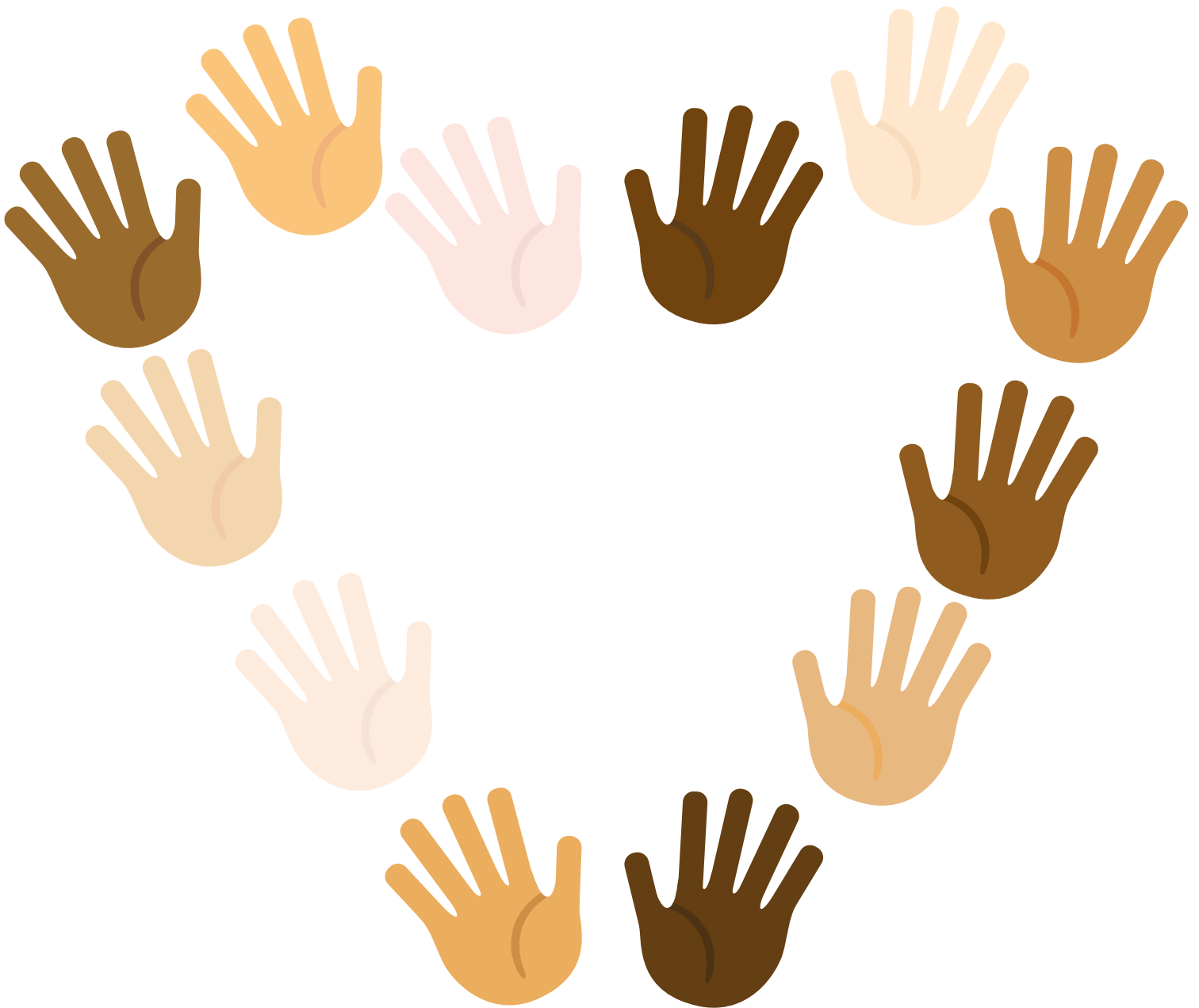


COLORS OF THE WORLD

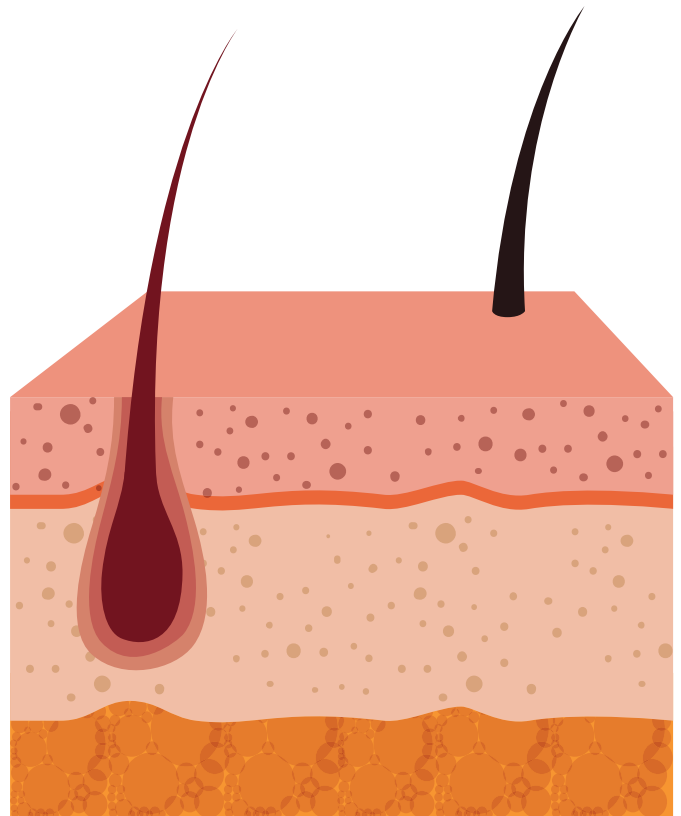


NAME: _____

SKIN

Did you know that skin is the human's body largest organ? It covers and protects everything inside your body. Without skin, people's muscles, bones, and organs would be hanging out all over the place.

The color of human skin depends on the amount of pigment melanin that the body produces. Small amounts of melanin result in light skin while large amounts result in dark skin.



