



In this unit, children learn to recognize and appreciate one another's similarities and differences, which promotes a community environment at home.

Follow these steps to access the lessons and activities in each unit:

- Start at the [Harmony Online Learning Portal](#).
- From the Portal, navigate to the **Out of School Time** unit and suggested lessons below.
- Click "Start Activity" in the upper right corner of the activity panel.
- Follow lesson instructions.

You'll see three parts to each lesson:

- "Setting the Stage"
- "Facilitating the Activity"
- "Wrapping it Up"

All the lesson materials you need are available in the Materials section. We've included suggestions below for adapting the content for use at home.

TRY THE SUGGESTIONS ON THE FOLLOWING PAGE TO USE **HARMONY AT HOME**

LOWER GRADES PRE-K–2

UNIT 1 – DIVERSITY & INCLUSION	HARMONY AT HOME ACTIVITIES
<p>1.1 GETTING TO KNOW ONE ANOTHER</p> <p>Key Concepts & Vocabulary</p> <ul style="list-style-type: none"> - Friends are important! - Getting to know one another helps us understand and get along. <p>Lesson Goals</p> <ul style="list-style-type: none"> - Emphasize the value of peer relationships. - Promote the importance of getting to know one another. - Motivate students to engage with all their peers. 	<p>READ: THE FIRST DAY OF SCHOOL STORY</p> <p>The treehouse friends begin the first day of school and express different feelings about seeing one another and starting a new grade. As you listen to the story, pay attention to the different feelings the children experience and express. Discuss the following questions:</p> <ul style="list-style-type: none"> • <i>How did the friends help each other out in this story?</i> • <i>Can you think of a time when things changed, and you had to spend time with different people? How did you feel?</i> • <i>What did you do to make things better?</i> • <i>When things change, how can your family help each other have fun?</i> <p>GET TO KNOW ME CARDS</p> <p>Family members share information about themselves and each other in a game.</p> <ol style="list-style-type: none"> 1. Review the GET TO KNOW ME CARDS. 2. Choose one or two of these topics to discuss as a family. 3. Take “selfies” or draw a picture of each person showing their favorite things. <p>BUDDY INTERVIEWS</p> <ol style="list-style-type: none"> 1. Call or video chat with a buddy or relative to share your “selfies.” 2. Ask them to answer the same questions. 3. Draw or write about what you learned about your buddy or relative. <p>CELEBRATE SUCCESS</p> <p>Post the family “selfies” on the refrigerator or in a family gathering place. Use the “selfies” to extend your sharing. Example: “I see your favorite place is to be in your room. What makes your room special?”</p>

See related Inspire Modules to support adults in facilitating this unit: **Building Relationships with Students, Affirming Difference and Valuing Background Knowledge**, and **Linking Identity and Achievement through Cultural Competence**

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LOWER GRADES PRE-K–2

UNIT 1 – DIVERSITY & INCLUSION	HARMONY AT HOME ACTIVITIES
<p>1.2 DISCOVERING COMMONALITIES</p> <p>Key Concepts & Vocabulary</p> <ul style="list-style-type: none"> - Having something in common means something is the same about you and me. - Getting to know one another helps us discover what we have in common. <p>Lesson Goals</p> <ul style="list-style-type: none"> - Promote an awareness of commonalities with others. - Encourage comfort in sharing about oneself. - Foster openness toward learning about others. 	<p>READ: THE FINDING THINGS IN COMMON STORY</p> <p>Z feels nervous about playing with new friends and doesn't know what they can do together. The kids help Z learn about finding commonalities with friends.</p> <p>Discuss the following questions:</p> <ul style="list-style-type: none"> • <i>What did the friends have in common in this story?</i> • <i>Why did Z feel happy at the end of the story?</i> • <i>Share about a person that has become your friend and what you have in common.</i> • <i>What are some things you can do to get to know your friends and family better?</i> <p>WHAT WE LIKE COLLAGE</p> <ol style="list-style-type: none"> 1. Using drawings or pictures from old magazines, have family members create a collage of things they like. This can be done as a whole family or in buddy groups of 2 or 3. 2. Choose a theme like "Our Best Pizza," "Our Dream Vacation," or "Our Favorite Pet." 3. Talk about the theme and make a list of all the favorite ideas. 4. The whole family or the buddies decide which ideas to include in their group. <p>FAMILY MEET UP</p> <p>View or print the MEET UP AGENDA</p> <ol style="list-style-type: none"> 1. Greeting: Gather your whole family together in a circle. Ask one member to start by passing a smile or an "I love you, [Name of Family Member]" around the circle. 2. Sharing & Responding: Choose two members (or more if time allows) to take turns sharing something about the WHAT WE LIKE COLLAGE. The family members in the circle ask questions of the sharer. 3. Community Check In: Talk about "Highs" and "Lows" for the week. How are we doing as a family when it comes to treating each other well? Use Family Goals or Agreements if you have them. * 4. Quick Connection: Close your Family Meet Up with a fun routine that encourages a family connection. It could be a "secret" family handshake, a silly face, a "copy-cat" dance move, etc. <p>CELEBRATE SUCCESS</p> <p>Throughout the week, "catch" family members using Harmony Goals (Family Agreements). Remind them to share these moments at the next Family Meet Up.</p> <p>* You can learn how to make Harmony Goals here. Harmony Goals help everyone talk about what is important to them and express how they want to be treated.</p>

