Coloring Without Borders
4 Lessons on Compassion Leading to Action

Self Portrait
(Lesson #1)

Materials:
- Handout from the book Coloring Without Borders-Self Portrait (page 24)
- Book We're All Wonders by R.J. Palacio
- Multicultural crayons or color pencils
- Pencils & erasers
- Mirrors or phones/iPads (to use the reverse camera option as a mirror)
- White scratch paper
- U.S. and World Map

Learning: Children focus on “Who am I? What is a family? Who is in our family?”

Purpose: To help children explore/express/connect their cultural identity through art.

Transfer: Students will also be able to see that we are uniquely different people and diversity exists even within our own families. It teaches them about themselves as well as others, their community, their country because things aren’t always what they seem. We all look differently, so this opens their minds to thinking about and accepting others which starts the lines of compassion.

Starting the conversations and learning: (Which can start and stop as many times as you want.)

- Introduce and read the book We’re All Wonders by R.J. Palacio.
- As you read take moments to pause and help them:
  - to connect to different feelings the boy is having
- sharing how you are different (hair, glasses, freckles, height etc.) from each other, but special
- reflect on when they have been a good friend and used kind words

After reading, ask your child if we have to all look the same to be special? Discuss.
Take time to look in the mirror together. Focus on both of your physical appearances and personality traits.
Find similarities and differences. Make connections to other family members immediate and extended sharing with them your cultural background and where some of your traits come from. Ask them to tell you some of their best traits and where they come from.
You may pull out a map or look one up on the internet to share where you live now and where your family is from (U.S. and/or country).
Ask your child who do they consider their family. (Immediate/extended/religious/sports/neighbors/friends that are so close they are family etc.)
Look through pictures of them, tell stories to each other about why they are special.
Give them the handout Color Without Borders- self portrait (page 24).
Read it to them. Ask them to draw the healthy, smart, special self.
You can draw a self portrait too.
Talk about your facial features, skin color choices (let them help you decide which to use), etc.
When you are both done, put them up on a wall together. Talk about what you like or see in their portrait. Ask them to do the same for yours.
See if you can get others in the family to draw one and make a family “selfie” wall to show off all the wonder inside your family!
Can you help me draw a portrait of you?

¿Puedes ayudarme a hacer un retrato?
This House
(Lesson #2)

Materials:
- Handout from the book Coloring Without Borders - What will this house look like? (page 43)
- Pencils, eraser, color pencils or crayons

Learning: Children will draw and write about their homes with their families using “What will this house look like? Como sera esta casa?” handout. Students learn and appreciate what makes a home and family. They learn to see that we come from such different places, but are all a community/family as they create the patchwork quilt of their drawings.

Purpose: To help children reflect and think about what makes up their special families that create their homes (near and far). Understand what makes a home. To share a mutual respect for other families around our country.

Transfer: Children will be able to share their families and homes (immediate, extended, religious, friends that are more like family, etc.). Have compassion for others and hopes that everyone has a home, food, families, love, and more.

Starting the conversations and learning:
- Take a family walk around your neighborhood or while you are driving home from school or errands and ask them to tell you about the houses and families that live in your neighborhood. As you walk, talk about all the houses that they consider their homes with families that they love even if you don’t live near. (Ex: best friends/neighbors that are more like family, soccer family, Grandma’s house in another state, cousin’s house in another country).
- Why do their houses feel like home? (Safe, fun, food, the people, the parties etc.)
- Share how each person you discussed are a part of your family.
- Ask them to tell you what makes your family and home special (family nights, cultural foods, bookworms, dance parties, nature lovers, early birds, music etc.)?
- Get out the handout “What will this house look like?” from Coloring Without Borders
- Draw your family and home. Include as many “family” members as they can. There is no wrong way to do it.....all they have to do is create it in their own way...just like their unique families.
- Draw with them and share what you are adding to your picture and why.
- When they finish drawing use the back to write using the frame “My family is_____________. My family is special because________________.” to write 2 sentences about your family.
- Display it and add more homes to it that show more family in your lives and more places that they call home.
- Reflect and ask them what their hopes are for all people.
What will this house look like?
¿Cómo se verá esta casa?
Swing Buddy
(Lesson #3)

Materials:
- Handout from the book Coloring Without Borders-Buddy Swing (page 42)
- Art supplies, pencil, and, eraser
- Bag with surprise items to help tell a story
- iPad, laptop, or phone to play a video from site: Life Vest Inside-Kindness Boomerang “One Day” https://www.youtube.com/watch?v=nwAYpLVyeFU

Learning: Children will understand what it is to be a good friend and have compassion for others. Children will show their learning by completing acts of kindness for another person in their own way.

Purpose: To show your children that caring for another person brings us together as a family, community, country. It isn’t difficult and everyone can do it.

