

Lesson Ten: Appreciating the Diversity Among Us



Objectives/Goals:

1. The participants will understand that everyone has different views and preferences.
2. The participants will understand that all views and preferences come from individual thinking and that we are always living in our own separate realities.
3. The participants will understand that other people's views and preferences are neither right nor wrong—they are just different.





Materials:




Kit:

 Blindfolds

Digital:

 Laptop/Projector
 YouTube clips: “American Kids Taste Australian School Snacks”
“American Kids Try Candy from Around the World, Ep 4”

Other:

 Stuffed Animal (or other object)
 4 Different Types of Snacks
 Crayons/Markers



Activities:

- | | |
|--------------------------------|------------|
| 1. Food From Around the World: | 15 minutes |
| 2. Food for Thought: | 15 minutes |
| 3. A Different Point of View: | 15 minutes |
| 4. Q and A: | 05 minutes |



Facilitator Preparation Notes:

Activity One: Ensure location has the proper equipment to show the YouTube clip's: “American Kids Taste Australian School Snacks” (3:25 minutes)

https://youtu.be/VJvRtkV5D3Y?list=PLWf9mugYBAAHywMB4nQ3tD_xM2ytt7vTe

“American Kids Try Candy from Around the World, Ep 4” (4 minutes)

https://youtu.be/MQOP9i-u5zI?list=PLWf9mugYBAAHywMB4nQ3tD_xM2ytt7vTe

Activity Two: Prior to facilitating this activity, read the *Food for Thought* game instructions thoroughly. Also, be prepared with 4 different “secret snacks” for the game. You will need to bring

enough for each participant to try 2 of the “secret snacks.” **IMPORTANT:** Before you decide to play the food game, be sure there are no food allergies among the participants. If there is a known food allergy, be sure to choose “secret snacks” that do not contain the allergen.

Activity One: Food From Around the World (15 minutes)

The facilitator will show the following clips of American children tasting food from around the world.

🌿 “American Kids Taste Australian School Snacks” (3:25 minutes)

https://youtu.be/VJvRtkV5D3Y?list=PLWf9mugYBAAHywMB4nQ3tD_xM2ytt7vTe

🌿 “American Kids Try Candy from Around the World, Ep 4” (4 minutes)

https://youtu.be/MQOP9i-u5zI?list=PLWf9mugYBAAHywMB4nQ3tD_xM2ytt7vTe

The facilitator will then lead a discussion about the video clips using the following questions:

Sample Questions:

1. Why didn’t all the children feel the same way about each item they tasted? *Example Answers: Because people all have different taste buds. People all like different things. People all have different opinions.*
2. Why do you think the children didn’t like certain snacks and candy, even though they were the most-popular snacks and candy in other countries? *Example Answers: They were not used to them, The snacks and candy they are used to taste different*
3. Since we know people often like many different things, where do people’s preferences and opinions come from? *Example Answers: Their culture, their past experiences, how they have been raised, their beliefs, etc.*
4. Where do culture, experiences, beliefs and traditions come from before they become a part of your life? *Example Answers: A thought. Your thoughts*

The facilitator will emphasize that it is our thoughts that create our reality of whether something is tasty or not. It is merely our own thinking about food that will make us say “yummy, frog legs” or “ewww, pizza.”

Activity Two: Food for Thought Game (15 minutes)

The facilitator will lead the participants through the following game:

Step 1: The facilitator will group the participants into pairs.

Step 2: In each pair, one will be the “Taster,” and the other will be the “Feeder.”

Step 3: The “Taster” will be blindfolded.

Step 4: When the “Taster” is blindfolded, the facilitator will pass out two “secret snacks” to each “Feeder.”

Step 5: The “Feeder” will prepare and present one snack at a time for the “Taster” to try. For example, unwrapping the snack if necessary, handing it to the “Taster,” etc.

Step 6: The “Taster” will guess what they just tasted and decide whether they liked it or not.

Step 7: After the “Taster” has tried both snacks, the partners will switch roles

Step 8: When the new “Taster” has been blindfolded, the facilitator will pass out two new “secret snacks” to the “Feeders.”

Step 9: The game will begin again.

After both participants have tasted and guessed their snacks, the facilitator will lead the following discussion:

Sample Questions:

1. Was anyone scared that they wouldn’t like their snacks before they tasted them but ended up liking them?
2. Did anyone say they didn’t like their snack but then when they saw what it was, they realized they did like it?

The facilitator will guide the participants to see that their anticipation of “like or disgust” came before they actually tasted the food, and that their feeling and experience could change once they did taste it. Therefore, it is their thinking, and not the food itself that is the cause of their experience. The facilitator will explain that the same is true for all opinions and preferences.

Activity Three: A Different Point of View (15 minutes)

Activity Focus: The purpose behind this activity is to show the participants that everyone has different views, and that these views are formed based on a variety of life variables and on how they think about those variables.

The facilitator will demonstrate this point through the following activity:

Step 1: The facilitator will choose 5 volunteers and place them in different positions around the room (laying down, kneeling, standing up, sitting down etc.)

Step 2: The facilitator will place a stuffed animal or other object on the floor.

Step 3: One at a time, without moving from their position, the volunteers will describe what they see. The facilitator should guide them to be thorough in this description, including whatever they can see from their point of view—what’s in front of the object, the object itself, what’s behind the object, what’s above it, what’s below it, etc.

After the activity is complete, the facilitator will lead a discussion.

Sample Questions:

1. What was on the floor? *Example Answer: The object you brought. (It's possible that a volunteer couldn't see it from their position.)*
2. Did it look the same to everyone from their different positions? *Example Answer: No, they each saw the object from their point of view.*
3. Did any of the volunteers see more than the others? Why? *Example Answer: Yes, their vantage point was different, therefore they could see more.*
4. Does that make the volunteer who couldn't see everything wrong? Why? *Example Answer: No, because they answered from what they could see.*

The facilitator will explain that sometimes we can be so sure about something or so angry about something another person has done, but this is only because we see it a certain way. The truth, however, is that we all live in our own reality, and that reality is always created out of what we are thinking at the time. No two people think exactly the same way about anything, and therefore, no two people can actually see the same thing in exactly the same way—even if they see things very similarly, there are always differences!

5. Can you give a real-life example of how you and someone else have had different views on the same thing, but where you could understand both sides? *Example Answer: My friend and I don't like the same games, but I can read and she can't, so I understand why she thinks the game I like it hard and boring.*

The facilitator will end the discussion by explaining that once we realize we are always living in different thinking than others, we can understand how people can have many different opinions. Therefore, we don't always have to agree or be exactly alike in order to get along with others. For example, you and your friends don't celebrate the same holidays or eat the same foods all the time. But neither of you are right or wrong/good or bad. It's just that through your thinking, you are seeing things differently.

Activity Four: Q & A (5 minutes)

To wrap-up, the facilitator will ask participants if they have any questions or concerns about the class. Invite participants to raise their hands so they can be called on before sharing, in order to conduct the Q & A in an orderly fashion.