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LOWER GRADES PRE-K–2

UNIT 1 – DIVERSITY & INCLUSION	HARMONY AT HOME ACTIVITIES
<p>1.3 LEARNING FROM DIVERSITY</p> <p>Key Concepts & Vocabulary</p> <ul style="list-style-type: none"> - Diversity means that everyone is a little bit different, and no one is the same. - Diversity makes everyone unique and interesting. - You can learn new things from one another. - Having respect for someone means that you think good things about them and treat them kindly. <p>Lesson Goals</p> <ul style="list-style-type: none"> - Encourage an appreciation for diversity. - Foster openness toward learning about and from others. - Promote respect for others. - Foster a sense of being valued as an individual. 	<p>READ: THE TELESCOPE STORY</p> <p>Kenny thinks that a new friend is boring until he gets to know her and discovers that they have shared interests. As you listen to the story, think about how Kenny and Maddie are different, and what they have in common. Discuss the following questions:</p> <ul style="list-style-type: none"> • <i>What do Kenny and Maddie say and do to get to know one another?</i> • <i>What do you think they will learn from each another?</i> • <i>Why is it important to take the time to get to know someone better?</i> • <i>Think about friends or family members who have different interests from you. What can you learn from each other?</i> <p>WHAT MAKES ME AWESOME</p> <ol style="list-style-type: none"> 1. Explain that the family will be learning what makes their family special, the ways they are the same and the ways they are different. 2. Have each member complete the What Makes Me Awesome activity sheet. You may want to work on this over a few days. <p>Gather the family and read some of the responses, inviting members to guess which person is being described. After revealing the person's name, allow family members to ask questions about what was shared.</p> <p>Ask the family to identify similarities and differences in the family, and model positive responses that emphasize what they can learn from each other. Example: <i>It sounds like Henry knows a lot about gymnastics. He may have some good ideas to share the next time you're practicing cartwheels outside.</i></p> <p>BUDDY UP: WHAT MAKES ME PROUD</p> <ol style="list-style-type: none"> 1. Buddy Up in person, call or video chat with a friend or relative to share what you are proud of. Ask them to share what they are proud of or feel good about. 2. Gather the family into a circle and ask them to share what they shared and learned about their friend and family members. 3. End with a "hooray" cheer for the entire family. <p>CELEBRATE SUCCESS</p> <p>Use the What Makes Me Awesome handouts to create a family display or make a book to keep.</p>

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LOWER GRADES PRE-K–2

UNIT 1 – DIVERSITY & INCLUSION	HARMONY AT HOME ACTIVITIES
<p>1.4 BUILDING COMMUNITY</p> <p>Key Concepts & Vocabulary</p> <ul style="list-style-type: none"> - A community is a group of people who have something in common or do things together. - When you belong, you are a part of a group with other people. - Everyone in the class belongs to the classroom community. <p>Lesson Goals</p> <ul style="list-style-type: none"> - Promote a sense of connection and community within the classroom. - Foster a feeling of being valued and accepted as a member of the group. - Encourage social responsibility toward the classroom community and its members. 	<p>READ: THE TELESCOPE STORY</p> <p>Z worries that it might be time to leave the tree house and the kids. The friends help Z understand what it means to belong and be a part of a community (group) with other people. Everyone who belongs is important to one another. Discuss the following questions:</p> <ul style="list-style-type: none"> • <i>What did Z learn about belonging together with the treehouse friends?</i> • <i>How is a family like a community?</i> • <i>How should a community or family members show that they care for one another?</i> <p>FAMILY BANNER</p> <ol style="list-style-type: none"> 1. Family members create a banner representing your family. Express an affirmation like the following examples: <ul style="list-style-type: none"> • <i>Today we are going to make something that shows we all belong to the [family name] family.</i> • <i>We will display it in our home so we can see it every day to remind us that we all belong to our family.</i> • <i>Everyone will work on it together because everyone is an important part of our family.</i> 2. Using a large piece of paper, have family members work together to make a banner or other representation of the family (add photos if desired). 3. Encourage cooperation by sharing materials and working with each other on different sections of the banner. Explain that no one will cover another person's work. 4. Add your family name(s) to the banner and have everyone help decide where to display it in the home. 5. Gather the family to discuss the experience. <p>VARIATION</p> <p>Have family members trace or paint each other's hands on one large banner.</p> <p>CELEBRATE SUCCESS</p> <p>Post the family banner in a family gathering place. Use the banner to extend your sharing. Example: "What happened today that was special for anyone, for our family?"</p> <p>BUDDY TIME SING-ALONG: "BETTER TOGETHER"</p> <p>Play the Buddy Time Sing-along: "Better Together" song and share activities that are more fun (or easier to do) with a friend or a family member, rather than alone.</p>

