

Differences Are Good

A Workbook that deals with Tolerance



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The word tolerance, tol-er-ance, what does it mean?? It is a big word and it means that we can except people who look different, sound different, live in different places or countries, do different things, have different ideas, then us. Tolerance means to accept people who are different from you because even though they may be different in some ways, they will have many more things that are like you and that is because, no matter who that person is, they have value just like you?

So how can you have tolerance, you might ask? Here are nine ways that will help you to learn how to have tolerance:

T = Teach

O = Open Mindedness

L = Love

E = Empathy

R = Resilience

A = Acceptance

N = Niceness/Kindness

C = Compassion

E = Encourage & Equality

T = Teach

To Teach means to show or to set a good example of something you think others can learn. You might be saying, “how can I teach anyone, I am just a kid?” Children can teach all kinds of things and they do this by setting a good example, by modeling with their words or their positive behavior. For example, if you wanted to teach someone how to have good manners, you would show them by having good manners yourself.

List some ways that you can teacher or be a good role model to others:

1. _____

2. _____

3. _____

4. _____

5. _____

O = Open Mindedness

To be open minded means that many, even different or opposing ideas can live comfortably in your head. For example, maybe someone you know does not celebrate Christmas, instead they celebrate Hanukah because they are Jewish. To be open minded is to except people of all religions and customs and maybe go one step further and learn about their religion and customs.

Hinduism and Buddhism are two religions that are found all over the world but especially in India. One of their holidays is called the Festival of Light; the light symbolizes the inner light that protects against things that are not good or spiritual darkness.

The Native Americans place much importance on nature and something called Shamanism which is an idea that nature is alive and that everything has its own spirit or soul including the sky, stars, sun, moon, rivers, lakes, mountains, forest, trees, plants, animals, insects, fish, flowers and birds and of course, people.

Learning about other religions and customs is very interesting. See how many you can learn about.

L = Love

To feel love is a very powerful emotion. When we show love to our family and our friends, we are making them feel cared about. Did you know that when you feel the emotion called love, something very wonderful happens in your brain? Your brain lights up and produces a chemical called endorphin which makes you feel very good. So now that you know this, try to produce as many endorphins as you can.

How can you show love to your family and to your friends? We can show love through our actions and kindness. Make a list of how can you show loving actions or kindness:

1. _____
2. _____
3. _____
4. _____

E = Empathy

Empathy is the ability to not just feel bad for someone who is hurting or having a hard time, but to REALLY try to feel what another person is feeling. To be able to walk around in their shoes. One way of doing this is to remember how you felt when you were scared or sad or angry. So, the next time you see a friend or even someone you don't know showing signs of sadness or fear, try to recall how you felt when you were scared or sad.

Remember a happy feeling _____

Remember a sad feeling _____

Remember an angry feeling _____

Remember a time when you were scared _____

R = Resilience

Did you know that you can be strong on the inside just as well as on the outside? Resilience is a big word and it means to be flexible and adaptable. The ability to except differences or change whether that means with people that you met or environments or places you are in.

If you went to another country or even another state, they might have different foods, clothes, religion, language, customs and so on. It is important to respect all differences because that is what you would want others to do for you. It is also important to see how much we are the same with all people.

Talk about a country or new place that you visited and all of the things you learned about this new place _____

A = Acceptance

All people have value

Acceptance comes when you start to understand that everyone thinks a little bit differently or has different thoughts than you. Even if you do not think the way someone else does or believe what they believe, it is important to remember that you can “house” many different ideas in your brain, even ideas that you don’t agree with, those ideas are there for you to simply think about.

Did you ever have a disagreement with one of your friends? It is okay for people to think differently or believe in different things. Even though you have a different idea about something, you can accept another person’s way of thinking or beliefs, that is okay for them.

Remember, YOU HAVE VALUE and that means that so does everyone else!!!

N = Niceness/Kindness

Every day do something or say something kind to someone that you see, especially someone who may need a kind word. Also remember to say “NO” to bullying, when you see it happen, don’t join in and let others know that it is wrong. Acts of kindness will make you feel good and they will make others feel good too.

Keep a list or a log everyday of all of the nice or kind things that you have done or said or that others have said to you.

Example:

Niceness Log

Monday

- 1.
- 2.
- 3.

C = Compassion

Compassion has to do with our feelings for others and how we show care for others. Everyone's feelings matter and sometimes it is important to be able to show another person, in words or action, that you can understand how they feel and that you care about how they feel.

A good way to show compassion is to help others who are in need, volunteer your time to another person or a cause that is important to you.

What are some of the things that you can do to show that you care about other?

- 1.
- 2.
- 3.

What are some of the "causes" that you would like to volunteer your time to?

- 1.
- 2.

E = Encourage & Equality

Become a cheerleader to all of your friends and your family members. Create messages such as; “ALL PEOPLE MATTER” or “DIFFERENCES ARE GOOD” or “SAY NO TO BULLYING” or “ALL PEOPLE DESERVE RESPECT”. If you say these things enough, you will be surprised how some of these ideas can catch on.

Make up your own cheer to encourage others _____

All people are equal no matter where they live, what language they speak or what they believe. All people deserve to be treated with respect and equality.

Exercises:

#1 – Ask yourself how are people more alike than different.

#2 – Think about all the places you would like to travel to and learn about.

#3 – Make a list of some of the places you might like to volunteer your time.

#4 – Ask yourself, “How do I want people to treat me?” Make another list of how you can then treat others.

#5 – Keep a journal of all the things you learn, all the new people that you meet and all of the new experiences that you are likely to have.