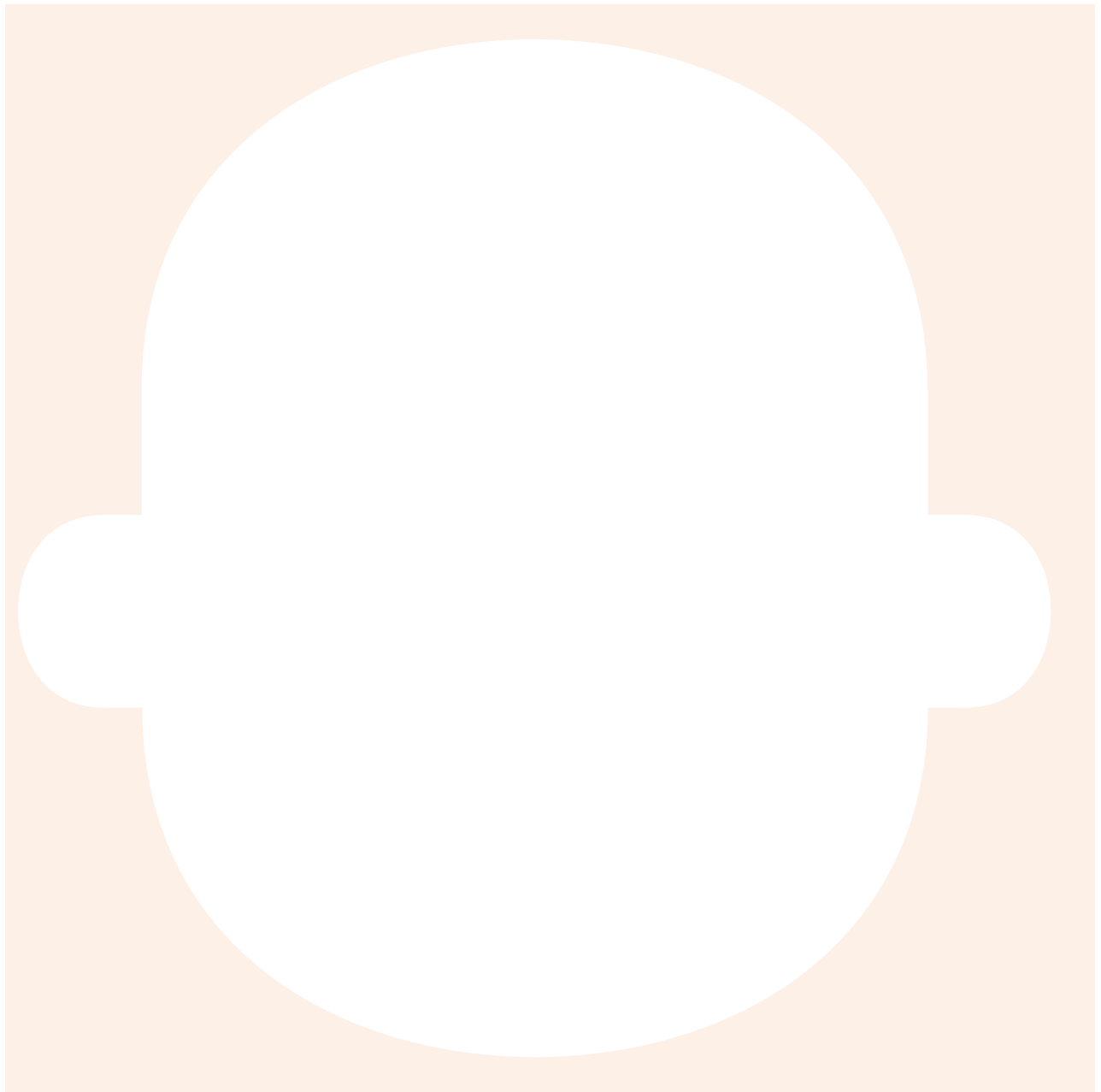
The layers of mammal skin include the epidermis, dermis and hypodermis.

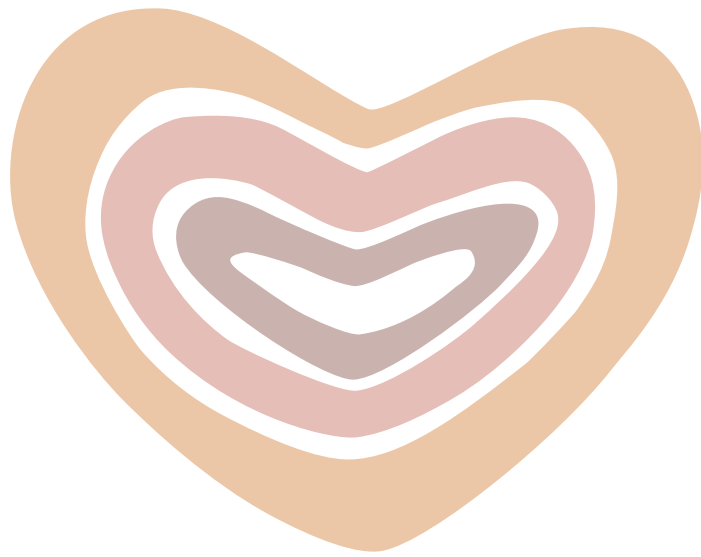


THIS IS ME



This is your self portrait, find a color that matches your beautiful skin color and color your portrait, draw your hair, eyes, nose and mouth.





