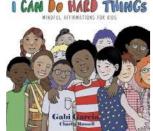
# EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD. -NELSON MANDELA

# I can do hard things – Mindful Affirmations for Kids



This book tackles resilience and always being willing to have a go with a host of different characters in the story to promote discussion! It fits well

with our growth mindset too and gives opportunities to talk about what children find it hard to say. think or do! Talk about what you find challenging together! How can you overcome these challenges! https://www.youtube.com/watch?v=CF/kQJEVJLM

### The Day the Crayons Quit by Oliver Jeffers - a way to discuss diversity

If you have the story, read it or watch it here: <a href="https://www.youtube.com/watch?v=Hrd-Wdxbg-Q">https://www.youtube.com/watch?v=Hrd-Wdxbg-Q</a>
Talk about what they enjoyed and what they noticed about all of the crayons! Then have a go at this task; you will need a box of crayons and two sheets of paper!

Ask your child to choose one crayon and draw a picture. When they have finished, ask them to draw another picture and this time they can use all of the crayons to create a masterpiece! When they have finished, ask them which picture they like the best and why. Which would they rather hang on the wall or put on to the fridge? Most children will choose the picture with more colours which provides the opportunity to talk about how boring the world would be if we were all alike and how the world is like the crayons - full of colour!

Each colour has something special to offer to the picture, just like every person has something special to offer to the world!



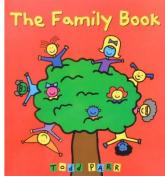
# It's OK to be Different!

This story talks about how no two people are the same, shares differences and celebrates children who have the courage to be themselves! Maybe learn different signs or the sign for hello as you watch! https://www.youtube.com/watch?v=QqC8uhpUag/

(This version of the story being read is also signed alongside celebrating further diversity!)

## The Family Book by Todd Parr

A story all about how families are different! Some families are big, some families are small! A way to talk about your own family dynamic and talk about how the



OLIVER JEFFERS

people we live next door to or go to school with have different families! Can you draw a picture of your family or make a family tree using photos? https://www.youtube.com/watch?v=MIm HOIZ6Ss