

All Around the World: Embracing Cultural Diversity



Embracing Cultural Diversity

Many times children identify differences earlier than we think. As children identify colors, shapes, sizes, words and physical features they are developing an understanding of the differences around them. Try to engage in conversations with your child and encourage them to ask questions. Talk with your child's teacher about your family's views and cultural experiences. Encourage your child to share their culture in the classroom and with their friends. Some ways you can share your culture with your child's teachers are:



- Bring in family photos to share on the wall
- Create a family tree to bring in and share with the class
- Create postcards with pictures of where your family is from
- Bring in your family's favorite healthy dish to share
- Visit the classroom and read a book or sing a song with the other children.

Remember, Its okay to be different!

Teaching Your Child About Diversity

It is important to work with your child to teach them about the various cultures in the world. Here are some things you can do to introduce your child to the different cultures:

1. Teach your child simple words in native languages is a personal way to introduce them to different languages. Hello and goodbye are always great words to begin with.
2. Children's books are a great way to introduce your child to their own cultural identity and others. Take a trip to the local library to explore and pick out different books.
3. Take your child to various cultural experiences. Festivals, museums and food tastings are fun activities children can enjoy and learn about the different cultures.



Encourage students to download the **NFL PLAY 60 App** to help get their 60 minutes or more of physical activity each day. The app encourages kids to get active by taking real steps to move in the game. The NFL PLAY 60 app is available for free download in the App Store for iOS and in the Google Play Store for Android.



Try It! Meals and Snacks from Around the World

1. **Naan Bread with Hummus:** a traditional Indian bread with a fun healthy dip made from chickpeas. 
2. **Pita Chips and Guacamole:** a fun Mexican treat with avocados that can be used as a dip or spread for chips, tacos or other dishes.
3. **Rice and beans:** a Caribbean food with white or brown rice and red or black beans used as a snack or side dish to a meal. 
4. **Couscous:** similar to rice or pasta, this North African food can be served as a quick, easy to make side dish.

Books that Celebrate Diversity :

Round as a Mooncake, by Jenny Thong— a young girl shares her views in her community and things around her, with a focus on Chinese and American cultures.

The Good Luck Cat, by Joy Harjo— This story shares a young Native American girl's experience with her cat who has used 8 out of his 9 lives.

Something Beautiful, by Sharon Dennis Wyeth— a young African American girl looks in her neighborhood to find things that are beautiful in everyday sights and objects.

My Brother Charlie, by Holly Robin-son Peete and Ryan Elizabeth Peete— A young girl's favorite person in the world is her twin brother who is different from others: he has autism. This story celebrates the special bond between siblings despite their differences.

