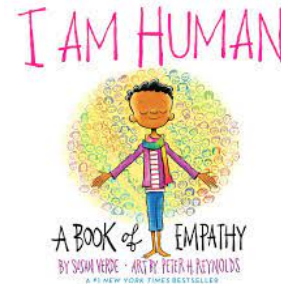


K-3 Activity - I Am Human

- Based on book I am Human by by Susan Verde (avail on youtube : <https://www.youtube.com/watch?v=X9RxO3HG9bM>)

- Being human means I am not perfect. I make mistakes. I can hurt others with my words, my actions, and even my silence. I can be fearful of things I don't yet understand and timid to try something new. I can act with compassion and lend a helping hand. I can treat others with equality and be fair. I am not alone. I am connected to my friends, to my family, to the world. We are all humans together.



- Invite the child to watch the read aloud video of I am Human: A Book of Empathy by Susan Verde. After the video, discuss the pages, sentences, or words that stood out to the child.
- Ask the child how the book relates to them and their experiences. Provide the child with a piece of paper. Ask the child to draw a large circle taking up most of the paper. In the large circle, draw a smaller circle and write I am Human in the smaller circle supporting early literacy learners with writing.
- Break up the bigger circle into four sections around the smaller circle.
- Invite the child to choose four sentences from the book that stood out to them or suggest some of the sentences below:
 - Have the child write each sentence in one of the sections of the circle and draw how it relates to their life or experiences.
 - After they finished, ask them to share what they drew.

Grade 4-6 - Word Clouds - Symbolizing belonging (great morning circle discussion or circle time talk)

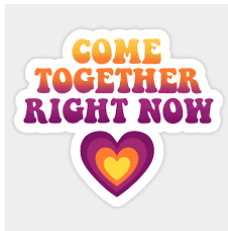
- Ask the child what belonging means to them. What does belonging feel like? Look like? Sound like?
- Think about what belonging may mean in their family, school, and community. What words represent belonging in each of these places?
- Share what a word cloud is with the child. It is an image that contains a variety of words that describe a concept. Show some examples of word clouds if needed.



- Ask the child to create a word cloud of their own that promotes the acceptance of everyone in their family, school, and community. Support in brainstorming a list of words and ask the child to design their word cloud on a piece of paper and encourage them to use different colors and elements to design the words. (these word cloud can be created on the computer or in art and each child creating their own -<https://www.wordclouds.com/> or <https://monkeylearn.com/word-cloud/>)

Grade 7-12 - COME TOGETHER RIGHT NOW

- It can be difficult for youth to connect with family members they live with. Invite the youth to think about activities that can be done together.



- This could be an activity or skill that you could share with them or an activity or skill they would like to share with you.
- Explain to the youth that they should select an activity of their choice that can be completed with at least one other family member. For example, it can be playing a card game, making a dance routine, going through family pictures, baking their favorite muffins, or playing a game of basketball.

(This can be done as a class room family or a group of friends)

Resources collected from PHE Canada <https://phecanada.ca/programs/phe-learning-centre>