I AM UNIQUE BECAUSE:





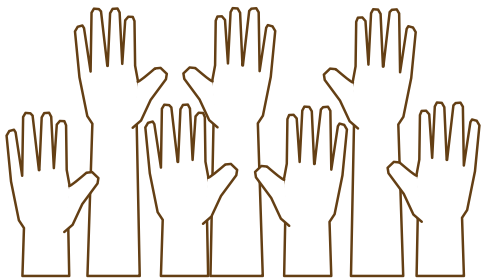






I LOVE DIVERSITY BECAUSE IT ALLOWS ME TO:

DISCOVER
NEW CULTURES



LEARN
NEW THINGS



OPEN UP MY
MIND
TO NEW IDEAS



MEET NEW
FRIENDS



COLOR THE ILLUSTRATIONS

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SELF-LOVE POSITIVE AFFIRMATIONS



I AM UNIQUE



I LOVE MY SKIN



I AM CONFIDENT



I RESPECT MYSELF



I AM IN LOVE WITH ME



I AM PERFECT JUST THE WAY I
AM



I AM BEAUTIFUL INSIDE AND
OUT

KINDNESS POSITIVE AFFIRMATIONS



I HAVE A KIND HEART



I AM A GOOD FRIEND



I STAND UP FOR OTHERS



I RESPECT OTHERS



I INCLUDE OTHERS AND INVITE
THEM TO JOIN ME



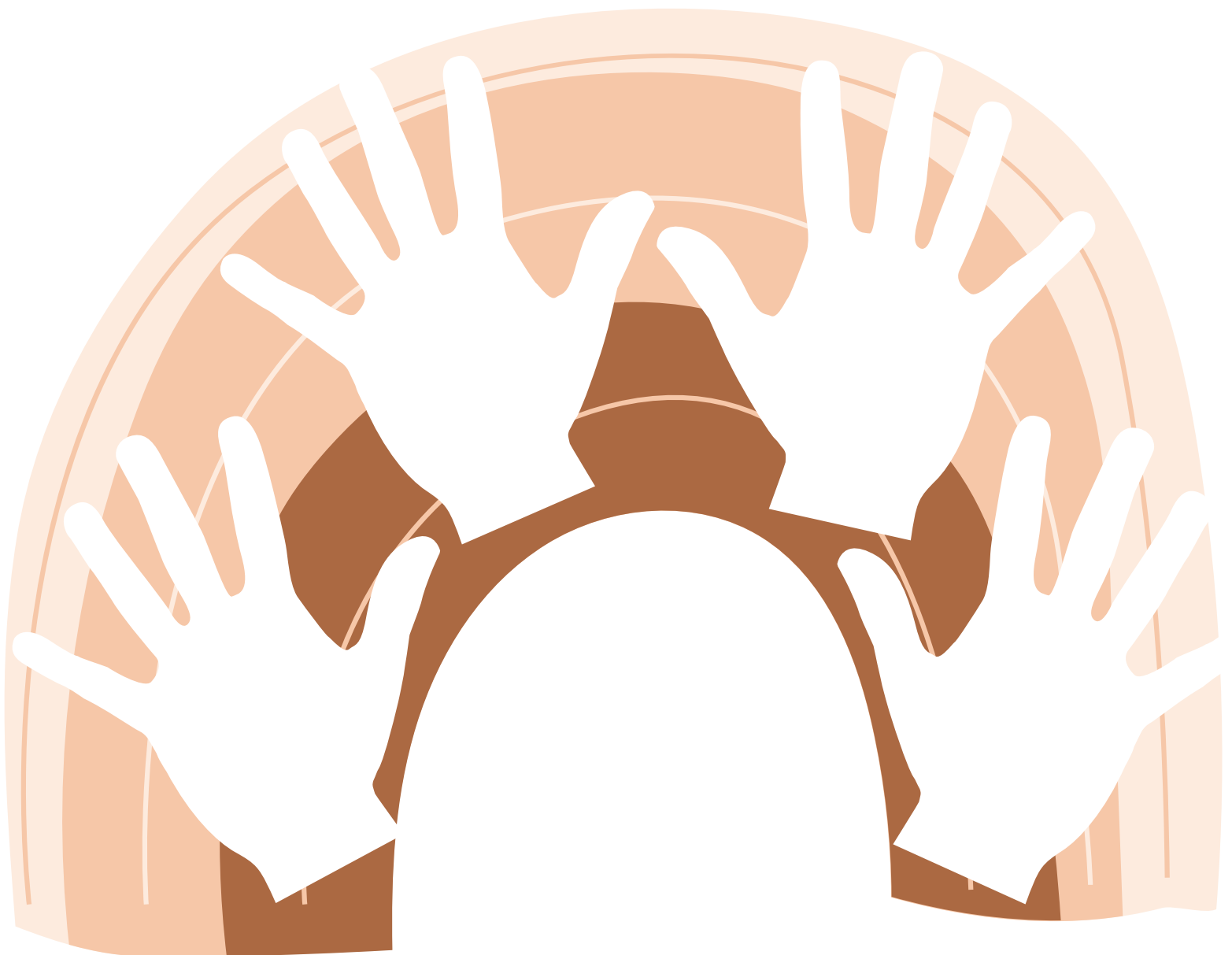
I AM MINDFUL OF OTHER PEOPLE
AND THEIR FEELINGS



