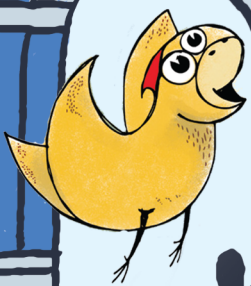




## LEVEL 2 HOME KITS

WEEK #8

FAISAL'S NOT HIMSELF





## FAISAL'S NOT HIMSELF

## ACTIVITY 1

### LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise that it is good for both boys and girls to express their emotions
- Recognise that both boys and girls can be equally interested in the same things
- Develop empathy for others and see things from their perspective

### RESOURCES

- Paper
- Crayons/ paints
- Glitter

### VOCABULARY

- Nervous
- Frustrated
- Devastated

### ACTIVITY

- Invite your child to draw something they like to play with. Invite them to choose a toy or object they enjoy on their own.
- Talk about how relaxing and enjoyable it is to draw something we like. It's also a way of expressing how much we like the object we are drawing.
- Now ask your child what they think girls like to play with. Whatever they answer, ask them if boys also like to play with these things. If they say "no" or suggest there are "toys for boys" or "toys for girls", please correct them and say that anyone can play with or like anything they want to.
- Explain that sometimes children think that there are "boy things" (car or football) and "girl things"(a doll or flower). But this is not true. Anyone can like anything.
- Ask your child to draw and decorate a heart, a flower and a toy car. Whether they are boys or girls they should enjoy drawing all of these things.
- You can help them to hang their drawings in their room later.
- Tell your child that if they ever feel frustrated or sad about anything at all, they can always come and talk to you about how they feel and share a hug.
- Sing the song below together.

### SONG (to the tune of Twinkle, Twinkle, Little Star or chant)

Girls and boys and boys and girls, all have things they like to do.  
Girls like football, boys like dance, you can like what's fun for you!  
Girls and boys and boys and girls can always share how they feel.  
We shout in anger, cry in sadness, always expressing feelings real!

## FAISAL'S NOT HIMSELF

## ACTIVITY 2

### LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise that it is good for both boys and girls to express their emotions
- Recognise that both boys and girls can be equally interested in the same things
- Develop empathy for others and see things from their perspective

### RESOURCES

- None needed

### VOCABULARY

- Nervous    • Devastated    • Frustrated

### ACTIVITY

- Sing the song from Activity 1 together.
- Ask your child if they know what 'devastated' means (to feel devastated is to be very, very, very sad about something, usually because it came as a shock).
  - Give an example of a time when you felt devastated. What does it feel like to have this huge emotion in your body? Discuss how it feels and share these thoughts with your child.
- Ask your child how we should express and let out our feelings if we feel devastated? Should we hold in our emotions and not express them? (No, we must always express our feelings and must not try to hide them.)
- Tell your child that some people used to believe that boys shouldn't cry, but that is not true at all and it is very unhealthy for boys or for girls not to cry whether they are feeling devastated or just sad.
- Talk about the importance of expressing emotions. Explain to your child that it is always best to express and share emotions openly and freely. That is the only way to 'work through them' and begin to feel better!
  - For example: "We all have a heart, and we all feel emotions. When we have big emotions inside, it's important to talk about them so we can start to feel better. Whether you are a boy or a girl, it always feels better to express what you are feeling and then you can start to let go of the feeling if it is an unpleasant one".
- Remind your child that they can always come to you and share any emotions they may have, big or small. Let them know that you love them, and you will always be there to support them.

### LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise that it is good for both boys and girls to express their emotions
- Recognise that both boys and girls can be equally interested in the same things
- Develop empathy for others and see things from their perspective

### RESOURCES

- Thumbs Up Statements (below)
- Pen and paper
- Internet (if possible)

### VOCABULARY

- Nervous
- Devastated
- Making fun of
- Frustrated

### ACTIVITY

- Discuss with your child that it is unkind to make fun of anyone or call them names and that it can make people feel devastated.
- Explain that sometimes your child may hear that some things are only for girls and some are only for boys, but that's not true. Girls may like things that some people think "are for boys", just as much as boys may like things some people think only "are for girls". We are all special, and we choose whatever we like to do.
  - For example, if a boy would like to draw a flower, or play with dolls, that's okay. If a girl would like to play with cars or draw a football, that's okay too.
- If possible, use the internet to research male and female scientists, doctors, dancers and presidents, and let your child know that it's okay for boys and girls to choose what they want to do and like the same things.
- Have a pen and paper near. Invite your child to play 'Thumbs Up'. Read out the different statements on the following page and ask your child to put their thumbs up and make a happy face to answer 'Yes' or put their thumbs down and make a sad face to answer 'No'.
  - Note: The answers to all the questions should be thumbs up. Make a note of the statement number each time your child makes a thumbs down gesture and note the numbers of the statements down, for example, as " 2; 6;" etc.
  - Then at the end of the game, you will be able to discuss with your child why they think that.
  - For example: "On number 2, you made a thumbs down and sad face when I said: 'Boys can talk about their emotions'. Why do you think they can't, or that they shouldn't? What have we learned about expressing emotions? (Remind your child that ALL people, both boys and girls, should talk about their emotions!).

