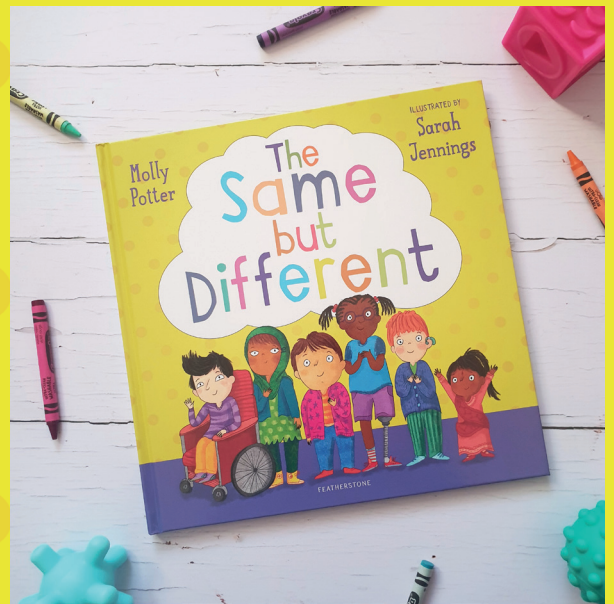


The Same but Different

No two people on our planet are exactly the same – isn't that amazing? From what we look like, to how we live and the languages we speak, we are all different. Diversity makes the world a really exciting place to be!

The Same but Different will help children explore all the wonderful things that make us unique as well as the similarities we share. This picture book explores diversity using everyday examples and colourful illustrations, covering race, disability, gender and more. With helpful notes for adults, it is perfect for sharing with young children and starting conversations about inclusion.



Molly Potter has spent many years teaching in mainstream schools, a pupil referral unit for children with emotional and behavioural difficulties and has been a county advisor for all things PSHE (personal, social, health and economic) with a special focus on RSE (relationships and sex education). She currently delivers training to a variety of organisations alongside giving one-to-one support to children, focused on developing emotional literacy. Molly is the author of the best-selling picture book *How Are You Feeling Today?* as well as a whole range of fantastic books for supporting PSHE.

The activities in this pack are best used alongside *The Same but Different*. Some activities are suitable for individual children, some for pairs of children and some for a whole class.



I am unique

Unique means you are unlike anyone else.

Make this page all about you by adding details about yourself.

First name:
Middle name:
(if you have one)

Something I love doing:

Favourite animal:

Use colour to add your hair onto this picture

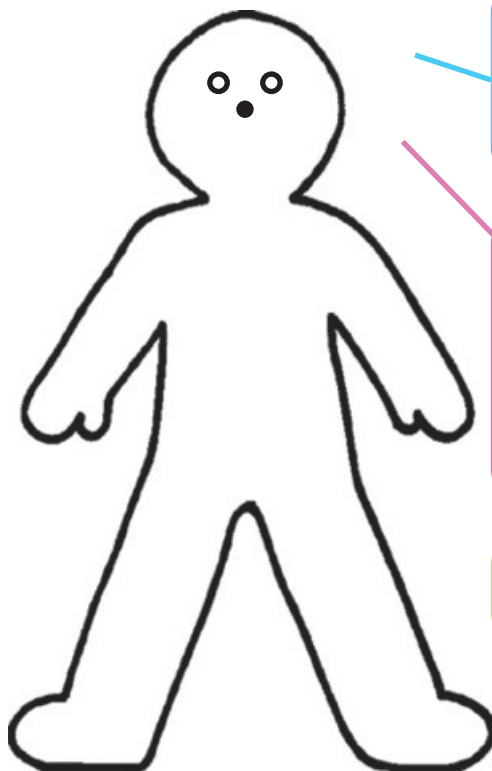
If I could eat anything right now, I would choose:

Draw your mouth to show how you feel now



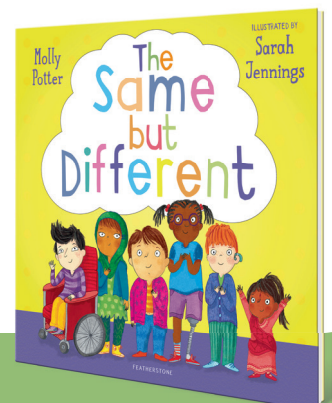
Least favourite insect:

Shoe size:



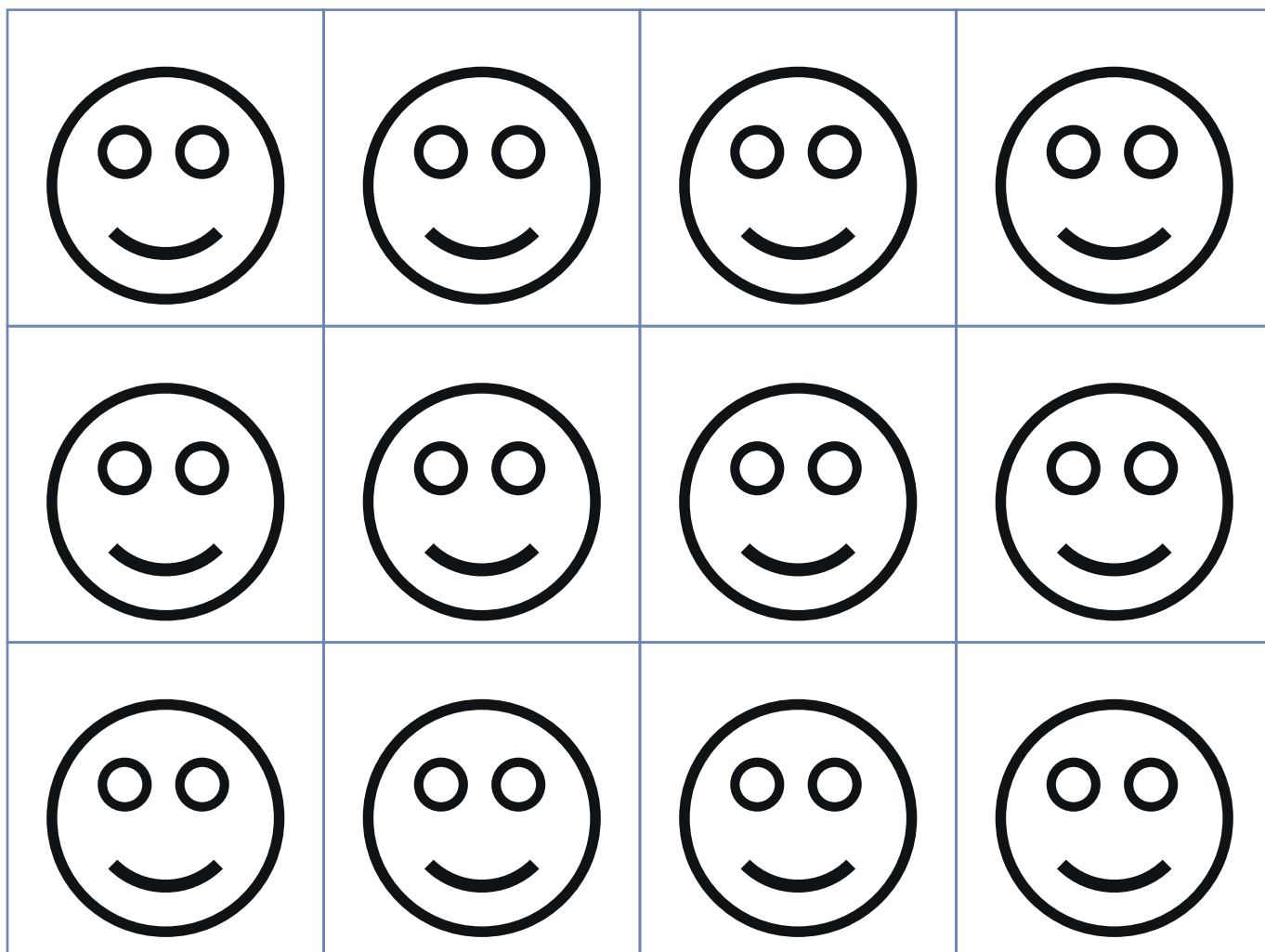
Now share your page with other people and see what they have done.