I SAY MY WORDS IN A KIND
WAY

WE ARE A RAINBOW OF BEAUTIFUL COLORS!

COLOR EACH HAND TO REPRESENT
DIFFERENT SKIN COLORS



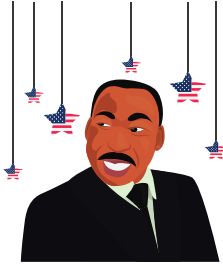


WHAT DO YOU LOVE ABOUT YOUR SKIN?

DO YOU HAVE FRIENDS WITH DIFFERENT
SKIN COLOR THAN YOURS?

HOW DO YOU THINK YOU SHOULD TREAT
THEM?

MARTIN LUTHER KING JR.



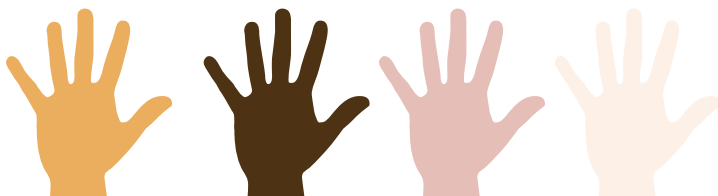
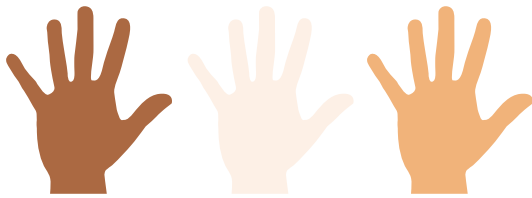
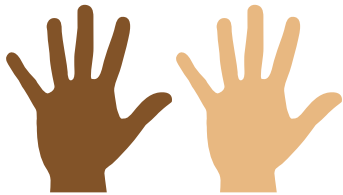
Martin Luther King Jr. was a famous rights activist. That means he worked hard to make sure all people were treated equally.

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character"

WHAT IS YOUR DREAM?