Transfer: Children will go out and share their compassion for others beyond the school, their families, and communities. They will begin to see that their kindness for others makes a difference and can be contagious!

Starting the conversations and learning:
- Ask your child if they have ever been nice to someone. Let them explain.
- Share when someone was kind to you and how it made you feel.
- Ask them to tell you when someone has done something nice for them. How did they feel?
- Reassure them that they are so smart and seem to know what it means to be kind...so will they spot “kindness” after you tell them a story-in-a-bag.
- Pulls out a paper bag (or any small bag) with items in it to tell a story of when you showed kindness. Ex: I was shopping with my kids at (pull out a Target sign)...my cart was full of the usual (pull out fruit, or milk picture, or pet food toys)...a lot and then a lady and her young daughter came up to me asking for (pull out money) for food. My kids looked at me and I looked them and immediately said that I would be happy to walk around with her to buy her what she needed. She
picked out (pull out an apple), bread, water, pizza, cookies, and a little more. We all walked up to the register and I paid for everything. The little girl had a smile on her face when they left with their bag of food. I felt (pull out a heart) good that I could help them. Everyone should have food to feed themselves and their families.

- Show them the Swing Buddy sheet and read the words out loud.
- Decide who should be on the swing with the squirrel and what kind act they could do during their play date. (Share, help each other, include everyone, etc.)
- Let them draw themselves or someone else on the swing with squirrel and write their act of kindness on the paper in a creative way.
- Talk about what you two could do during the upcoming week to be a good friend and show kindness.
- Your child can add it on the Swing Buddy paper or put it on a stickie note in an area where the family can see it.
- See how many stickie notes you can fill up altogether by the end of the week.
- Show them the video: Life Vest Inside-Kindness Boomerang “One Day” https://www.youtube.com/watch?v=nwAYpLVyeFU
- Talk about how the people helped each other.
- Reinforce that the school, community, or country is happier because of good people that help each other. The stickie note kindness acts will encourage others to follow. These acts don’t stop during the week, but should continue when they can as much as they can (Ex: arrange stickie notes in a heart shape on the wall...to symbolize of kindness)
- Put up the Swing Buddy drawings on a bulletin board/wall/door etc. Encourage their other family members or friends to look at it and join in on showing kindness the next week.
- Praise each other over the week and plan on doing it again the following week!
Can you draw Squirrel and Acorn’s swing buddy?

¿Puedes dibujar al compañero de columpio de Squirrel y Acorn?
Binoculars
(Lesson #4)

Materials:
- iPads, tablets, laptops, desktop computer, or phone
- paper/pencil/art supplies
- Book “If Kids Ran the World” by Leo & Diane Dillion

Learning: Children learn and articulate what it is to be compassionate. Students learn perspective. Students learn the importance of compassion and turning it into action.

Purpose: To help children become more aware of their voice, choice, and power to help make our country a better place. To empower them to be agents of change at their level by showing kindness.

Transfer: Children become aware of others, their community, their country as things aren’t always what they seem. We all interpret things differently, so this raises their consciousness to what’s happening in our society.

Starting the conversations and learning:
- Ask your child if they are old enough to make their school, city, world a better place? They share.
- Read the book “If Kids Ran the World” by Leo & Diane Dillion and ask them to put a thumbs up if there is something that they could do to make the world a better place as you read.
- Discuss what they found that they could do and how. Share what you could do and how.
- Show them the binoculars handout and read the words out loud.
- What do they see?
- Both of you should place your hands like binoculars over your eyes and look around the room.
- Ask them what they see and tell them what you see....dishes to wash, trash to take out, toys everywhere etc.
Ask them if you saw the same things? You were in the same room. Why?
Ask them to think about other families. Do they have the same toys? Same clothes? Same healthy food? Same great books? Why?
Asks them to close their eyes and think of 2 wishes they would want to help our world to see through their binoculars to make it a better place. When they know their answer then they can open their eyes, take a handout, and draw their wishes they want others to see in the binoculars.
Help them write a sentence to match the pictures using the frame, “I see everyone with __________.” Ex: I see everyone with love or families or homes or food or safety or happiness or good schools with books or toys or the medicine they need when they get sick etc.
Make a plan to work on a “Kindness Project” as a family.
Ideas: creating cards for those who need a smile, help with trash cans, water plants, bake, pick up litter, donate toys, make a kindness iMovie (showing others how to be kind) and share it on parents social media and challenge others to make one, make posters to put up showing kindness, gather snacks with family and friends to donate to after school programs or Boys and Girls clubs, gather art supplies for schools that need them, make breakfast, lunch, or dinner using family recipes for teachers at school or neighbors or friends or fire fighters etc.
Organization to support: Families Belong Together
Reflect and see how it felt to make other people happy. Make plans to do it again and involve more friends and family.