- What is the same?
- What is different?
- Has anyone filled in their page exactly the same as you?

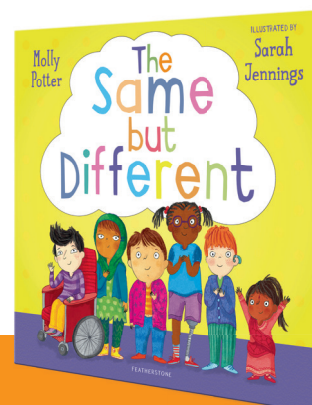


We all look different

Make all of these people different by giving them different hair colours and styles, eye colours and skin colours.



It's great that we all look different.
The world would be so boring if we all looked the same!



We all have different personalities

Personality is a word used to describe how a person tends to think, feel and behave. Circle the words you think could describe you:

Noisy

Good at sharing

Friendly

Helpful

Fun

Unusual

Good at giving compliments

Enthusiastic

Careful

Messy

Quiet

Funny

Calm

Polite

Tidy

Honest

Confident

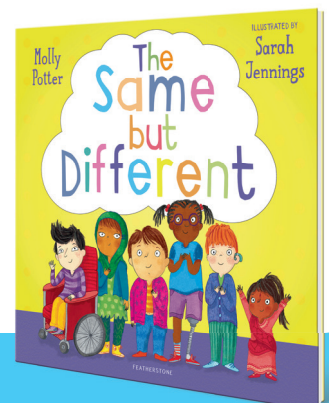
Good at remembering

Full of ideas

It's highly unlikely that anyone would circle all these words especially as some are opposites. Our different personalities make the world a really interesting place.

Ask three friends which positive word they think best describes your personality and write them down below.

Name of friend	Word they used to describe my personality



The longest list

Work with a partner on this activity. List as many things that you can find that are the same about you and your partner and then list as many differences as you can find.

Here is an example:

Same: We both have brown eyes

Different: One of us likes ice cream and the other doesn't

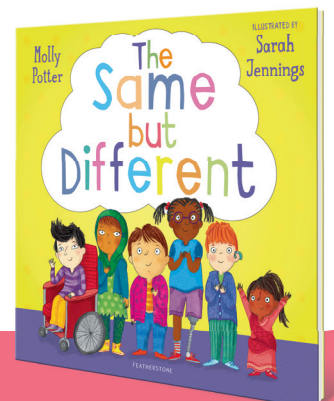
Things that are the same	Things that are different

Are your answers the same or different?

Start by answering all of these questions without anyone seeing your answers. Ask a partner to do the same. See if you can guess their answer for each question and see if they can guess yours.

How many answers were the same? How many were different?

	Yes	No
1. Are you scared of spiders?		
2. Did you make your bed this morning?		
3. Do you like tomatoes?		
4. Do you like maths more than art?		
5. Have you eaten an apple today?		
6. Do you believe in ghosts?		
7. Is your bedroom messy?		
8. Do you like snow?		
9. Do you have a pet dog?		
10. Do you prefer peas to carrots?		



Isn't it great that we are all different!

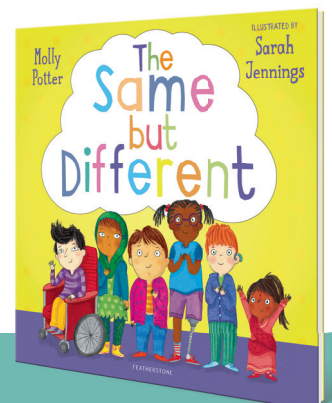
We all like different things

For each pair, circle which you prefer. If what you prefer changes over time, say which you would prefer right now!

