

How I teach children Acceptance

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Acceptance is not a one off sit down lesson in class. Acceptance is not just a topic you discuss every now and then. Acceptance is a daily value that is an important characteristic of who you are, it is a fundamental core value. Acceptance of others and teaching your children acceptance starts with you because as a parent you are most influential human being in your child's life.

What you say, how you react, that roll of the eyes and the times you think they can't hear you filters into a child's mind so very quickly and in an instance an opinion whether it is good or bad is formed. Just like that.

The influence we have as parents in shaping our children's acceptance of others is nothing short of miraculous. It can supersede peer pressure, if we place a strong enough value on acceptance of another human being whatever their unique differences are . Educating children on acceptance of others and of themselves creates a sense of justice, when you have a sense of justice you create a better and [kinder world](#).

Teaching Acceptance at School

Mr 12 "Today I learnt a very important lesson called acceptance. It means accepting others. Not making ideas in my head about that I think they are like. Not presuming things about them because of the colour of their skin, the way they speak, or what they wear and any differences that may be physical or just a difference. Mrs Brown made us all take off our shoes this morning the whole class girls and boys. She lay them all out and mixed them all up in rows. I sat there thinking what ever will she do next? Her lessons are always not like a regular lesson, fun and sometimes deep.

She called us up and with our eyes shut we had to pick up two shoes. I had 1 boy shoe and 1 girl shoe. All 22 of us did this. She then made us wear the shoes all day. It didn't matter if we complained and said it was too small, or too big. So we spent the day in odd shoes. At recess the other classes did point and laugh, which I didn't like so I stuck with my class. It was difficult to run in odd shoes and mine were pinching a bit. After lunch we came inside

and Mrs Brown asked us how we were feeling in our different and odd shoes. The answers were : sore, weird, don't like it, we didn't have a choice. Mrs Brown said "We shouldn't make ideas in our heads when we don't really know someone as we are not in their shoes and don't know everything that is going on in their life. Sometimes people have no choice (Like us we had no choice) and have to wear the shoes they are given. Differences are part of human nature and that everyone has a heart inside. I felt sad with myself as I know I have been nasty sometimes to other kids at school who I thought it was ok to laugh at. I know how that felt when the other classes were laughing at me at recess. Now I know that I am not living their life or wearing their shoes. Man I thought the swap shoe thing was crazy but man what a cool way to show a whole class that you can't ever know what it's like to be in someone else shoes. That will stay in my head forever"

This is one of the ways I teach acceptance to children. I have been known to also paint a class in an array of colours and have them wear clothes from the dress up box. Visual prompts help children comprehend that differences whatever they may be does not change who they are inside. We are all humans. We discuss why some people are different physically and how some people's differences may not be physical with our common ground being that we all have a heart and feelings. People can look different, people can sound different yet we are all people. We chat about thinking before we speak and counting in our heads up to five and we imagine what it might be like to be the other child or person and take a few moments to think about what we might say. [Empathy](#) is the key to acceptance. Children who feel good and accept who they are themselves are more respectful towards others and are also less likely to bully.

Teaching Children Acceptance Everyday