MATCHING NUMBERS

Count the hand shapes. Then
match them with numbers



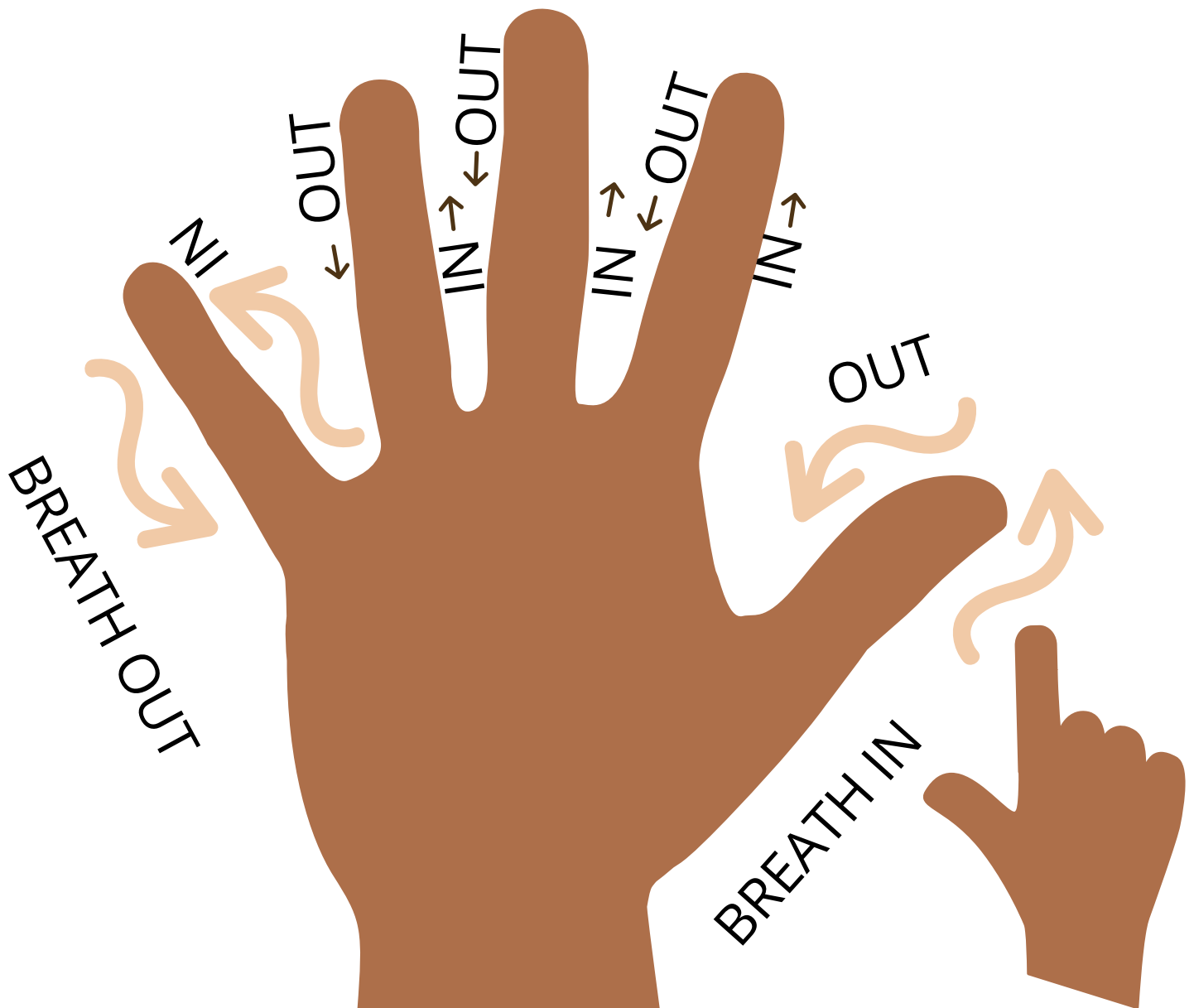
CURVED LINE TRACING



BREATHING EXERCISE TO COPE WITH EMOTIONS

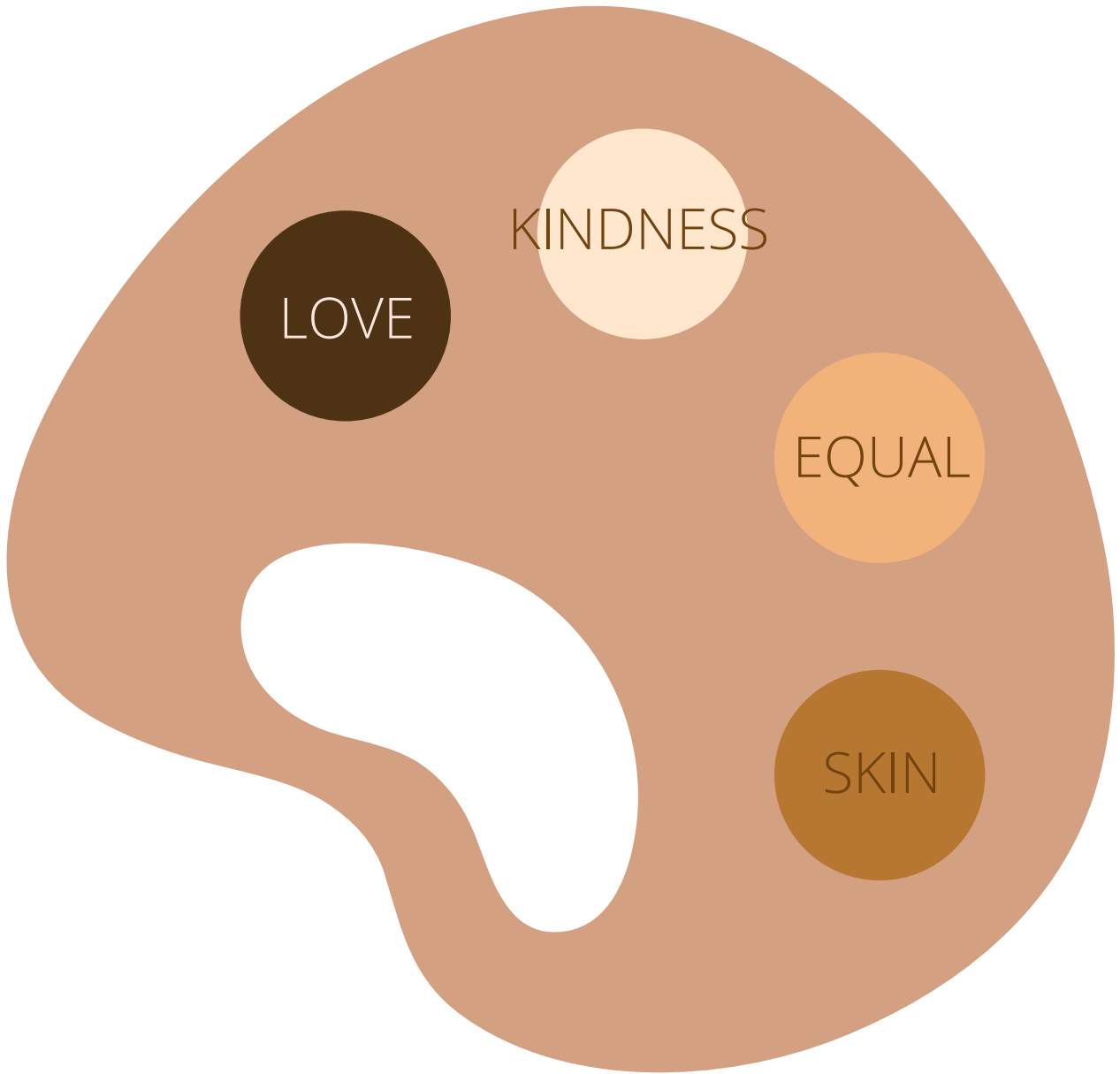
This is a great tool for managing anxiety,
stress and difficult emotions.

Stretch your hand out, get your pointer finger ready to trace your fingers up
and down. Slide up each finger slowly and breath in slowly through your nose.
Slide down the other side and breath out through your mouth..



WORD SCRAMBLE

Unscramble the words. Find the correct spelling in the paint palette



OVLE

SNESKIDN

QEUAL

KISN

"I PROMISE TO
TEACH MY KIDS
TO LOVE YOUR
KIDS"

-UNKNOWN





DESIGNED BY SANDY

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