Do you prefer...	
Warm, sunny days	OR Snowy days
Listening	OR Talking
Writing a story	OR Doing maths
Apples	OR Bananas
Tidying up	OR Making a mess
Catching	OR Throwing
Drinking water	OR Drinking milk
Reading	OR Being read to
Telling people what to do	OR Doing what someone is telling you to do
Climbing a tree	OR Painting a picture
Feeling Excited	OR Feeling calm
Going To Bed At Night	OR Getting up in the morning
Chips	OR Crisps



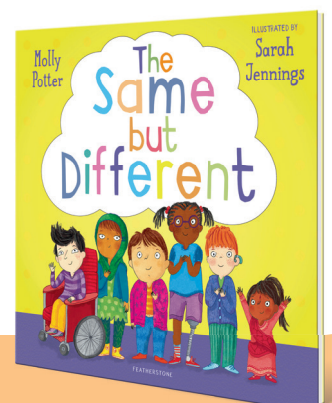
Now get to know someone better by finding out what they preferred.



Which of these are true about everyone?

Decide whether each statement is true or false and circle your answer:

Everyone needs to drink. True or false	Everyone has blue eyes. True or false
Everyone prefers to be treated kindly. True or false	Everyone needs to sleep. True or false
Everyone prefers swimming in the sea to swimming in a swimming pool. True or false	Everyone feels emotions. True or false
Everyone uses their brains to make decisions. True or false	Everyone in the world celebrates Christmas. True or false
Everyone starts life as a baby. True or false	Everyone in the world speaks English. True or false



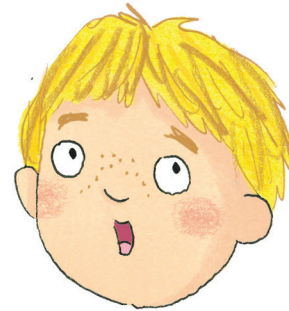
Different opinions

Opinions are what we think or believe about something. People can have different opinions because opinions are not facts.

Which of these opinions do you agree with?



I think learning to write is the most important thing we learn at school.



I think summer is the best season.

I think it is important that your friends are never unkind.



I think cats make the best pets.

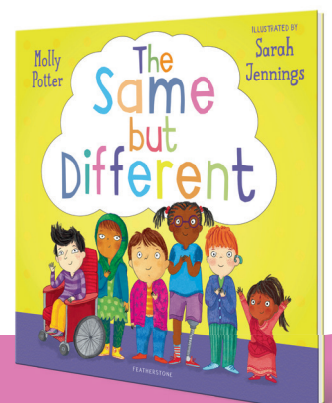


I think adults are more serious than children.



I think being rich makes people happy.

It's completely OK to have different opinions to people you know. It can be fun to talk about why you think different things.



Which question has the most answers?

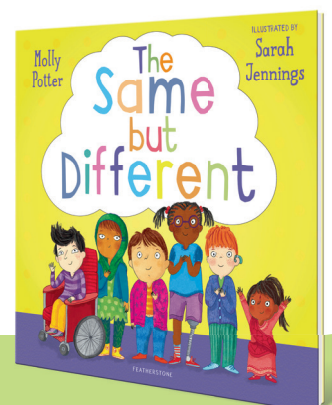
This is an activity for a group of children. As a group you are going to firstly try to predict, and then secondly explore, which one of the following questions gets the most different answers.

Instructions:

1. Read all the questions below.
2. Ask everyone to tick the question they think will get the most different answers.
3. Ask everyone to answer the questions by writing their answers next to each question, one at a time.
4. Go back over each question and write a list of all the different answers people gave (so that counts as one answer).
5. Count up the different answers for each question and find out which question had the most different answers.
6. See who guessed the right question!

Questions:

1. Are you left or right-handed?
2. What is your favourite colour?
3. What colour are your eyes?
4. What month is your birthday?
5. How many pets do you have at home? (List them all)
6. What did you have for breakfast?
7. What three things make you really happy?



Why do we prefer...?

We all prefer the things in the first column to the second column.

Underneath each word, write an emotion that someone would feel if they experienced each of these. Use the emotions at the bottom of the page to help you.

We all prefer these...	Compared with these..
Kindness	Unkindness
Smiles	Scowls
Being helped	Being ignored
Compliments	Insults
Feeling like we belong	Feeling like an outsider
Being included	Not being asked to join in

Here are some words to help you:

sad angry happy scared calm irritated rejected connected
nervous unsettled jealous safe content respected valued