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UPPER GRADES 3–6

UNIT 1 – DIVERSITY & INCLUSION	HARMONY AT HOME ACTIVITIES
<p>1.1 WHO WE ARE</p> <p>Key Concepts</p> <ul style="list-style-type: none"> - Getting to know one another is important. - Sharing important items allows us to better understand one another. - It's important to create a learning environment in which we support each other and work cooperatively. <p>Lesson Goals</p> <ul style="list-style-type: none"> - Provide students with the opportunity to get to know one another. - Foster an atmosphere of inclusion. - Promote the view that both similarities and differences are valued. 	<p>ACTIVITY: WHO WE ARE WORKSHEET</p> <ol style="list-style-type: none"> 1. Bring the family together in a circle or around a table. 2. Tell them the family is going to share important items with each other. These items let us know how to work and have fun together. 3. Have each member collect three (3) important items over 2-3 days. You may want to give them a special spot or a pillowcase to save their collection. 4. Help family members as needed to complete the WHO WE ARE WORKSHEET using words or pictures. 5. Arrange chairs in a circle or sit at a table to share items with the family. 6. Ask an older family member to share an item first so that younger children feel comfortable when it is their turn. Use the WHO WE ARE WORKSHEET as a reminder. 7. Encourage family members to ask each other questions such as: <ul style="list-style-type: none"> • <i>Why did you choose this item to share with the family?</i> • <i>How long has this item been important to you?</i> • <i>If you were asked to bring an item last year, would you have brought the same one? Why or why not?</i> <p>VARIATION</p> <p>Use your device/camera to take photographs of family members sharing their items. Email or print the photos to share with a buddy or extended family member. Ask them to share their three (3) special items and why they are special to them.</p> <p>CELEBRATE SUCCESS</p> <p>Have a family “un-birthday” to celebrate “Who We Are” as a family. Have a candle for each family member to blow out. Encourage family members to share what they learned about each other.</p>

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UPPER GRADES 3–6

UNIT 1 – DIVERSITY & INCLUSION	HARMONY AT HOME ACTIVITIES
<p>1.2 THE THINGS WE HAVE IN COMMON</p> <p>Key Concepts</p> <ul style="list-style-type: none"> - We discover things we have in common when we take the time to get to know one another. - We usually have things in common with people we initially think are different from us. - Taking the time to find commonalities with one another allows us to build new friendships. <p>Lesson Goals</p> <ul style="list-style-type: none"> - Foster an inclusive learning environment in which family members recognize similarities and appreciate differences among each other and in the community. - Provide students with the opportunity to get to know and connect with an unfamiliar peer. - Facilitate positive interactions among students. 	<p>ACTIVITY: THE COMMONALITIES GAME</p> <ol style="list-style-type: none"> 1. Discuss how sometimes, when people are different from us in one way, we assume that we don't have anything in common with them. Include the following questions: <ul style="list-style-type: none"> • <i>If someone is much older than you, such as a grandparent, you may think that you're different from this person in every way. Is it accurate to assume this? Why not?</i> • <i>Is it accurate to assume that there are always differences between groups of people, such as boys and girls? Why not?</i> 2. Print or view THE COMMONALITIES GAME. 3. Circle or star the questions that will work best for your family to answer (or X off the questions that won't help find differences and similarities). 4. Choose buddies or family members to partner with and play the game. You may want to do this with family members in your home and then again with someone else using video chat or a phone call. 5. Give a Commonalities Game Board to each pair. One partner keeps score by marking on the circle below each question if buddies have the same answers. After completing all the questions, encourage buddies to ask questions that extend the conversation. Example: "How did you break your arm?" <p>VARIATION</p> <p>Use THE COMMONALITIES GAME to play as a whole family. Ask one family member to keep score for the group.</p> <p>CELEBRATE SUCCESS</p> <p>Ask a relative or friend to play THE COMMONALITIES GAME with their family. Use video chat or a phone call to share your score cards and what you learned about your families.</p>

