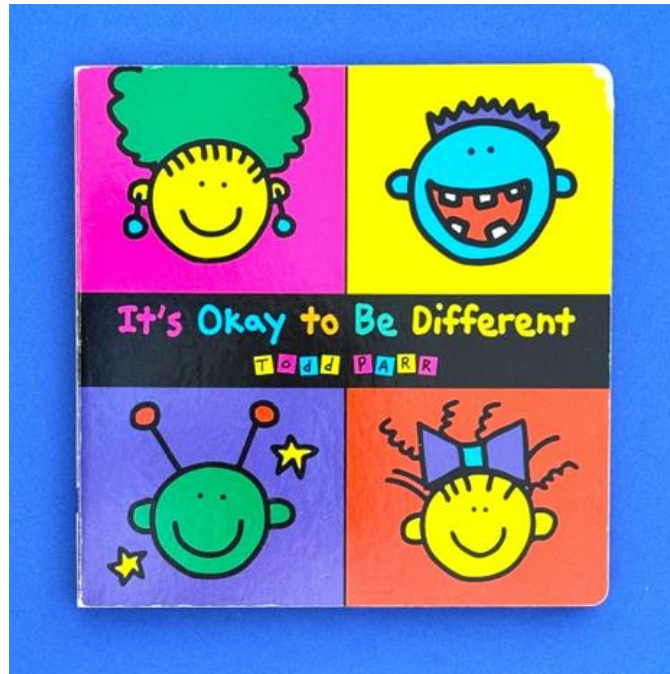
This activity offers children a new perspective to think about when they see flowers. Flowers have so much to teach us.

- **Flowers share their beauty with everyone.**
- **Flowers do not worry about what anyone else thinks about them. They do not care who you are, what you have done, or what culture you come from.**
- **Flowers model unconditional love in the most beautiful way.**



It's OK to be Different Activity:

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It's OK to be different.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

- **Children are encouraged to have a greater appreciation for the similarities and differences in themselves and others.**
- **As parents, teachers and caregivers we can model being open to differences, children will feel it's OK to be me, it's OK to be different.**

When young children are taught to appreciate differences, they will carry that belief with them throughout their lifetime. They will be open to seeing differences as wonderful opportunities to cherish and respect another's creative point of view.

Children are encouraged to embrace diversity while appreciating and loving themselves.



All About You Activity:

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It's OK to be me.

A black and white line drawing of a young girl with curly hair, wearing a striped shirt and shorts, running and flying a kite. The kite has a pattern of stars and stripes, resembling the American flag. The kite string is decorated with several bows. In the foreground, there are some tufts of grass and a simple heart shape on the ground.

Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

- Create "All About Me" drawings.



- Create "All About Me" drawings.



Being Your Own Best Friend Activity:

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Things You Can Do Activity:

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Children explore their talents and gifts through this activity. They have experienced feelings of satisfaction and happiness as they recognized their abilities. As they learn and grow, they will always be uncovering new talents and gifts.



Good Things Happen Every Day Activity:

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- Children never know what amazing fun experiences are just around the corner.



Good things happen every day.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

Lynne's Heart Story:

I give out treats and heart stickers to children at Halloween when they come to the door.

I tell the children:

- "When you were born, you were born lovable in your heart. That love never goes away."
- "So when you see a heart it can remind you of the love in your heart." and then I whisper, "And the love in everyone else's heart too!"

