

Courage & Being an Ally

REGION
NORTH

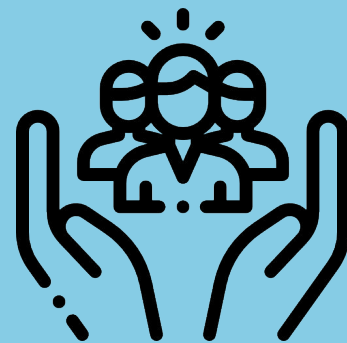
Kindness
STARTS WITH ME

May
CHOICE BOARD

ACTIVITIES FOR
PARENTS/CAREGIVERS & CHILDREN



BUILDING COMMUNITY & SOCIAL
AWARENESS



LAUSD
UNIFIED

#kindnessregionnorth

Activities for Parents/Caregivers & Children



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Activities for Parents/Caregivers & Children

Want more?



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[Community/Social
Awareness activities](#)

Kindness can be hard, but sometimes we have to step out of our comfort zone. Why is it so hard to be an upstander? It takes courage to speak up and sometimes we just don't know what to say or do. **“Being an upstander is not instinctive. Learning to be an upstander requires specific instruction, guidance, and coaching on how and when someone needs to step up and intervene if they see something wrong taking place in their presence. This is a critical lesson we should be teaching our children at all ages.”** - [What is an Upstander? Holocaust Education for Kids - San Antonio Charter Moms \(sachartermoms.com\)](#)

The Importance of Upstander Power

“It’s easy to care about our friends and family, it’s harder sometimes to care about strangers. And yet we need to develop that kind of empathy within us... realize that maybe someone’s in trouble and they need help.

From:
<https://www.cfchildren.org/>



Speak Up @ School

A pocket guide to teaching tolerance.

From: learningforjustice.org

What does it mean to be an Upstander?

Discover what it means to be an upstander with the Upstander Stories from: facinghistory.org. Browse with your child to see what stories peak their interest and start a conversation.



/ˈʌpstændə/ noun
A person who speaks or acts in support of an individual or cause, particularly someone who intervenes on behalf of a person being attacked or bullied.

How to be an Upstander?

Discuss with your child ways to shift the negative effects of bullying.
stopbullying.gov



“When bystanders to bullying intervene, bullying stops within 10 seconds 57% of the time” From: [Bystanders to Bullying | StopBullying.gov](#)

Being an UPstander Activity

[CLICK HERE](#)

<https://www.holocaustcentre.org.nz>

5 minute Film Festival:

“Transforming bystanders into “upstanders” is an effective strategy for bullying prevention. ***This collection of videos and resources will show students how to speak out when they see someone being bullied.***” from Edutopia.org. Set time aside with your family and start with the video below then watch the whole playlist on [YouTube](#)



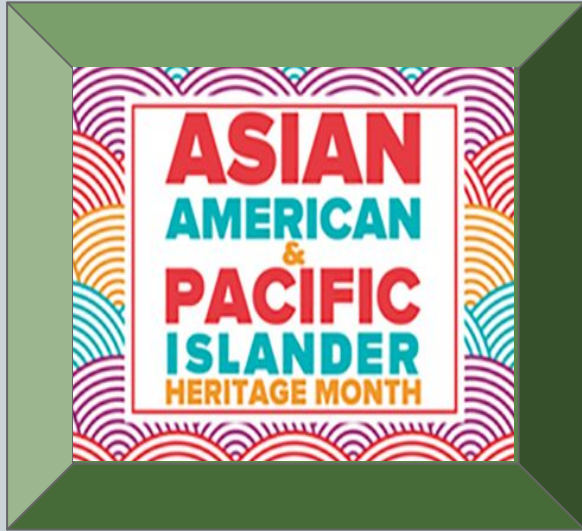
Click on an activity or image to be taken to the resource



Kindness
STARTS WITH ME

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Building Community & Social Awareness



Click on the image to
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Jewish American History: RBG

A secondary lesson from Human Relations, Diversity & Equity about Supreme Court Justice Ruth Bader Ginsburg.



AAPI Heritage: Tammy Duckworth

A secondary lesson from Human Relations, Diversity & Equity about Senator Tammy Duckworth—the first disabled woman elected to congress.



We Are Not A Stereotype Video Series

Here you will find educational videos and resources about migration, occupation, racial and gender identities, cross-community building, and how to support student learning on these topics. -The Smithsonian Asian Pacific American Center

Shalom Sesame: Mimouna

A video clip explaining the Moroccan Jewish holiday of Mimouna.



AAPI Heritage Month

This slide deck can be modified for any grade level. It covers the contributions of several AAPI figures and communities.



Min Jee's Lunch

Elementary
A read-aloud with discussion questions about standing up for your friends.



What Kind of Asian Are You?

Secondary - Satirical video exploring stereotypes



Brave Girl: Clara and the Shirtwaist Makers Strike of 1909

A read-aloud about an Ashkenazi Jewish immigrant girl who leads a general strike.