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UPPER GRADES 3–6

UNIT 1 – DIVERSITY & INCLUSION	HARMONY AT HOME ACTIVITIES
<p>1.3</p> <p>Key Concepts</p> <ul style="list-style-type: none"> - Learning from one another is important. - Differences among people make the world exciting. - It's fun to have friends who are different from us. - It's important to respect and understand people's differences. <p>Lesson Goals</p> <ul style="list-style-type: none"> - Foster an inclusive learning environment in which family members recognize similarities and appreciate differences. - Provide students with the opportunity to get to know and connect with an unfamiliar peer. - Help students appreciate the skills of their peers. 	<p>ACTIVITY: LEARN SOMETHING NEW BUDDY UP "EACH ONE TEACH ONE"</p> <ol style="list-style-type: none"> 1. Come up with two to three things you can teach someone that he or she may not already know, would want to learn, and can be taught at home. 2. List your ideas and share them with your family. Decide what each person will teach and who they will teach either face-to-face or using video chat. 3. Each "teacher" will prepare for their lesson by folding a piece of paper in half. <ul style="list-style-type: none"> • At the top, write what you will teach and who you will teach. • On one side, write or draw the steps you would need to explain. • On the other half, write or draw the tools you would need to help you teach your buddy. 4. Schedule time for lessons for each family member. Make sure they have the materials they need. You may need a week or two to arrange all the lessons. 5. When everyone has had a turn teaching and learning something new, gather your family together to discuss: <ul style="list-style-type: none"> • How did your lessons go? • Did you like teaching someone how to do something? • Did you like learning something new? • Did you have everything you needed? • Were you able to explain all the steps? • Did you learn anything new about your "student"? • Did you learn anything new about yourself? <p>VARIATION: FAMILY MEET UP – View or print the MEET UP AGENDA</p> <ol style="list-style-type: none"> 5. Greeting: Gather your whole family together in a circle. Ask one member to start by passing a smile or an "I love you, [Name]" around the circle. 6. Sharing & Responding: Choose two members (or more if time allows) to take turns sharing something they can do very well and how they do it. The family members respond by making positive comments or asking questions. 7. Community Check In: Harmony goals help everyone talk about what is important to them and express how they want to be treated. Talk about "Highs" and "Lows" for the week. How are we doing as a family in treating each other well? * 8. Quick Connection: Close your family MEET UP with a fun routine that encourages a family connection. It could be a "secret" family handshake, a silly face, a "copy-cat" dance move, etc. <p>CELEBRATE SUCCESS</p> <p>Have a "Follow the Leader" dance party. As a family, make a play list with dance music. Clear a space for your family to make a circle. Take turns dancing in the middle of the circle to lead dance moves.</p> <p>* You can learn how to make Harmony Goals here. Harmony Goals help everyone talk about what is important to them and express how they want to be treated.</p>

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UPPER GRADES 3–6

UNIT 1 – DIVERSITY & INCLUSION	HARMONY AT HOME ACTIVITIES
<p>1.4</p> <p>Key Concepts</p> <ul style="list-style-type: none"> - We are part of the same group –our family and friend community. - Everyone is a valued member of our family and friend community. - We have things in common. <p>Lesson Goals</p> <ul style="list-style-type: none"> - Promote a common identity among family members. - Decrease stereotypes and limitations regarding gender. - Promote the classroom norm that individuals who have differences, such as gender, can be friends. 	<p>ACTIVITY: FAMILY IDENTITY</p> <ol style="list-style-type: none"> 1. Print or view the NAMES AND MOTTOS HANDOUT. 2. As a family, use the ideas to choose a name and motto for your family. Or, make up your own name and motto. Make a family poster with your family name and motto. 3. Add drawings, magazine pictures, or photos to your poster. 4. Gather the family to discuss the experience. <p>VARIATION: FAMILY MEET UP</p> <p>Have family members trace or paint each other’s hands on one large banner.</p> <p>CELEBRATE SUCCESS</p> <p>Post the banner in a family gathering place. Use the banner to extend your sharing. Example: “How was your day? What were your roses, thorns, and buds?” (Roses = successes, Thorns = challenges, Buds = new things.)</p> <p>BUDDY TIME SING-ALONG: “BETTER TOGETHER”</p> <p>Play the Buddy Time Sing-along: “Better Together” song or choose your own family friend song to sing together and share activities that are more fun (or easier to do) with a friend or a family member, rather than alone.</p>

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