

Teach These Children

Fivefold enrichment



Social Wellness

Social wellness is the ability to make meaningful connections with peers. This includes staying connected and being able to appropriately engage with those whose values and beliefs differ from our own. Contrary to popular belief, this does not mean we need to accept what we do not believe or even remain silent. Wellness comes from feeling comfortable in ones own position.

Activity

Ask your child how they would respond if (insert name of one of their friends) were to make a derogatory statement about your culture or faith. E.g., Why does your family always smell like spices - it's disgusting! Through various scenarios and discussions, explain that there is power in responses that affirm ones own beliefs or feelings in a manner that is free of emotion. Response: I like the way my family smells. A follow up from the other child repeating "it's disgusting" warrants a boundary statement like, "you don't have to like it but as my friend I expect you to keep that to yourself." Explain that we all have the power to choose who we spend our time with and that someone who cannot show basic respect may not be a "friend."

TIPS

Set the tone for this activity by spending time reading or watching a movie beforehand so they feel comfortable to engage in the discussion. If you are able to find relatable content so your questions seem natural- even better!



Child's belief about self...

I am grounded

Family supports development of...

Wellness

Focus area:

Social, emotional & spiritual development.

GOAL

Respectfully state beliefs without compromising regardless of another persons position.

LEVEL

3