### Thumbs Up Game Statements:

1. Boys can talk about their emotions (Thumbs up and happy face)
2. Girls can talk about their emotions (Thumbs up / happy face)
3. Girls can cry (Thumbs up and happy face)
4. Boys can cry (Thumbs up and happy face)
5. Boys can draw or paint pretty things (Thumbs up and happy face)
6. Girls can draw or paint pretty things (Thumbs up and happy face)
7. Girls are strong (Thumbs up and happy face)
8. Boys are strong (Thumbs up and happy face)
9. Girls can play football (Thumbs up and happy face)
10. Boys can dance (Thumbs up and happy face)
11. Boys can bake a cake (Thumbs up and happy face)
12. Girls can do karate (Thumbs up and happy face)
13. Girls can like the colour blue (Thumbs up and happy face)
14. Boys can be kind (Thumbs up and happy face)
15. Girls can be president of the country (Thumbs up and happy face)
16. Girls and boys can choose what they like and be true to themselves.

### **LEARNING GOALS**

By the end of the WEEK, your child/ren should be able to:

- Recognise that it is good for both boys and girls to express their emotions
- Recognise that both boys and girls can be equally interested in the same things
- Develop empathy for others and see things from their perspective

### **RESOURCES**

- Toys/Dolls

### **VOCABULARY**

- Nervous
- Devastated
- Making fun of
- Frustrated

### **ACTIVITY**

- Sing the song from Activity 1 together again.
- Ask your child to think about being nervous – has this happened to them before?  
How did it feel inside their body?
  - Ask your child if they have ever felt as if they had a swarm of bees flying around in their tummy because they were nervous.
- Share a time when you felt nervous and discuss together.
- Ask your child what they would wish you or their friend to do if they were nervous?
  - Discuss solutions: comfort them, listen to them, etc.
- Tell your child that if someone is ever unkind to them, or makes them feel nervous they can use their words to express themselves. Together, think of sentences that can help them express themselves if somebody is unkind.
  - For example: “You could tell the child who is bothering you to stop. You could say, ‘I don’t like it when you say that’ and then calmly walk away”.
- If your child has toys, use them to role play this situation. Using the toys, ask your child to practice what they could say to the other person who is bothering them.
- Remind them that they can always ask for help from a teacher at school or from you or a family member at home if they can’t think what to do.

## FAISAL'S NOT HIMSELF

## ACTIVITY 5

### LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise that it is good for both boys and girls to express their emotions
- Recognise that both boys and girls can be equally interested in the same things
- Develop empathy for others and see things from their perspective

### RESOURCES

- Scissors
- Recycled Card/Paper
- Pencil/Crayons/Markers
- Jar/Bowl

### VOCABULARY

- Nervous
- Devastated
- Making fun of
- Frustrated

### ACTIVITY

- Remind your child that it doesn't matter if a boy or girl likes to do the same things.
  - For example: "If a boy wants to do things like draw a heart or a flower and that makes him happy, he can! Or if a girl wants to draw a truck or a fire engine, and that makes her happy, then she can! Boys and girls like the same things and like to do the same things".
- Remind your child that if they feel big emotions, they should try to express them, rather than holding them inside. Explain to them that they can always tell a teacher, friend, or family members how they feel.
- Remind them that it is okay to cry if they are feeling sad. Make suggestions about what they could do to calm themselves when they feel big emotions. For example, they can take a break, take a drink of water, draw something they like, or take some deep breaths.
- Tell your child that you are going to make some hearts together. On the recycled card, draw a heart shape and cut it out. Use this heart to trace more hearts and invite your child to colour them and cut them out. Put the hearts in a jar and then label the jar '(your family name) Hug Jar' - for example, 'The Trejo Hug Jar'.
- Let your child know that if at any time they feel big emotions and would like a hug, they can take a heart from the jar. Then they can give it to a family member who they wish to hug. Explain that after a hug, hopefully, they will feel better and be able to express their emotions.



