

We Are All Alike, We Are All Different

“Our similarities bring us to a common ground; our differences allow us to be fascinated by each other.” - Tom Robbins



Description: Learn about how even when we're different from each other, we are also alike. When you practice finding our similarities it helps you be more **accepting**.

Time to Complete: 20-30 minutes

Supplies Level: Light

Tags: Pre-K – 2nd, 3rd – 5th, Acceptance, Curiosity, Embracing Humanity

Step 1: Watch the video "[We Are All Alike, We Are All Different](#)" on Inside Out Club @Home.

Step 2: Talk about what you saw and heard in the video. When you meet someone new or as you think about people you already know, it's important to take time to appreciate their gifts. We need to **accept** him or her as they are, without trying to judge or change them. Use **curiosity** to ask questions that help you learn about the other person, about what makes them unique and what you have in common. Remember – the things that make us different make us unique!

On page two, we've included an activity sheet that can help you to see and think about how you can use acceptance and curiosity around people every day.

Step 3: Practice using your new skills of **curiosity** to help you **accept** others for who they are, and appreciate how they are different from you and how they are alike. Print a copy or two of the activity sheet to practice with family members, and keep it handy for the next time you meet someone new.



We'd love to know what you thought of this project!

*Submit an online review on this project's Inside Out Club @Home page and
Send a picture to info@insideoutclub.org if we can share it on social media/in newsletters*



“We Are All Alike, We Are All Different” **Activity Sheet**

We are all alike and different in many ways! Using **acceptance** and **curiosity**, we can see how the things that are different make us unique, and the things that are alike connect us.

Below, draw yourself in the “This is Me” box, then draw a friend or family member in the other box. Make sure to put their name at the top! List some things that are unique to each of you (eye color, hair, likes, dislikes, favorites) using the lines to the side of each drawing. Once you have taken time to recognize how you are each unique, find the ways that you are alike and write them in the box below the two drawings.

This is Me

These things make me unique:

- _____
- _____
- _____
- _____
- _____
- _____



These things are alike about us:

- _____
- _____
- _____
- _____
- _____
- _____

These things make _____
unique:

- _____
- _____
- _____
- _____
- _____
- _____

This is _____

