

THE SAME, BUT DIFFERENT

LESSON PLAN FOR AGES 9-11

INTRO

Introduce the topic of today's lesson, which will be diversity and celebrating differences.

Ask the children: what is diversity? If you held the [Mentally Healthy Schools World Mental Health Day assembly](#), you could use this as a prompt. Children could discuss this in pairs and try to formulate a definition. Take responses from the children, creating a mind map of key words they mention on the board.

One example you should try to draw out is that diversity means understanding that each individual is unique, and recognising our individual differences. These differences might be our culture, religion, how we look, our hobbies, etc.

Tell the children we are going to watch [a video from Childline](#) about young people discussing their different cultures. Watch the video up to 3 minutes 12 seconds.

Show the children the [I love diversity poster by Elise Gravel](#). Read through the suggestions that she has written. Can you think of any more ideas? Add to the mind map for prompts.

Have a brief discussion about the video. Ask the children: what do you understand by the term culture? What differences might you see in people from different backgrounds and cultures? What did they mention in the video? Food, clothes, language etc. Add notes to the mind map.

This point may be an opportunity for children to share their own experiences if they want to. However, this should be instigated by the children.

In the video, they say that embracing other cultures gives you an open mind, and it helps you to learn and judge people less. In our class/school/community we are all different. Ask the children: Why do you think it is important to have a diverse community? Allow time for discussion and add additional thoughts and key words to the mind map.

ACTIVITY

In small groups or pairs, the children should design a poster about diversity. This could be celebrating their own differences, promoting acceptance of diversity, or in the same format as the Elise Gravel poster.

Once these have been created, the children can share some of their posters with the class.

After looking at the posters, remind the children that although we are all different, we all have feelings and emotions that might be affected by different things.

Remind the children that we will experience the same or similar feelings as other people, but not always at the same time and not always in quite the same way. Sometimes we may need some help with our feelings and that is okay. This is taking care of our mental health, in the same way we look after our physical health.

Ask: Who could help us with our feelings?

- Ourselves
- Teachers
- Family
- Friends

Briefly discuss some coping strategies that might help like: trying a [mindfulness activity](#), listening to music, going for a walk, or using a quiet space to reflect.

OPTIONAL ACTIVITY

Tell the children that 10th October is World Mental Health Day, and that through the week the class will be working on some different activities and ideas that to help us have good mental health. Share some examples of your own or use [the activities list](#) as a guide.



Visit **Mentally Healthy Schools** for more resources

**MENTALLY
HEALTHY
SCHOOLS**



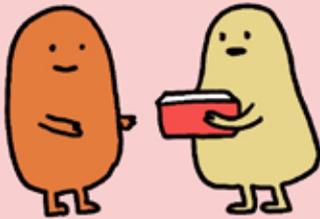
Anna Freud
National Centre for
Children and Families

I LOVE DIVERSITY

BECAUSE IT ALLOWS ME TO:

LEARN COOL THINGS

THIS IS A GAME FROM MY COUNTRY.



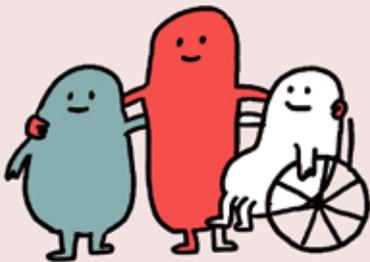
DISCOVER AMAZING NEW FOODS...



...AND MUSIC, BOOKS, MOVIES, DANCES, ART AND MORE



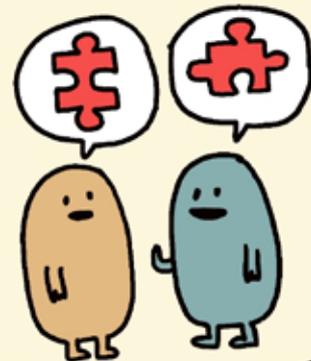
MEET NEW FRIENDS



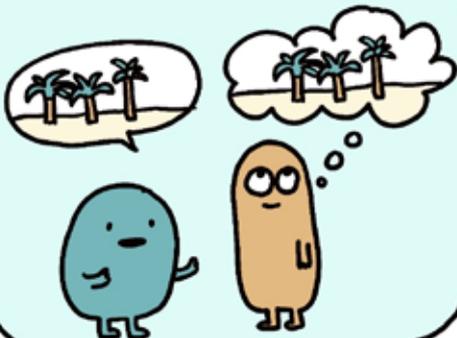
OPEN UP MY MIND TO NEW IDEAS



EXPAND MY KNOWLEDGE



TRAVEL WITHOUT LEAVING HOME



AND FIGURE OUT NEW WAYS TO EXPRESS MYSELF.



DIVERSITY IS A LOT MORE FUN!

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