

Ideas for you and your child

- Ask your child about the assembly story.
- Look up images and web pages about Rosa Parks and Martin Luther King on the internet.
- Go to the library and try to find books that have positive images of people with disability. Take them to school and share them. It's harder than you think!
- The Family Homework helps you think about how the work in your family is divided out. Who does what... males or females? Or maybe you are only males or only females in your house, so then who does what? This is to get us all thinking about how we work as males and females. It is not a criticism, just a prompt to think about it all. There are no right answers!
- Talk over some of these words with your child.

fair

unfair

prejudice

excluded

discrimination

belonging

PARENT AND CARER GUIDE

EQUALITY

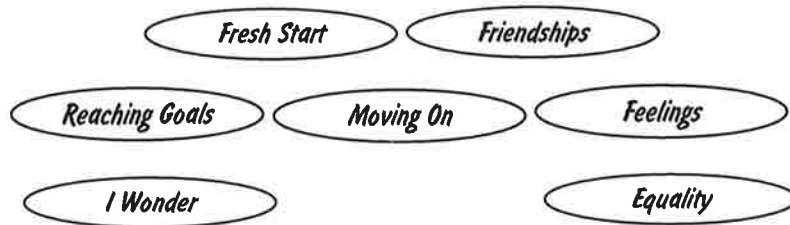
CREATING CONFIDENT KIDS

DEVELOPING EMOTIONAL WELL-BEING AND SELF-ESTEEM



What is Creating Confident Kids?

- It's a pack with a great selection of games and activities for all of us to help us get better at understanding feelings and how they affect our learning, the way we act and feel.
- Seven topics are studied at all levels from 3–12 years:



- *Bullying* is studied in every class from 5–12 years.

Bullying

What is Emotional Literacy?

Here's how a 7-year-old might say it:

I know what I feel.
I can say what I feel.
I am learning how to handle my feelings.
I know how THEY feel.
I can say how THEY feel.
I am learning how to handle THEIR feelings.

Or in other words...

Learning...
Self-awareness
Self-management
Empathy
Relationship Management

Equality ...

... is all about having empathy with people or groups who feel left out or discriminated against.

The Assembly stories get us thinking about:
Rosa Parks, who ended the segregation of black and white people on buses in 1956.

OR

Boys and girls – gender issues in Scotland today.

What will the children be learning?

Nursery–P3 I recognise people are the same and people are different.

I know we are all special.

P4–5 I recognise when people are being treated fairly and unfairly.

I know what racism is and I can say no to racism.

P6–7 I value other cultures.

I know what discrimination is.

I understand how discrimination feels.

I reject discrimination and promote tolerance.