

LESSON TITLE

Feeling Judged

OBJECTIVES

- Explore the theme of judging others: how it feels and how we can help.
- Perspective-taking

PREPARATION

- Gather pens, scraps of paper, and notecards/postcards
- Pre-read *The Proudest Blue* by Ibthihaj Muhammad S.K. Ali
- Have nametags ready.

CURRICULUM

<p>WARM UP (validate existing knowledge)</p>	<p>Recap</p> <ul style="list-style-type: none"> • “What did we talk about last time?” <p>Trash Can</p> <ul style="list-style-type: none"> • “Think about a time when someone judged you or treated you unfairly.” • “On a piece of paper, write down hurtful words that have been said to you or someone else.” • “Once everyone is done, we are going to crumple them up ‘throw them’ in the trash.” • “Why should we throw this away? How did it feel to throw these away?” 	<p>7 min</p> <p>15 min</p>
<p>NEW IDEAS (introduce and apply new content)</p>	<p>The Proudest Blue</p> <p>Pre-reading</p> <ul style="list-style-type: none"> • “As we read, let’s think about what the characters are concerned about.” <p>Post-reading</p> <ul style="list-style-type: none"> • What do Mama’s words mean: “Don’t carry around the hurtful words that others say. Drop them. They are not yours to keep. They belong only to those who said them.” Why is this such an important message? How did you do this with the warm-up exercise? • How did Asiya help Faizah, her younger sister? 	

Kids for Kids Intro - Session 6

WRAP UP
(gauge new
learning)

- Was drawing helpful to Faizah?
- How did they handle the boys comparing Asiya's hijab to a tablecloth?

Use Your Words!

- "In *Proudest Blue*, *Just Ask!*, and *Strictly No Elephants*, people or animals have been judged. Words have been used to hurt people."
- "Now we are going to use our words to help people. We are going to make cards for kids in your school who may be feeling sick, lonely, overwhelmed, or judged."
- "Using the notecards, make a card that can be used for someone who is feeling sick, is new to your school, or someone that just needs some encouragement. Think about how your words would best help them. Tips:
 - Be positive.
 - Tell them that they matter!
 - Share an idea for what helps you feel better, included, or less overwhelmed.
 - Tell them a joke or draw something."
- "These notecards can be given to the counselors, school nurses, or principal for when kids need some encouragement."

15 min