

Kids for Kids Intro

Session 6

LESSON TITLE

Feeling Judged

OBJECTIVES

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

PREPARATION

- Gather pens and notecards/postcards
- Book: The Proudest Blue by Ibthihaj Muhammad S.K. Ali

CURRICULUM

<p>WARM UP (validate existing knowledge)</p>	<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, have each student write down hurtful words that have been said to them, that they have heard, or that they have said. Once everyone has finished, have everyone crumple them up and “drop them” in the trash. 	<p>5 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? • Was drawing helpful to Faizah? • How did they handle the boys comparing Asiya’s hijab to a tablecloth? 	<p>15 min</p>

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WRAP UP
(gauge new learning)

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. 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